

Tina Phillips is an energetic, fun loving and grounded person who strives to share the gifts of multi-dimensional healing, life and self actualization. Currently licensed as an Independent Social Worker and certified as a Reiki Master, she counts it a privileged honor to have accompanied countless trauma survivors on their healing journeys.

Tina provides training and consultation on assessing and treating trauma in young Black men and women nationally through JP Training which she co-owns and operates. She is the proud owner of No Shame Counseling, Reiki & Consultation which specializes in trauma informed care of sexual assault survivors, depression/anxiety in adults from marginalized groups, adolescents with PANS disease, veterans and incarcerated youth.

Creative outlets for Tina include singing in an OK based cover band and enhancing beauty as a makeup artist through BEbyTina. Tina counts her greatest success in her strong family connections as a daughter, sister, partner and mother.