

Deidre C. Jackson, M.Ed. LPC

[www.emotionalichange.com](http://www.emotionalichange.com)

**Education**

***Arizona State University*** –

Doctoral Candidate of Behavioral Health expected graduation 2021

***Texas Southern University***

Guidance and Counseling, M.Ed.

Public Administration, B.S.

**License and Certification**

Licensed Professional Counselor with the State of Texas #66355

Mental Health First Aid (Certification)

Certified School Counselor with the State of Texas

***Approach to Counseling***

Deidre is dedicated to providing guidance that propels the client towards a commitment of change. She believes that counseling and psychotherapy provides opportunities to reflect, renew, and redirect the lives of the individuals devoted to the process. Relationships are an essential aspect of our lives; and, our ability to navigate intimate, familial, work, or peer relationships is critical to our mental health. Deidre offers tools and interventions to manage behaviors and emotions that strain all types of relationships. Through attentive listening and fostering self-empowerment, Deidre works diligently to be a change agent in the lives of her clients. Emotions are universal; yet, the difference lies in how we manage them. I want to help you manage your emotions.

***Therapy Modalities***

Cognitive Behavior Therapy

Family Systems Therapy

Motivational Interviewing

Person Centered Therapy

Solution Focus Therapy

***Experience***

Adolescent and Young Adult Issues Adjustment Issues, Anger Management, Anxiety, Communication Difficulties, Behavioral Issues, Conflict Resolution, Depression, Grief, Family Issues, Parenting, Survivor of Sexual Abuse, Trauma, Wellness Maintenance ,Women’s Issues,

***Affiliations***

American Counselors Association

American School Counselor Association

National Association of Doctors of Behavioral Health

Texas Association of Marriage and Family Counselors

Texas Association Mental Health Counselors

Texas Association of Multicultural Counseling and Development

Texas Counselor Association