

# Christian JACKSON



Licensed Professional Counselor • Speaker • Author

## “THE Daddy Issues Expert”

After being on the “Couch with Christian”, you have a chance to view difficult experiences as an empowered survivor. Clients walk away with a proven system to address the negative impact of trauma, while colleagues learn how to use strategies to better serve their communities. Her system, G.R.A.C.E., helps people address post-traumatic stress symptoms without spending excessive resources, like time and money.

Christian is a licensed professional counselor supervisor and national board certified counselor, mental health speaker, and author. As an EMDR (eye-movement desensitization and reprocessing) trained therapist, Christian works primarily to address symptoms of post-traumatic stress. She infuses her personal experience and professional knowledge to train other therapists, life coaches, and healers to consider ways to enhance their work.

### POPULAR PRESENTATION TOPICS

#### Daddy Issues x Mental Health and Wellness

This event provides an overview to help clinicians identify the specific mental health symptoms related to one's connection (or absence of a connection) with their father. Participants will be able to identify current post-traumatic stress symptoms, specifically as it relates to emotional trauma in connection to one's experience with their fathers. Come learn evidence-based interventions based on CBT practices to use in both individual therapy as well as therapeutic group settings to assist clients with abandonment/rejection, attachment issues, and more.

#### #3 Group, there it is!

This interactive, trauma-informed, training provides evidence-based, ethical considerations, and recent best practices about the implementation of an impactful, culturally-informed group experience for clients who are seeking therapeutic support. Participants will learn how to develop, implement, and facilitate a group curriculum; they will leave knowing how to write their own group.

#### Roadmap to Secure Attachment

This presentation outlines the attachment theory in the counseling context in order to assist clinicians with supporting clients with insecure attachment styles.

After this training, clinicians will learn/be refreshed about the theory. They will be able to explore the intersections of culture, trauma, and recent attachment researchers' feedback on the subject to enhance the application of attachment concepts in their current practice across the lifespan.

Christian has spoken and/or been featured with the following partners.



## TESTIMONIALS

"She and the webinar were really helpful. She was very engaging and you can tell she really cares about the work that she does."

"Amazing! I would love working with her in the future!"

"Very well presented! Organized, informative, & interactive."

"This was NOT your average clinical training. Christian exceeded my expectations..."

"Her delivery of the content was relatable and easy to understand, the exercise we completed helped to give me clarity and reduced my overwhelm about creating group content, and handout we received was priceless!"

"Group There It Is takes your group skills to next level! Experienced facilitators will gain even more tools and learn how to create their own, unique curriculum with any group topic of their choice. Christian is an engaging facilitator with a wealth of knowledge and expertise in her field. This training will be a great investment into original programming for your agency or brand!"

"Great work, very personable, knowledgeable, great content"

"Christian presentation was thorough and covered things I have not even considered. "

"She is fantastic! I appreciate her realness and openness to talk about her experiences."

Her self-published book, **Daddy Issues: How to Detangle from the Sins of our Fathers**, and its workbook by the same name explore mental health symptoms not typically associated with emotional trauma such as the **"Father Wound"**. Her brand, **Couch with Christian**, focuses on supporting women in recovery from unhealthy relationships via facilitating trauma informed therapy and mental wellness coaching so they can improve their connections at work, home, and socially for a better quality of life. In an effort to keep the mission going, she also enjoys speaking to various organizations to educate staff and community members on ways to address the discomfort of unresolved trauma.

### Article Features:

- Exploring Life & Business with Christian Jackson of Couch with Christian  
[SouthCarolinaVoyager](#)
- What is a Relationship Coach  
[She'sSINGLE](#)
- Why Do People Cheat On People They Love?  
[UP JOURNEY](#)
- Signs You're Accidentally Gaslighting You're Partner and How to Change Your Ways  
[ASKMEN BECOME A BETTER MAN](#)
- Soda City Live: A Deep Dive into "Daddy Issues" ahead of Father's Day  
[WISTV](#)
- Exploring Daddy Issues x Mental Health Symptoms  
[South Carolina Association for Marriage and Family Therapy](#)



## How to connect with Christian!

 [info@couchwithchristian.com](mailto:info@couchwithchristian.com)

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

 [@couchwithchristian](https://www.facebook.com/couchwithchristian)

 [@couchwithchristian](https://www.instagram.com/couchwithchristian)

 Couch with Christian

 Christian Jackson

 Pray. Twerk. Work

COUCH WITH CHRISTIAN

