



Lisa's Experience:

EDUCATION:

- Syracuse University, **BA** Magna Cum Laude
- Syracuse University, **MBA** Magna Cum Laude
- Seton Hall University, **MA Counseling** Magna Cum Laude

EXPERIENCE:

- MFTI, Full Spectrum Recovery & Counseling Services
- CA Association of Marriage and Family Therapists-Counselor, Tully Hill Chemical Dependency Center
- Counselor, Syracuse Behavioral Health
- Public Speaker and Lecturer
- Author, *Lost, Found & Forgiven*
- CEO, Diamond State Federal Credit Union
- Controller, Electronic Arts/UVA Credit Union
- Financial Analyst, GE

Lisa M. Jackson

BA, MBA, MA Counseling

Parental and Family Consultant
for Full Spectrum Recovery &
Counseling Services

Greater Boston Area, MA
Santa Barbara, CA

Lisa's Background

Lisa Marie Jackson is an experienced marriage and family therapist intern, group facilitator and clinician in alcohol and substance abuse treatment and has worked in private practice, behavioral health and chemical dependency treatment centers.

She graduated magna cum laude from Seton Hall University (Masters degree in Counseling) and Syracuse University (BA and MBA degrees).

Lisa is the founder of Parental Centering™ therapy and is the author of *Lost, Found and Forgiven: How One Mother Prevailed Against Teenage Rage and Brought Her Daughter Home Again*. Lisa was a Controller with the UVA Credit Union, a financial analyst with GE, and CEO of a federal credit union. She is the mother of two adult children and has been married to her high school sweetheart for over thirty years.

It is this combination of clinical, parental and executive experience that Lisa calls upon to provide a truly unique and powerful connection to individuals and families in distress.

Full Spectrum Recovery & Counseling Services
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Recovery Counseling for Alcohol and Drug Abuse

Through my affiliation with Full Spectrum Recovery & Counseling Services in Santa Barbara, CA, my core practice specializes in programs related to alcohol and substance use such as:

- Family interventions
- DrinkChoice™
- Relapse prevention
- Traditional Twelve Step

Parental Centering™

Parental Centering™ therapy teaches parents of crisis-driven children how to regain control of **their own** lives. Together, we will find your center between enmeshment in your child's chaotic life and "love with detachment." You'll learn the skills to move from reactionary and emotionally charged responses toward systematic, rational responses. You will take an honest look at how your actions are hurting or helping your child, and you will learn to stop treating every situation as a crisis that must be solved today.

Crisis Management

Unfortunately, parental and family crises often don't coincide with scheduled weekly therapy sessions. **Even if you're not a current client, you may want to come in when a crisis arises.** These sessions are much more directive in nature because we focus on the next few steps you need to take to work through this critical moment. If new issues arise or the crisis continues, we will build upon these ad hoc sessions to help you navigate through these painful times. **There is no need to commit to a long term treatment plan.**

My Approach

Not everyone seeking help is ready to engage in a long term, intensive and deeply introspective experience. Whether the issue is substance abuse, troubled relationships, codependency, depression, anxiety or overwhelming stress, we'll set reachable goals and practice new coping skills to immediately address your most pressing concerns. This can provide you with hope that you can:

- Take back control of your life and accept that you can't control others
- Set boundaries in your personal relationships and behavior
- Learn to re-frame negative situations
- Understand and manage your anger
- Release yourself from codependency
- Practice coping and grounding skills
- Use community resources effectively and build your network of supportive people

I specialize in the following areas:

My Books

I began Parental Centering™ therapy as a result of a protracted struggle with my deeply self destructive teenage daughter. *Lost, Found & Forgiven: How One Mother Prevailed Against Teenage Rage and Brought Her Daughter Home Again*, provides the context and foundation for my



parental therapy practice and was published in 2008. I am now working on my follow-up to *Lost, Found & Forgiven* that explains in detail my approach to parental therapy. An adjunct to the Parental Centering™ program, this new book will discuss core concepts and draft session plans of benefit to both parent and therapist. Publication date is 2012.

Videoconferencing

After several years practicing in Santa Barbara, I became accustomed to accommodating the unique requirements of very high profile business and celebrity clients. I am passionate about my professional ethical code of conduct, and I am extremely diligent about protecting the privacy of each and every one of my clients, high profile or not. As such, I also offer Skype Videoconferencing for remote sessions from your personal computer. Skype is a computer-based product that work well with most home internet systems except dial up. To learn more, go to the Skype website.