

# Jenay Hicks

Jenay Hicks is a person-centered therapist with a holistic approach to mental health and therapy. She is passionate about creating wellness-focused programs that encourage mental health and wellness among medical professionals. Most intrigued by people exposed to trauma, she has devoted much of her career to working with professionals in healthcare to help them cope with the everyday and ever-present stresses of their work. Through individual and group therapy sessions, professional retreats, and conferences, Jenay helps her clients clarify their "why" and navigate a path to deeper fulfillment—professionally and personally. Jenay's passion for psychology and mental health began in earnest when she joined the Morehouse School of Medicine (MSM) in 2012 in the Graduate Medical Education (GME) office. As she monitored residents' matriculation through the education cycle, she noted high levels of burnout amongst the physicians, residents, and staff—and she identified the need for a caring culture that values humanistic practices as a means of fostering professional wellbeing.

Jenay truly believes that healthier medical professionals will make for a healthier world. In 2020, Jenay transitioned to MSM's Office of Counseling Services as the Assistant Director of Student & Resident Wellbeing. Here she implements wellness initiatives and programs to encourage counseling services among medical students, residents, and fellows. In addition to her work at MSM, Jenay counsels individual clients to help them cope with anxiety, depression, and career transitions and make strides in self-care. She is also working to improve the perception and acceptance of mental health support and therapy amongst the African-American population. Jenay earned her master's degree in clinical mental health counseling from Mercer University and holds a bachelor's degree in Psychology. She is an active member of Chi Sigma Iota (Counseling and Academic Professional Honor Society), the American Counseling Association, the Coalition for Physician Wellbeing, and the Association for Hospital Medical Association.