



*Tricia Jackson*

MACC, LCMHC-A

Tricia Jackson earned a Bachelor of Social Work degree from UNCC and a Master of Arts in Christian Counseling at Gordon Conwell-Theological Seminary in Charlotte. She is a North Carolina Licensed Professional Counselor Associate (#A13613). Prior to coming to RPC, Tricia developed experience primarily working with incarcerated women and university students. Tricia's clinical experience includes individual counseling for those struggling with trauma, work/life balance, adjustment, anxiety, boundaries, guilt/shame, identity, transitions, self-esteem, depression, and loss.

It is Tricia's desire to provide a safe atmosphere that fosters vulnerability and authenticity for her clients so that they are able to increase self-understanding, process pain, and meet therapeutic goals. Tricia believes that healthy development and growth are not reached by the elimination of pain and challenges, but rather in developing healthy methods of coping with and responding to pain. She believes that the person you are today is a combination of emotional, physical, mental, spiritual, behavioral, biological and environmental factors. Distress in any one, or multiple, of these areas may create the need or desire to receive counseling. Tricia works to find the best approach for each individual client. Her blended approach may draw from Cognitive-Behavioral Therapy, Solution-Focused Therapy, Narrative Therapy, and/or Experiential Therapy.

As a Christian Counselor, Tricia views her clients through a Biblical worldview but does not impose this perspective on clients. She believes that true healing comes from our Creator and that she is just an instrument of His healing. She believes in His unconditional love and grace and considers it an honor to be an instrument of this love and grace to her clients.