



Yasmine Jeffers

Licensed Marriage and Family
Therapist Associate

CONTACT

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Charlotte, NC 28203

🏆 Licensed Marriage and Family
Therapist Associate
License # 12031A

EDUCATION

Master of Arts:
Marriage and Family Therapy
Magna Cum Laude

December 2016
Pfeiffer University
Charlotte, NC

Bachelor of Science:
Economics ~ Cum Laude
May 2001

North Carolina Agricultural
and Technical State
University
Greensboro, NC

WHY PARTNER WITH A MENTAL HEALTH PROFESSIONAL?

- 70% of Primary Care visits are related to psychosocial issues.
- 68% of adults with mental illness, also have one or more chronic physical conditions.
- 1/4 of adults experience mental illness and half never seek treatment.
- Depression occurs in up to 20% of patients diagnosed with diabetes, as well as those diagnosed with coronary heart disease. AND These patients see an increase in medical costs by 50% to 70%.

INTEGRATING MENTAL HEALTH CARE AND PRIMARY CARE

You may have recently seen the research that suggests an integrative care approach, but may be unsure about how that would work within your practice. Having a mental health professional in your office may not be a feasible option yet, but partnering with a professional you can trust, could be the next best option. We can work together to form an alliance that makes mental health more accessible to your patients.

As a Marriage and Family Therapist, I am trained to work with individuals, couples, and families. I am also trained to facilitate and create support groups. As a former corporate sales consultant, I understand the need for a tailored approach to collaboration, and I have an acute awareness of best business practices.

I am a therapist at Uptown Psychology, conveniently located in Dilworth. At Uptown Psychology, our mission is simple. We believe in the importance of being mentally healthy, therefore we would like to make the therapy process comfortable, convenient, accessible, and professional. We are experienced licensed psychotherapists providing therapy to adults, adolescents, children, and their families.

I would love the opportunity to sit down with your practice and create a partnership, that will go beyond a simple referral. I would like create a system that will best serve your practice and the unique needs of your patients. Please contact me to schedule some time to meet.

Thank you!

Yasmine Jeffers
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Uptown Psychology
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CORE COMPETENCIES

Rapport Building
Active Listener
Systemic Conceptualization
Adaptable

Natural Collaborator
Empathetic Awareness
Verbal Fluency
Interpersonal Perception