

JEANIE Y. CHANG, LMFT, CMHIMP, CCTP
Founder, Your Change Provider, PLLC



Jeanie Chang is a Licensed Marriage and Family Therapist and the Founder of Your Change Provider, PLLC, a therapeutic practice founded on solutions and multicultural confidence in promoting mental health and wellness. Jeanie's clinical expertise extends well outside the therapy room. She is an accomplished national speaker; leading mental health seminars and workshops for corporate, community, and colleges on topics such as burnout, resilience, mindfulness, stress, workplace wellness, and mental health conditions including anxiety, depression, and suicidality. As a family and parenting coach, she also facilitates skills groups and provides psychoeducation for children, adolescents, and families throughout various organizations around the country.

Jeanie is a Certified Mental Health Integrative Medicine Provider (CMHIMP) which incorporates nutrition in mental health treatment, and a Certified Clinical Trauma Professional (CCTP)

with experience in grief, loss, and trauma. She is also a Certified Facilitator for Prepare/Enrich, a program used for pre-marital, marital counseling, and marriage enrichment. In addition, Jeanie holds specialized training in Mindfulness Based Stress Reduction (MBSR).

Jeanie followed a calling in mental health, receiving her M.A. in Marriage and Family at Pfeiffer University, after a diverse career. She first started as a broadcast journalist in Washington, D.C. during the Clinton administration. Then went on to attend business school at Johns Hopkins University from which she received an M.S. in Marketing. Her work in the corporate sector includes marketing, public relations, and client success management.

Jeanie is an active volunteer in the community. She is the National Director of the Self-Care and Wellness program for the National Association of Asian American Professionals (NAAAP) where she also serves as President of the NC Chapter. Her passion is addressing mental health stigma in the Asian American community. In addition, Jeanie volunteers as a facilitator for student veterans at Wake Technical Community College, VP of Membership on the executive board for the Business and Professional Women of the Triangle and sits on the advisory board of the Western Wake Tennis Association. For her own self-care, Jeanie enjoys spending time outdoors with her four children ages 13-19, loves going on date nights with her husband of 22 years, and planning family vacations.



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