

Manz and Stacey Coaching and Counseling, LLC
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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.

Jean Manz, MA, LMFT:

I grew up in rural Vermont, the middle child of 5 in a French-Canadian family. I knew I wanted to be a therapist at the age of 16—a psychology class, summer camp counseling, my relationships with my family and grandparents, friends who confided in me, and my own deep longing to be seen and heard called me into the work. I moved to Hawaii for my last 2 years of college and in 1989 met my husband who was a Submariner in the US Navy. This partnership of almost 30 years has been much of the reason I have specialized in Couples Therapy. I understand the real dynamics of loving someone and the messiness of living life as two imperfect beings coupled together.

I have been a licensed Marriage and Family Therapist since 1998 and my specialty area is Couples Therapy. I received my Master's degree at San Diego State University (1993), completed a 2-year Marriage and Family Therapy post-graduate training program at Denver Family Institute (1997) and over the years studied in depth many modalities including Emotionally Focused Couples Therapy, Pragmatic Experiential Couples Therapy, PACT (Psychobiological Approach to Couples Therapy), Energy Psychology, Gentle Reprocessing, Mindfulness-Based Practices, Somatic Experiencing and EMDR. Along the way, I have developed my own unique integration of theory and practice and am continually learning and challenging the limits of what therapy can offer to alleviate suffering and inspire thriving. I have worked in many settings: inpatient care, substance abuse, community mental health, crisis response, and the last 15 years in group and private practice in the Farmington Community.

My approach is active and experiential. I believe that lasting change requires us to experience new interactions, feelings, and perspectives and I aim in each session to move clients forward via these fundamental change experiences. We will talk, but we will also do things that get to the actual part of the primitive brain that is most often running the show. My work is collaborative and supportive, and I emphasize growth and self-awareness for the individual and couple as a way to become a successful and skillful partner. I strive to stay on the cutting edge of scientific findings related to

wellness and I take great pleasure in bringing my clients solid information that informs their choices and systems for living.

In my personal time, my focus is my family- keeping healthy a 29-year marriage to Julius and being Mom to 2 young adults, Noah and Josiah. I've got a soft spot for animals and have given time to the Farmington Animal Shelter as a Foundation Board member. I love to be out in nature and need the sustenance of daily walks and hikes with my 2 beloved dogs, checking in with family & friends, cooking with my husband and daily spiritual practices to pause and enjoy life's moments.

