



Chris Thomason

Director, Provider (Bachelor)

Helping people achieve their goals since 2005.

I've been at this a while. My entire career has centered around themes of social justice and empowering people to make massive life changes. Our lives are not easy, and mine has been full of lessons in how to pick myself up again after I have fallen. The idea of the Phoenix, this mythical bird that rises from its own ashes, emerged for me when I started Rising Phoenix Martial Arts, my dojo, in 2016. Shortly before that, I got my introduction to working as a CCS provider in a completely different area of expertise. Since then, I have continued to work as a CCS provider in a multitude of capacities through three different agencies, developing my own way of helping people to reach their goals. Now, I embark on the journey of creating another phoenix- Rising Phoenix Recovery and Transformation and its sister agency, Glowing Embers Transformational Services with the intention of bringing that sense of perseverance, renewal and rebirth to those we work with.

To work with me is to be heard, truly in a way that you may have never experienced before. This is one of my gifts, and it's hard to explain. I have also found that a respectful approach where I meet my clients where they are at is a big part of my personal brand. I am not a bull in a china shop. Rather, I encourage those I work with to make their own choices, put in their own work, and achieve their own victories in their own lives. Ironically, this approach is highly motivating, and my clients often find that they achieve their goals more quickly than they were expecting. Their success is their OWN.

Through my career, I have worked with a wide range of people in a wide range of goals. While I am truly versatile, I find that I have developed a few niche areas that you may wish to note. I am a martial arts instructor with 26 years (and counting) of experience in a variety of martial arts and have been teaching since 2016. In the same day, I may teach self-defense to a survivor of traumatic events, Tai Chi and meditation to someone who wants to reduce anxiety, and basic Karate to a child in need of a little more discipline and structure. I also enjoy teaching the life skills and coping strategies that have helped me over the years, including connecting with the outdoors, working out, breathwork, and planning for success, among others.

CCS Service Arrays

Individual Skill Development and Enhancement

Wellness and Recovery

Psychoeducation

CLTS Service Arrays

Family and Unpaid Caregiver Supports

Health and Wellness (Group Karate classes)

Counties Served

Serving clients in Polk, Pierce, Washburn,

Dunn, Chippewa, Pepin, St. Croix, and Barron.

Speciality Areas

Martial Arts and Self-defense

Tai Chi, Meditation, and Breathwork

Life Skills and Coping Strategies for Teen and Young Adult Males

Wellness and the Outdoors

Parent Coaching for Dads

