



Tyona Y. McGee-Ezeilo, MSW

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Tyona Ezeilo is a mindfulness and Ayurveda practitioner, book lover, life coach and registered clinical social work intern in the state of Florida with bachelor's and master's degrees in social work from *Florida Atlantic University*. Born in New York and educated through her first year of college in the states of NY, NH and NJ, she has served the south Florida community as a social worker since 2002.

**Psychotherapy:**

In 2012, Tyona completed level 3.0 Infant Mental Health (IMH) training for practitioners and therapists with *Florida State University's (FSU) Harris Institute for IMH training*. In 2013, she received accreditation in *Level 4 Triple P Positive Parenting Program for ages 0-12* and joined the national Triple P Provider Network, becoming accredited in *Level 4 Triple P Standard Teen* in 2020. In addition to providing psychotherapeutic services for individuals, couples, and families, she has facilitated play therapy groups with preschoolers in Head Start programs, social skill-building groups with children in elementary schools and peer support groups with adolescents and adults. In 2020, she completed Level 1 Training in *Gottman Method Couples Therapy*.

**Early Intervention & Provider Training:**

In November 2005, Tyona received certification as an Infant Toddler Developmental Specialist for *Children's Medical Services' FL Early Steps Program (ESP)*. She served as Family Service Coordinator Supervisor with Early Steps, leaving the program after 5 years while continuing her role in nurturing professional development. She has provided consultation, training & reflective practice support groups to family & community service providers for over 15 years. Tyona has been a Level I & II Infant Mental Health (IMH) trainer (from 2012-2017), a National Touchpoints™ Facilitator with the *Brazelton Touchpoints Center* in Boston, MA since 2015 and a Touchpoints™ Trainer and Reflective Practice Consultant for Children's Services Council of Palm Beach County since 2005.

**Group Peer Support & Racial Equity:**

In the summer of 2020, Tyona completed *Group Peer Support (GPS)* facilitator training joining the GPS Black Leaders group, volunteering as a GPS Solidarity Group facilitator for Professor Loretta Ross' online community courses "White Supremacy in the Age of Trump" and "Calling in the Call Out Culture" from July 2020 through February 2021. She formally joined the national training team at GPS in January 2021. She is currently focused on offering Mindfulness Based Stress Reduction (MBSR) to BIPOC communities as a MBSR Teacher Training Initiative participant with the *University of California San Diego Center for Mindfulness*. Tyona is a wife of 20+ years, a mother of four beautifully diverse children, and since 2008 has been a caregiver/health care coordinator for an adult parent who experienced a brain injury. She also serves as a National Association of Social Work (NASW-FL) Racial Equity Action Committee member.

### **Coaching Methodologies**

Tyona identifies as a Developmental Life Coach utilizing a holistic style of coaching.

- As a Touchpoints™ practitioner, Tyona views all developmental processes through the context of cultural-relational experiences.
- Her personal coaching approach takes a strengths perspective to blend developmental knowledge, cognitive-behavioral strategies, solution-focused theories, motivational interviewing, and research on emotional intelligence & positive psychology *with* systems and attachment theories.
- She also utilizes neuroscience & developmental bibliotherapeutic resources.
- Her techniques demonstrate cultural humility & responsiveness.
- PPCT sessions typically include mindfulness practices.

### **PPCT Coaching & Consultation Services**

*in addition to the above stated holistic approach...*



*Parent Coaching* is offered in **12-week sessions** (including consultation and follow-up) using Standard Triple P and Standard Triple P TEEN to identify challenging behaviors, set goals and practice strategies for behavior change.



*Relationship Coaching* is offered using resources tools from the Gottman Institute. *Sessions may vary.*



*Occupational Coaching for individuals* is offered over the course of **6 months (in 24 sessions, 2 sessions per month)** in a reflective practice format using the parallel developmental and relational framework of Dr. T. Berry Brazelton's Touchpoints™ approach.



*Individual Coaching* sessions *may vary.*



*Parenting Support Groups* are offered in **6-week sessions** using Touchpoints™ Parenting Curriculum and a Group Peer Support model.



*Caregiver Support Groups* are offered in **6-week sessions** using a Group Peer Support model and open discussion.