

Jean E. Berry—Honored in America’s Best in Medicine for Leadership in Behavioral Health and Recovery

Transforming Lives Through Compassionate Care and Evidence-Based Practices



Warren, Pennsylvania Nov 19, 2025 ([Issuewire.com](https://www.issuewire.com)) - Jean E. Berry, a Licensed Professional Counselor and former Clinical Director of an outpatient addiction program and Medication-Assisted Treatment (MAT) clinic licensed by the Pennsylvania Department of Drug and Alcohol Programs (DDAP) and New York State’s Office of Addiction Services and Supports (OASAS), is making

significant strides in the field of behavioral health. With over 13 years of personal experience in long-term recovery and survivorship from metastatic breast cancer, Jean leverages her lived experiences to provide empathetic, evidence-based care for individuals grappling with co-occurring substance use and mental health challenges.

Jean's academic journey began with an A.S. in Criminal Justice and Corrections from Jamestown Community College in 1992, followed by a B.S. from Mercyhurst University in 1994. Her commitment to understanding mental health led her to earn a M.S. in Clinical Mental Health Counseling from Walden University in 2016. Throughout her career, she has developed expertise in emotional regulation, relapse prevention, grief and loss, and trauma treatment, utilizing various therapeutic approaches, including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT)-informed skills, Acceptance and Commitment Therapy (ACT), Motivational Interviewing, as well as structured safety and recovery planning.

In her clinical practice, Jean emphasizes the importance of individualized care, ensuring that each intervention is tailored to the unique context of her clients. Her extensive credentials, which include being an International Certified Advanced Alcohol and Drug Counselor, Certified Substance Abuse Clinical Supervisor, Certified Clinical Trauma Professional Level II, Certified Grief Practitioner, Certified Clinical Supervisor, Certified Criminal Justice Practitioner, and Certified Recovery Specialist, reflect her dedication to ongoing professional development and excellence in treatment. As an ordained Spiritualist, she integrates a holistic approach to healing, recognizing the mind, body, and spirit connection.

In addition to her clinical work, Jean co-founded Reclamation Sisters, a curriculum and education platform designed to empower individuals, counselors, and treatment centers with purpose-driven recovery tools and practical skills. Through this initiative, she and her sister, Laura, offer a range of resources—including workbooks, interventions, online courses, and virtual counseling services—that equip clients with the tools they need to rebuild meaningful lives. Their innovative programs include “Beyond Addiction”: a 100-day workbook for relapse prevention, crisis planning, and your personal path to wellness and recovery; “Reclaiming a Life of Value and Purpose”: a 60-day workbook to design a life of purpose and meaning; and the online course, “Helping the Helpers: Resilience & Renewal”.

Jean's passion lies in witnessing measurable change in her clients, helping them develop emotional regulation skills, reduce relapse risks, and reclaim their daily functioning. She believes in translating evidence-based practices into tangible skills that clients can apply in their lives. By collaborating across various systems—medical, legal, educational, and residential—Jean works tirelessly to remove barriers to care, ensuring her clients receive comprehensive support.

Guided by her own experiences with recovery and cancer survivorship, Jean remains grounded, direct, and outcomes-focused in her approach. She finds profound meaning in meeting clients exactly where they are, fostering safety and trust, and guiding them toward meaningful and measurable change in their lives. With her compassionate and innovative strategies, Jean E. Berry continues to be a beacon of hope for those navigating the complexities of behavioral health and recovery.

Learn more about Jean E. Berry:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/jean-berry> or through Reclamation Sisters, <https://www.reclamationsisters.com/>

America's Best in Medicine

America's Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

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