



# Thomas Ozee

## Provider (Master's)

Thomas brings a lifetime of experience to Rising Phoenix. Thomas joined the United States Navy in 1967 and served six years. He worked as a Plane Captain and Flight Deck Trouble Shooter in Fighter Squadron VF-84, and served as Maintenance Crew Leader, Assistant Work Center Supervisor, and Power Plants training and Safety Petty Officer in Fighter Squadron VF-101. After his military service, Thomas went on to college, receiving his Associate in Science degree at Lakeland College, his Bachelor of Arts and Master's Degrees at Eastern Illinois University pursuing the study of Psychology and Sociology.

Thomas' career included working in two county mental health centers providing individual counseling as well as providing psychological testing. Thomas worked for the United States Postal Service as a Supervisor of Customer Service, where as well as providing supervision, he trained both Postal personnel and customers in bulk mail acceptance and was the lead trainer for the USPS Classification Reform training. Thomas taught Psychology and Tae Kwon Do night classes at Lakeland College while working at the USPS. After retiring from the USPS, he was recruited to work at the Postal Head quarters in Washington DC as a consultant on the Postal One Project. Thomas has been involved with weight training as both a power lifter and a competitive body builder. Thomas currently holds Black belts in three different Martial Arts disciplines. He serves as an assistant instructor at the BKA Hayward Dojo where he continues to further his study of Martial Arts.

Sometimes there is no substitute for experience. Thomas has this experience along with a heart for teaching. Whether it's life skills and coping strategies, helping veterans to reintegrate into society, fitness and strength training or the Martial Arts, Thomas approaches his teaching with patience, understanding, and a good sense of humor.

## CCS Service Arrays

Individual Skill Development and Enhancement

Wellness and Recovery

Psychoeducation

## Counties Served

Serving clients in Washburn, Burnett

Barron, Rusk, Polk, and Chippewa Counties.

## Speciality Areas

Martial Arts and Self-defense

Working with Military Veterans

Fitness and Strength Training

Life Skills and Coping Strategies

