



*You Are the Essence of Greatness...Be You!*  
*Warren Mitchell, LCSW*

## Warren Mitchell's Bio



Warren Mitchell, is proud son of St. Lucian father, the late Stanley “Reds” Mitchell and Dominican mother, Annie Mitchell. He hails from the island of St. Croix, VI and grew up in the Mecca of Estate Grove Place . He is the loving husband of the beautiful Trinidadian wife Gillian, with whom they have raised three wonderful kids, Nia, Jabari and Kasim.

Warren is a licensed Social Worker with over 32 years of experience working with youth, families, and adults who are emotionally and spiritually distressed. He is the Founder and CEO of his private practice, *Journey of Self Discovery, LLC*. in Stonecrest, GA. There he provides services as a Clinical Therapist, Life Coach, Spiritual Guide, Clinical Supervisor, Workshop Presenter, and an Inspirational speaker. He is also the president of the *Virgin Islands Association of Georgia*, where he also hosts a monthly Facebook Live talk show, *Vibe with VIAG!*

Warren received his BA in Psychology from Franciscan University and earned his Master of Social Work from the University of Pittsburgh. He has developed a psycho-spiritual model that supports individuals, families, college students, groups, and businesses to operate authentically during difficult challenging times by taking ownership of their lives and wellbeing.

Warren's unique approach to serving his clients is based on the premise that each person is born with greatness in who they are. He believes no negative experience can destroy the worth and wonder of a human being. His goal is to help people get to the root of unhealthy cognitive and behavior patterns, that keep them in toxic or dysfunctional situations. Warren is working to incorporate African and Caribbean cultural and spiritual traditions into his model. He has travelled to Ghana and presented his model to support young adults and pastors there to help them in living true to who God has created them to be.

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Warren motto for all of us is to live free, walk true and be you.

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