

# Dean BROWN

M.S LCPC, LCADC  
DJB THERAPEUTIC SOLUTIONS



## PUBLICATIONS:

NON-NEGOTIABLE SELF CARE

## SIGNATURE TALKS:

- NON-NEGOTIABLE SELF CARE
- BLACK MEN AND MENTAL HEALTH
- MEN AND SELF CARE
- BLACK MEN, FAITH, AND MENTAL HEALTH
- ESTABLISHING INTENTIONAL SELF CARE AMONG CLERGY
- WORKPLACE HEALTH AND WELLNESS
- HEALTHY COMMUNICATION, AND CONFLICT RESOLUTION
- MENTAL HEALTH AND SPIRITUALITY (A CRITICAL COLLABORATION)
- MEN AND ANGER CHANNELING
- THE MIND-BODY DICHOTOMY OF NUTRITION, FITNESS, AND MENTAL HEALTH
- STRESS MANAGEMENT AND SELF CARE
- RACE-BASED TRAUMA, TRAUMA PORN, AND THE BLACK COMMUNITY

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 The SelfCare Therapist

 Theselfcare\_therapist

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Mr. Deon Brown is a Licensed Therapist in the state of Maryland, and the District Of Columbia. He has been providing mental health services to teens, adults, and couples for over 15 years. Presently, he is a Licensed Clinical Professional Counselor, a Licensed Clinical Addiction Counselor, and is Certified in trauma work with the International Association of Trauma Professionals. His academic endeavors include a Bachelor's degree from Towson University in Clinical Psychology, a Master's Degree in Counseling Psychology from Loyola University, and a certificate in Chemical Dependency from Dundalk Community College. Mr. Brown is the CEO and Founder of his own thriving counseling practice entitled "DJB Therapeutic Solutions". This Therapeutic Practice provides services such as individual therapy sessions for teens, adults and couples, Mental Health and Substance Abuse Evaluations, Consulting Services, Corporate Workplace Wellness Training, Ministry Readiness Evaluations, as well as over a dozen Signature Presentations for secular, and religious entities. His practice also focuses on the integration of spirituality, mental health, and community, and the way those dimensions interact. Mr. Brown is known as "The Self-Care Therapist". As a Result, he focuses on helping individuals, Professionals, Companies, Staff, and Leaders improve their own Self-Care through practical tools, and tips. Consequently in 2022, Mr. Brown became a author, and released a Best- Selling Book entitled "NON-NEGOTIABLE SELF CARE". This book is a one stop shop for all things Self-Care related in a variety of settings, and multiple demographics. An array of Practical Tips are applied in this book in a simple to read format. Mr. Brown is a well sought after speaker, working to educate, inspire, empower, and motivate others in the care of their mental health, and wellness.

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BON SECOURS  
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BOYS & GIRLS CLUBS  
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