



THE
Queen's Healing Touch
— THERAPY & REIKI —

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New Therapy Practice in Greensboro offers Holistic Healing Approach

GREENSBORO, NORTH CAROLINA – There are plenty of therapists on the market, but people who are serious about their mental health and overall wellbeing better not sleep on Jacquena McIver just because she opened her practice only recently.

A native New Yorker, McIver is short in stature but packs a serious punch. Long before she earned her Master of Science in Social Work and her Bachelor of Arts in Liberal Studies, she earned a Ph.D. in the school of hard knocks.

By age 18 she had three children and enough pain and heartache from people who were supposed to love her to last a lifetime. Instead of giving up, McIver pushed through the pain and embarked on a path to find the woman God intended her to be. Now she's blessing others through a holistic practice offering a safe, confidential, nonjudgmental and caring environment in North Carolina's third largest city.

At The Queen's Healing Touch in Greensboro, McIver implements Reiki, a form of therapy in which the practitioner is believed to channel energy into the patient to encourage healing or restore wellbeing. Reiki is derived from Japanese words, rei, which means universal, and ki, which means energy or life force. McIver's practice is accredited by the International Reiki Organization and is a member of the Reiki Membership Association.

According to the famed Cleveland Clinic, Reiki supports the body's natural healing ability and promotes relaxation while reducing stress and anxiety, increasing energy levels, reducing fatigue and promoting an increased sense of positive wellbeing.

All of that is important to McIver. While she doesn't knock medicine and respects its value, McIver, a licensed clinical social work associate, thinks far too often people are prescribed medicine when a holistic approach is more appropriate.

Her business, The Queen's Healing Touch, began as an aromatherapy and life-coaching practice through which McIver created essential oils for people seeking to combat – without medicine –

depression, anxiety and other mental illnesses. The way McIver sees it, sometimes people simply need alternative ways of getting to the root of their problems and addressing them, a mindset that led her to become a Reiki master teacher.

“My patients deserve excellence, so becoming a Reiki master teacher was a natural progression,” McIver said. “My desire is to provide them with everything they need to discover and become their best selves. Change doesn’t happen overnight, but I possess the expertise and, especially important, the passion to assist my patients on their journeys to becoming exactly who and what they’re supposed to be.”

McIver is studying towards her Doctorate of Social Work from Capella University. She holds a Master of Science in Social Work from Walden University. She also has a Bachelor of Arts in Liberal Studies, with a concentration in African American Studies, from North Carolina Agricultural and Technical State University. And she has an Associate Degree in Paralegal Studies from Guilford Technical Community College.

In addition to her therapy practice, McIver runs A Queen Above All: The Jacquena Bryant Foundation, a community resource offering free therapy sessions to individuals facing financial challenges that might make paying for therapy difficult. The Foundation also offers scholarships to students attending HBCUs. McIver’s alma mater, N.C. A&T State University, is the country’s largest historically Black college or university and is located in Greensboro where she has her practice.

Giving back to the Greensboro community is very important to McIver.

“I wouldn’t be where I am today without the help of others, so it’s important to me to invest in my community by giving back,” she said. “People talk about giving back all the time, but talk is cheap unless it’s backed up with work and good deeds. Helping others by creating positive energy on which they can feed is in my DNA. In fact, you could say it’s second nature to me. I plan to continue building my practice and helping lead people into transformative lives. I know Reiki isn’t commonly known, but I’m confident once people give my holistic approach a try, they’ll quickly become believers.”

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JACQUENA'S Story



Jacquena McIver is on a personal mission to help young girls and has no plans to stop.

Not now. Not ever.

McIver, a married mother of nine, knows there are plenty of adolescent girls who need positive role models to encourage and influence them while helping them realize they can achieve greatness.

Her message, which she aims to spread as widely as she can, is rooted in an adage that has stood the test of time: Experience is the best teacher.

McIver lives in Greensboro, North Carolina, with her wife, an entrepreneur, and their children. She's accomplished, well-educated, a proud member of Alpha Kappa Alpha Sorority, Inc. and is living her best life.

But if you think every day has been roses for McIver, you're sadly mistaken.

When she was just 13, instead of hanging out at the mall or spending hours talking on the phone like most teens, McIver was at home taking care of her infant son.

"When you have a child at 13 and at 15 and at 18, that was it for me," she says. "I wasn't going to finish school or do anything beyond be on welfare. I didn't really have role models."

McIver grew up in the 1980s in public housing in The Bronx, New York, home to Yankee Stadium, The Bronx Zoo and the New York Botanical Garden. The Bronx is known as the birthplace of rap and hip-hop music, and among celebrities who were born there are actress, singer and entrepreneur J. Lo and New York Giants running back Saquon Barkley.

McIver was reared by her maternal great grandmother, Thelma Davis. Her parents were drug addicts, and her mother spent time in and out of jail.

"I feel like I've lived every aspect of trauma that a young girl can go through – teenage pregnancy, rape, domestic violence, not having your parents there, not finishing high school," McIver says. "The last time I was actually promoted was from fifth grade to sixth grade. After that, I was just pregnant and doing whatever it is that I wanted to do."

When McIver was 16, after tiring of the abuse she suffered at the hands of her son's father, she moved with her two children to a domestic violence shelter. There, her life began to transform. She had access to daycare, job training, counselors and workshops centered around self-care, education and resume building – among other things. Wisely, she took advantage of it all.

McIver and her children lived at the shelter until she was 18, when she moved into an apartment. Shortly after getting her own place, she got pregnant again, married and found herself in another abusive situation. She had her husband arrested, ended the marriage and landed a job at Suburban Propane, a gas company in a New York suburb. Working in the suburbs exposed her to a different lifestyle, one she'd previously only heard about.

At some point her great grandmother moved to North Carolina, and McIver soon followed. Suburban Propane had a company in Winston-Salem, and she was able to transfer.

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McIver took some sage advice and enrolled at Guilford Technical Community College to earn her GED. A professor encouraged her to continue her education, and she went on to earn an associate degree in paralegal studies from GTCC before earning a bachelor's degree in liberal studies, with a concentration in African American Studies, at North Carolina Agricultural and Technical State University in Greensboro, the country's largest HBCU.

"I wanted to show my boys more," she says. "I can't tell them to go to college if I didn't go to college because I like to practice what I preach. They're 30, 28 and 25 now. They were in college but have stopped out. I believe when they're ready and it's their time, they'll return. One of my daughters is a sophomore at A&T now."

McIver enjoys setting good examples for her children but wants to positively impact other people's children as well. She realizes some may question why she shares so much.

“I share because so many people don’t,” she says. “If you don’t know that there’s someone out here who has walked in your shoes and been where you’re at, you feel hopeless. The average person who looks at me would have no idea I’ve been through what I’ve been through. Anyone can ask me anything, and I have no shame because my lived experiences are what make me who I am today.”

It’s considered “taboo” in the African American community to share personal business or let outsiders know what’s going on in your home, McIver says.

“Can you think about the impact we could have if we did share?” she asks. “So many people don’t get help because they’re embarrassed. Not in a million years when I was sitting there rocking and trying to feed and take care of a baby at 13 did I ever imagine my life would be what it is today. God and my ancestors had something bigger in store for me. I just want to help that young girl who’s being beaten up by her boyfriend and mistakenly thinks it means he loves her and she has to stay, or that teen mom who thinks her life is over, or that young girl who isn’t getting the love, support, guidance and nurturing she needs at home.”

McIver is confident there’s purpose in her struggles.

“My story, my trials and tribulations and the tears that I’ve cried were not in vain,” she says. “I went through all of that, I truly believe, so my story can inspire someone else.”



ACCOLADES

- Masters of Social Work
- Licensed Clinical Social Worker Associate
- Doctoral Candidate
- Member of Alpha Kappa Alpha Sorority, Inc.
- Certified Aromatherapist
- Certified Reiki Master teacher
- Reiki practice is internationally accredited
- Member of the national society of leadership and success
- Active and lifetime member of “NC A&T SU Greensboro Alumni Association”
- Served as chair of the Young Alumni committee from 2017 to 2019
- She volunteered as a sworn officer of Guilford County courts as a Guardian Ad Litem where she advocated for neglected and abused youth in foster care.
- Motivational speaker for Survivors of domestic violence
- Active advocate for the LGBTQ Community in Greensboro NC

STATISTICS



Teen birth rates declined from 2018 to 2019 for several racial groups and for Hispanics. Among 15- to 19-year-olds, teen birth rates decreased:

1.9%

for non-Hispanic
Black females

5.8%

for non-Hispanic
White females

5.2%

for Hispanic
females

45.9k+

people died by suicide in
the United States in 2020.

12.2m

adults seriously thought about
suicide

3.2m

adults made a plan

1.2m

adults attempted suicide

1 in 12

U.S. high school students
experience physical or
sexual dating violence.

What are the consequences?

- experience depression and anxiety symptoms
- engage in unhealthy behaviors, like using tobacco, drugs, and alcohol
- exhibit antisocial behaviors, like lying, theft, bullying, or hitting
- think about suicide

Statistics from The Centers for Disease Control and Prevention (CDC)

Q&A

Jacquena McIver In Her Own Words

Q: Why is now the right time for you to launch your business?

It's now or never. I've always had an incredible story, but I was afraid to share it because of fear of judgment. However, it's time for me to step out on faith and live in my truth. I'm shattering glass ceilings and bursting open doors. It's time for little Black girls who are facing or have faced adversity in the past to have someone to look up to, someone who has walked in their shoes and faced and overcome adversity.

Q: What are some practices you plan to employ to ensure your clients get the help they need?

My number one goal is giving women a safe place to share their feelings, their troubles, their trials and their trauma. I aim to provide a safe place where they can come to work through it all without fear of judgment. There are many times that people will seek help from a therapist but are afraid to fully disclose out of fear of being judged. My goal is to create an environment that lets anyone who walks through my door know she can discuss anything; we can work through anything and there's no need to hide behind the veil.

Q: You've endured so much. How much, if any of "your story" do you plan to share with your clients as a means of connecting with them, reaching them?

I will self-disclose when I feel it's appropriate and helpful.

Q: What will be the biggest obstacle you'll face while getting your practice off the ground?

My biggest hurdle for the practice is going to be getting my name out there and letting people know I'm there for them. I have a very holistic approach. Not all therapists are the same. Some people think if you've been to one therapist you've been to them all. However, my therapeutic method is unique, so I must invest in properly promoting my business.

Q: What are you most excited about?

I'm excited to help young women heal while breaking generational curses that may be holding them down. I'm excited to help young women of color, and women in general, succeed!

Q: How do you think African American people can become more comfortable with seeing licensed therapists/sharing their problems with professionals who can help them?

I think that happens on an individual basis. You need to be able to meet with a therapist and connect with him or her. It's just like any other relationship. There are billions of people on the planet, but we don't connect with all of them. It's my goal to ensure my clients and I have a connection that enables us to develop a beneficial therapeutic relationship.

Q: Of everything you've accomplished thus far, of what are you most proud?

Being a mother to my children and being there for my children, even after giving birth at the age of 13. My children have never been in foster care, and they have never been away from me. I have raised each one of them, and I take pride in that. It is my biggest accomplishment, bar none. My children know that no matter what – even the ones who are now grown – they have a mother who supports them and always has their back.

Q: What are some professional trends (or pitfalls) you aim to avoid?

I will try to avoid getting too caught up in my clients' situations. My job is to be a therapist and to help them work through their issues; however, trauma and secondhand trauma are real. That said, I must ensure I keep myself well both mentally and physically because if I'm not whole and taking care of me, I won't be able to adequately provide for my clients, and there are many people who need my services.

Q: How are you going to set your business apart from other similar businesses?

There's only one me, and I provide a queen's healing touch!

Q: What are some of your hobbies?

Shopping, traveling and spending time with my wife, children and extended family. I love my friends and family and have a huge family, so anytime we can get together it's a good time.

Q: What's the last movie you saw whether on Netflix or the big screen?

On the big screen, "The Woman King" starring Viola Davis. I actually went to see it three times! I absolutely love the positive message it depicts and how those women faced adversity but didn't allow it to take them down. They were warriors who understood what needed to be done, and they made sure everybody else understood it as well! At home, Monique's latest movie is the last one I saw. She played a person with a dual personality, so I enjoyed watching it and diagnosing her. I find myself doing that with people now way too often.

Q: Are there any adages or scriptures by which you try to live?

1 Corinthians 13:4–8a (ESV), “Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing but rejoices with the truth.” I like this scripture because far too often people are in abusive relationships and blame it on love. I like to connect this to what love should feel like in the biblical sense. Nowhere in the Bible does it say if he beats you that means he loves you. I heard that growing up, and so this just resonates with me. Another scripture I love and adhere to is Philippians 4:13, “I can do all things through [a]Christ who strengthens me.” I’ve been strengthened time and time again so much so that I know I’m his favorite.

Q: Why are you so determined to help others?

I want to provide for others everything I wish I’d had growing up. I wish someone would have noticed that a lot of my issues were trauma-based. I wish someone would have intervened and shown me a better way. Although I figured it out on my own later in life, it would have been amazing to have someone help me along this journey much earlier. With God’s grace and mercy, not to mention the help of others, particularly my wife, I’ve accomplished some amazing things. I can only imagine what I could have accomplished had I had some guidance, a therapist who understood me and counseled me, at a young age. I don’t want anyone else to spend time trying to heal from a traumatic childhood. It’s my goal to nip trauma in the bud early on.

Q: From whom do you draw strength?

My ancestors, who walked this world before me, and now walk beside me.

Q: Who are your role models?

People who, like me, have “made it” despite the odds, despite the obstacles they’ve faced, despite the heartache they’ve suffered and despite the losses they’ve experienced. I am a role model ... because I came from the bottom. No one expected me to shine the way I’m shining, except God and my ancestors.

Q: Are there any therapists — famous or non-famous — that you emulate?

No.

Q: If you weren’t a therapist, what do you think you’d do for a living?

I’d go to law school and become a lawyer. I love arguing my point!

Q: Do you plan to expand the practice by adding more therapists — or in any other way?

Yes. I want to eventually include a wellness center where my clients can see me and also enjoy a reiki session, take a yoga class, meditate or participate in group sound therapy. I want my clients to feel the Zen from the minute they walk in the door!

Q: Do you have a favorite song to listen to when you're feeling down and need a "pick-me-up?"

Absolutely! **I Didn't Know My Own Strength** by Whitney Houston. This song has pushed me through a lot of days and is truly one of the reasons I'm the powerhouse I am today. I'm short in stature, but I have the strength of a giant and endless faith. I am my ancestors' wildest dreams, and I simply will not let them down!





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