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*Joel Britt, LCSW*

MENTAL HEALTH THERAPIST,  
WELLNESS CONSULTANT &  
PODCASTER

MEDIA KIT

# Hi, I'm Joi!

MENTAL HEALTH THERAPIST, WELLNESS CONSULTANT  
& PODCASTER

Joi Britt is a Licensed Clinical Social Worker from The Bronx, who is now licensed in and living in Georgia. She is the owner & therapist of Life Intentionally Psychotherapy Services LCSW PLLC where she mostly works with women of color to help them live on purpose and with purpose. That is done by unpacking, processing and learning new tools to manage concerns such as anxiety, relationships, family and work trauma. She has expanded her services to not only include individual therapy but also Friendship Coaching based on her "French Fry Friendship Theory".

Joi has been the "Resident Therapist" for the Nonprofit Professionals of Color Collective since April 2020 and has been featured in publications including VOGUE and Deeper Than Hair Magazine. Joi is also the host of The Joi of Social Work Podcast, which peaked at #3 of the top 40 Social Work Podcasts, where she discusses her life after loss and the importance of mental health wellness for Communities of Color. Joi completed a 3 city tour in April 2023 to celebrate 5 years of podcasting. Joi is also the co-host of a new podcast called Courageous Exchanges with Alex & Joi. Their goal is to show the most courage when we are having authentic exchanges that are rooted in truth, vulnerability and that interrupt negative patterns of thinking and being.





SPEAKING TOPICS & TRAININGS

- ✓ Living on Purpose & With Purpose
- ✓ French Fry Frenship Theory
- ✓ Reality TV & Mental Health
- ✓ Life After Loss
- ✓ Mindset is Everything!
- ✓ Wellness in the Workplace: Setting Boundaries & Focusing on Self Care
- ✓ Affinity Group Support



FEATURED ON & PARTNERED WITH





GET IN TOUCH

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I look forward to connecting!

*Joi*