

Manz and Stacey Coaching and Counseling, LLC  
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Contact Jean: 505-716-7995  
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Hours: Monday-Friday, occasional Saturday's, 9am-6pm and by appointment

Insurances accepted: Currently accepting numerous insurances including Blue Cross/Blue Shield, Presbyterian, Aetna, Medicaid, WebTPA, Summit, HMA and Western Sky. Please see our most updated list on our website. We currently are not taking Cigna or United Healthcare.

For much more detailed information about our practice, treatment approaches and resources please visit our website at [jeanmanz.com](http://jeanmanz.com).

### **Charles Stacey, LMFT:**

I have been around the block for 70 years. I grew up the middle child in a high-functioning Irish alcoholic family and spent much time around radio stations, recording studios and actors. I am still today active in the music scene with singing, songwriting, and recording. My first career was working 23 years as a news cameraman, editor, and producer. I have continued to use the videoing and editing skills in both music and therapy. I discovered family therapy by getting into family therapy during my first marriage and, to my amazement, seeing it really worked for me. In 1989 I went to graduate school and became a family therapist. I've worked in the Four Corners Area for the past 15 years and am proud of helping to develop programs that integrate traditional healing with Western approaches.

My approach is an integration of almost 30 years of personal exploration, growth, training and perhaps most importantly, what my clients have taught me. First and foremost, it's built on a foundation of understanding and working with the Organic Intelligence we each carry in our bodies. We can get stuck in Fight, Flight and Freeze states if we have experienced too much or too intense stress and our symptoms often give clues to where the body and nervous system are stuck. You may experience anxiety, sleeplessness, worry, confusion, pain, physical ailments, tiredness, exhaustion and feelings of helplessness. Sessions with me provide support in a way that the body/brain can do what it's built to do in maintaining health and wellness.

Since 2007 I have been fascinated with and trained in numerous brain-based approaches to treating trauma, including EMDR, Somatic Experiencing and most recently spending the last 4 years training with Steve Hoskinson in Organic Intelligence.

One of my greatest joys and most meaningful work is helping to prepare the next generation of therapists. I serve on numerous Boards and community programs,

including: Chairman of The Four Corners Training Consortium, Treasurer for the New Mexico Association for Marriage and Family Therapy Board (10 years), member of the Totah Behavioral Health Board, Adjunct instructor for the Highlands Master of Social Work Program (12 years), current mentor in the Organic Intelligence Heart Trainings with founder Steve Hoskinson, and tireless mentor and teacher for new Counselors having provided low cost and pro bono licensure supervision to more than 30 young professionals.

I have been married to Cynthia for 25 years, and together we have raised a blended family of 7 kids and 6 grandkids.

Charles Stacey, MA, LMFT

