



JANET G. NESTOR

MA LCMHC DCEP, AUTHOR, WORKSHOP LEADER, PRESENTER





SUMMARY

Janet G. Nestor loves her work, and her love creates great results. As a Licensed Clinical Mental Health Counselor, Energy Psychologist, and author, she teaches peace and tranquility, leads women's workshops, and is often a guest presenter for webinars, radio shows, and community events. Her online practice serves men and women throughout the world.

CONTACT

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SOCIAL MEDIA

 PathwaystoWholeness
 [JanetNestor](https://twitter.com/JanetNestor)
 [JanetGNestorLCMHC](https://www.linkedin.com/company/JanetGNestorLCMHC)
 [janetnestor](https://www.pinterest.com/janetnestor)

HOLISTIC THERAPY HIGHLIGHTS

- Co-Developer of Radiant Energies Balance: A Mindfulness-Based Energy Psychology
- Developer of T Frequencies: An EnergyMedicine Modality
- Diagnostic Thought Field Therapy
- Soul Detective Therapy: Advanced Certificate
- Mindfulness-Based Stress Reduction
- DNA Healing, Level 4 Practitioner
- Acutonics - Level 1
- Spirituality and Mental/Emotional Health
- Soul Art and Soul Geometry

EDUCATION

- 1969** SOCIOLOGY / PSYCHOLOGY
BS, Alderson Broaddus University,
- 1977** DIAGNOSTIC PRESCRIPTIVE EDUCATION
Graduate Certificate,
James Madison University
- 1999** MENTAL HEALTH COUNSELING
MA, University of Sarasota

BOOK PUBLICATIONS

- *Pathways to Wholeness*, 2010, Republished 2018
- *Nurturing Wellness through Radical Self-Care*, 2012 (Amazon Best Seller)
- *Embracing Your Joy* eBook 2012, 2018
- *Yeshua: One Hundred Meaningful Messages for Messengers*, 2015
- *Revolutionize Your Health*, 2019 with co-author Cornelia Merk (Amazon Best Seller)

BOOK CONTRIBUTIONS

- *Turning Fear into Gold* by Dr. Barbara Stone, Trauma Treatment, Foreword, and Chapter, 2012
- *Be the Inspiration* by Sheri K Hoff, Story, 2012 (Amazon Best Seller)
- *Rhythm of Angel Wings* by Gloria Messenger, Story (2013)

COLLABORATIVE BOOKS

- *Wisdom of Midlife Women*, 2015 (Amazon Best Seller)
- *365 Moments of Grace*, 2016 (Amazon Best Seller)
- *Midlife Transformation*, 2017 (Amazon Best Seller)
- *365 Life Shifts*, 2017 (Amazon Best Seller)
- *Goodness Abounds*, 2018 (Amazon Best Seller)
- *365 Soulful Messages*, 2019 (Amazon Best Seller)

WORK HIGHLIGHTS

- Private Practitioner at Soul Health Center
- Wake Forest University Academic Counseling (1996-2001)
- Past member of Complementary and Alternative Medicine Planning Committee. Wake Forest University School of Medicine
 - Sub-committee on Bio-energetic Research
 - Sub-committee on CAM Programming for Best Health Education Center (chairman 2003-2004) Winston-Salem, NC
- Multi-Discipline Integrative Health Care Practice Owner/Director, 2003-2012

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UNIQUE ENERGETIC HEALING SKILLS

- Intuitive Counseling
- Hands on Healing similar to Reiki and Healing Touch
- Soul Communication
- Soul Art
 - *Soul Art* is an Intuitive drawing and interpretation of a person's energy field that includes life events, wants and needs. The experience is healing and empowering for the recipient. The drawings may include a *Soul Geometry* that holds the energy of the individual's soul. *Soul Geometry* can be physically experienced by holding the drawing between their palms.

WORK HISTORY

SOUL HEALTH CENTER, WINSTON-SALEM, NC

Author, Teacher, Speaker, Licensed Clinical Mental Health Counselor

October 2019 – Current

CENTER OF WELL-BEING VIRTUAL PRACTICE (INTERNATIONAL)

Owner, Author, Teacher, Speaker

February 2012 – October 2019

CENTER OF WELL-BEING: A CENTER FOR INTEGRATIVE THERAPIES

Director and Owner

September 2004 to February 2012, Winston-Salem, NC

CENTER FOR FAMILY WELLNESS (INTEGRATIVE HEALTH CARE PRACTICE)

Private Practice Holistic Mental Health Counselor, Office Associate

October 1998 – September 2004, Winston-Salem, NC

WAKE FOREST UNIVERSITY ACADEMIC COUNSELING

Case Management, Tutor for learning disabled athletes

Summer 1996 – Spring 2001, Winston-Salem, NC

NEW DAWN RECOVERY (PARTIAL HOSPITALIZATION DUAL-DIAGNOSED ADDICTIONS RECOVERY PROGRAM)

Substance Abuse Counseling Internship, Individual and group counseling, Treatment planning

1999, Yadkinville, NC

PRODIGALS COMMUNITY (LONG-TERM RESIDENTIAL ADDICTIONS FACILITY)

Director of Education, Family Programming, Interim Recovery Program Director

December 1994 – June 1997, Winston-Salem, NC

VISIONS OF LITERACY (AT RISK MINORITY STUDENT SUPPORT PROGRAM)

Director, supervision, program design and implementation

August 1997-June 1998, Winston-Salem, NC

FORSYTH TECHNICAL COMMUNITY COLLEGE

Adult Education and GED Instructor, Site Supervision

August 1995-August 1997, Winston-Salem, NC

SPECTRUM CENTER

Teacher, Severely handicapped/autistic adolescents, Behavioral Health Programming

1986 - 1988, Walnut Creek, California

BEHAVIORAL RESEARCH INSTITUTE

Teacher, Severely Handicapped – Autistic adolescents

1985-1986 school year, Walnut Creek, California

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PRIVATE TUTOR

Tutor-Teacher Severely Learning Disabled

1981- 1984, Winston-Salem, NC

WINSTON-SALEM FORSYTH COUNTY PUBLIC SCHOOLS

Resource Teacher, County Workshop Leader, Central Office Placement Committee

1977 – 1981, Winston – Salem, NC

SHENANDOAH ELEMENTARY AND MIDDLE SCHOOLS

Teacher and Educational Diagnostician, Student Placement Committee, Staff Educator

1976-1977 (James Madison University Internship), Shenandoah, VA

JAMES MADISON UNIVERSITY

Graduate Assistant, Special Education, Special Education Library, Dissertation update assistant

1974 – 1976, Harrisonburg, VA

CERTIFICATIONS / CERTIFICATES

- Licensed Clinical Mental Health Counselor
- Special Education Certifications NC, VA, WV, CA (expired)
- Diplomate: Comprehensive Energy Psychology
- Soul Detective Professional Therapy (trauma)
- Radiant Energies Balance Master Practitioner and Teacher
- Reality Therapy, Level 1
- Rational Emotive Behavior Therapy, Primary Level
- Medical Hypnosis, Basic Level
- DNA Healing Level 4 Certificate
- Emotional Freedom Technique Certificate
- Reiki Master Teacher Certificate
- Etheric Healing Certificate
- Acutonics Sound Healing, Level 1

ORGANIZATIONS

- Association of Comprehensive Energy Psychology
- NCLPC Association

PAST ORGANIZATIONS

- American Counseling Association
- Association for Spiritual, Ethical, and Religious
- Values in Counseling

JOURNAL AND MAGAZINE PUBLICATIONS

INTEGRATIVE HEALTH AND HEALING MAGAZINE 2003

Spirituality and the Holistic Approach to Mental Health

ENERGY PSYCHOLOGY AND MERIDIAN ENERGY THERAPY PRACTITIONERS JOURNAL 5TH
EDITION MARCH 2004

Radiant Energies Balance (REB): A Flexible and Transformational Energy Psychology

THE ENERGY FIELD: NEWSLETTER OF THE ASSOCIATION OF COMPREHENSIVE ENERGY
PSYCHOLOGY SUMMER 2004

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Radiant Energies Balance: People's Radical Release Therapy

11TH ANNUAL CONFERENCE OF THE ENERGY KINESIOLOGY ASSOCIATION (2004)

A Descriptive Summary of the Radiant Energies Balance (REB): A Flexible and Comprehensive Therapeutic and Transformative Protocol Integral Energy Psychology: Phillip Warren with Janet G. Nestor

THE ENERGY FIELD: PUBLICATION OF THE ASSOCIATION OF COMPREHENSIVE ENERGY PSYCHOLOGY 2007

REB Presented at the 3rd International Conference on Psychopathology of Panic Attacks

ART OF WELL-BEING HOLISTIC MAGAZINE, SUMMER 2004

Radiant Energies Balance

ART OF WELL-BEING HOLISTIC MAGAZINE 2005

Alternative Mental Health Therapies: Are They for You

NATURAL TRIAD MAGAZINE 2004

Mental Health Counseling: The Holistic Approach

NATURAL TRIAD MAGAZINE 2005

Solutions: Women and Stress

NATURAL TRIAD MAGAZINE 2005

The Best is Yet to Come: Positive Health and Emotional Life after 40

NATURAL TRIAD MAGAZINE 2005

How to Enjoy Every Second of the Holiday Season

IN-FLUX 2005: LITERARY MAGAZINE OF ALDERSON-BROADDUS COLLEGE (POETRY)

Angel on My Shoulder

FORSYTH WOMEN MAGAZINE 2007

Give Yourself the Gift of Freedom

SYBIL MAGAZINE: FOR THE HEART AND SOUL OF WOMEN 2011, 2012

Monthly Contributor – byline *A Spirit of Healing*

- *Earth Angels* (2011)
- *Living in Balance* (2011)
- *Truth* (2011)
- *Rebirth* (2012)
- *Circuits of Joy* (2012)
- *Your Power Packed Smile* (2012)

SELF-GROWTH.COM (2011, 2012)

Writing as an expert in positive psychology 35 articles

- *Living Peacefully* (2011)
- *Positive Psychology: Living Happily* (2011)
- *Peacefulness Within* (2011)
- *Mindfulness* (2012)
- *What Makes a Positive Life Positive?* (2011)

INSPIRE ME TODAY

- *Unconditional Love Brings Infinite Acceptance* (2018)
- *Love, Trust, and Forgive* (2018)

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TOUR TANGO

Women and Stress: I Can Have it All Syndrome

ASPIRE MAGAZINE

- *What's inside Your Emotional Self-Care Toolbox* 2012
- *Mindful Awareness, Health and Healing* 2013
- *Collecting Joy* 2015
- *Mindfulness Keeping it Simple* 2016
- *The Tao of Living a Woman's Life* 2016

ACTIVITIES

PAST MEMBER OF COMPLEMENTARY AND ALTERNATIVE MEDICINE PLANNING COMMITTEE

- Subcommittee on Bio-energetic Medicine
- Chairman of Best Health Education Center Programming 2003-2004, Wake Forest University School of Medicine - Winston Salem, NC

REIKI COMMUNITY SHARE: ORGANIZER, CENTER FOR FAMILY WELLNESS 2000-2007
Winston-Salem, NC

ART OF WELL-BEING AND NATURAL TRIAD HEALTH FAIRS 2000 - 2012
Greensboro, NC

NATURAL TRIAD NETWORKING GROUP 2000-2012
Winston-Salem, NC

FORSYTH WOMAN NETWORKING GROUP 2010-2012
Winston-Salem, NC

NATURAL HEALTH LOW COST CLINIC VOLUNTEER 2012
Columbia, MO

MINDFULNESS AND ENERGY MEDICINE MEET UP ORGANIZER AND PRESENTER 2016 - current
Hampstead, NC

ORGANIZER, CRYSTAL COAST HOLISTIC PRACTITIONERS ASSOCIATION 2017-2018
Hampstead, NC

COMMUNITY HEALTH FAIR PARTICIPATION 2016
Hampstead, NC

PRESENTATIONS

SHEPHERD CENTER OF WINSTON-SALEM

- Energy Healing
- Energy Medicine and Its Benefits

FORSYTH COUNTY CANCER SERVICES, WINSTON-SALEM. NC

- *Energy Healing as an Alternative Healing for Breast Cancer* (2000)
- *10 Week Personal Healing Class* for breast cancer patients (2000)
- Education Series on Alternative healing modalities and Energy Medicine
- *Managing Treatment and Aftercare with Energy Psychology* (2003)

HERITAGE WOODS RETIREMENT COMMUNITY, WINSTON-SALEM, NC

- *Maintaining Your Personal Power* (2001)
- *Stress Management and Energy Medicine* (2001)

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CENTER OF FAMILY WELLNESS: INTEGRATIVE HEALTH CARE, WINSTON-SALEM, NC

- *Personal Healing* for center patients
- *90 Days to Stress Free Living* (book study)
- *Radiant Energies Balance and the Healing from Grief, Loss, and Trauma* (2003)

CHAMPION PRODUCTS HEALTH FAIR – CLEMMONS, NC

Stress Management and Relaxation Training

BEST HEALTH EDUCATION CENTER OF WAKE FOREST UNIVERSITY SCHOOL OF MEDICINE,
WINSTON-SALEM, NC

- *Stress Management Class* with co presenter Katherine Kelly (2002)
- *Alternate Treatments for Anxiety Class* with co-presenters Dr. Doreen Hughes, Linda Hunt, RN LPC 2003

WAKE FOREST UNIVERSITY SCHOOL OF MEDICINE SEMINAR SERIES, WINSTON-SALEM, NC

The Chicken or the Egg: Anxiety and Somatic Complaints with co-presenters Dr. Christine Staub, Susan J Smith LMBT (2002)

APPALACHIAN STATE UNIVERSITY: MIND-BODY COUNSELING CLASS, BOONE, NC

Energy Psychology: Radiant Energies Balance (2003)

ELON UNIVERSITY ACADEMIC SERVICES, ELON, NC

Athletes and the Treatment of Stress and Stress Related Issues (2003)

A DAY OF RADICAL SELF-CARE

- Spirit House Greensboro, NC (2012)
- Healing Center Brooklyn, NY (2012)

25 RADIO SHOWS AND PODCASTS INTRODUCING NURTURING WELLNESS THROUGH
RADICAL SELF-CARE

Examples:

- Talk Zone Radio: *Don't Box Me In*
- *Conversations Live* with Cyrus Web
- Transformation Radio Dr. Pat Show with guest host Sue London
- *Come to the Edge Today* with Joan Kappes
- *A Fine Time to Health* with Randi Fine

RAISING SUNRAYS VIDEO INTERVIEW

Greetings from the Womb: Pre-birth Aura Drawings and Readings 2013

A DAY OF RADICAL SELF-CARE WORKSHOP

- White Light Center Raleigh NC (2014)
- Spirit House Greensboro, NC (2014)

CAREGIVING RADIO WITH JONI ALDRICH

Nurturing Wellness through Radical Self-Care (2014)

GLOW HEARTFULNESS WEBINAR – GLOBAL AUDIENCE

Mindful Lifestyle; From Theory to Action (2018)

FABULOUS OVER FORTY WITH GERRI MCMAHON (INTERNATIONAL WEBINAR)

Tips for Living Joyfully After 40 (2018)

CUTV GLOBAL RADIO WITH JIM MASTERS (GLOBAL AUDIENCE)

- *Mindfulness, Anxiety and Stress Reduction* (2018)
- *Release of Revolutionize Your Health* (2018)

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MAKING A LIVING PODCAST WITH MAGGIE MISTAL (NATIONAL AUDIENCE)
Overcoming Limiting Beliefs and Self-Doubt (2019)

NEW EARTH TV – POWER TALK WITH JEAN ADRIENNE
Revolutionize Your Health (2019)

ENTERPRISE RADIO WITH ERIC DYE (NATIONAL AUDIENCE)
Relax, Let Go and Thrive (2019)