

JACQUELINE JACKSON

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PROFESSIONAL PROFILE

Trauma-informed wellness educator, author, speaker, podcast guest, and peer-parent facilitator integrating body-mind-spirit healing, nervous system regulation, and evidence-based recovery frameworks. Skilled in public speaking, program development, yoga therapeutics, group facilitation, and community-based resilience initiatives. Known for translating complex trauma science into accessible, experiential practices.

CORE COMPETENCIES

- Public Speaking & Expert Panels
- Nervous System Regulation & Resilience Education
- Trauma-Informed Program Development
- Somatic EMDR & Bilateral Regulation Practices
- Peer Parent Facilitation (Addiction & Recovery Support)
- Yoga Teacher Training (200-Hour Lead Facilitator)
- Podcast Guest & Media Communication
- Wellness Curriculum Design
- Community Outreach & Relationship Building
- Writing, Content Creation & Educational Publishing

SELECTED PROFESSIONAL EXPERIENCE

- Co-Founder & Lead Facilitator | Sacred Journey 200-Hour Yoga Teacher Training | 2025–Present

Designed and launched a Yoga Alliance-aligned teacher training program integrating anatomy, biomechanics, pranayama, meditation, philosophy, sequencing, ethics, and embodied teaching skills.

- Peer Parent Facilitator | Other Parents Like Me | 2021–Present

Facilitate weekly national support groups for parents and caregivers using Invitation to Change (CRAFT), co-regulation tools, and resilience-based approaches.

- Livestrong at the YMCA Facilitator | 2021–Present

Lead 24-session survivorship wellness programs integrating movement, stress reduction, community support, and recovery-focused education.

- Author, Speaker & Wellness Educator | 2001–Present

Develop and deliver workshops, keynote talks, classes, and educational programs focused on trauma healing, stress management, mindfulness, embodiment, and holistic wellbeing.

PUBLIC SPEAKING & MEDIA EXPERIENCE

- High Energy Health (Dawson Church) – Trauma healing and somatic integration
- Belief, Being & Beyond (Granddaughter Crow) – Spiritual resilience and embodiment
- Loving While Living with Your Child’s Addiction (Heather Ross) – Parent nervous system regulation
- Ethereal Encounters Unveiled (CarolAnn)
- Holistic Trauma Healing Speaker Talks
- Expert Panel on Trauma Recovery
- Florida Parent Support Recovery Program – Guest Speaker
- Wilton Library Association – Author Talk & Nervous System Regulation Program
- Byrd’s Book Author Talk with Experiential Practices

AUTHORSHIP & WRITING

- Holistic Trauma Healing: Strategies to Integrate the Body, Mind & Spirit
- Urge Overkill: A Story of Breaking Free
- Freelance writer and content creator for wellness publications, newsletters, training manuals, Medium, Substack, and Llewellyn Worldwide.

CLINICAL & TRAUMA TRAINING

- Somatic EMDR (60-hour certification, 2025)
- Invitation to Change (CRAFT) Professional Certificate, 2024
- Youth Mental Health First Aid, 2025
- Trauma-Informed Yoga Training, 2019
- Yoga for Healing Trauma – Kripalu (Bessel van der Kolk), 2016
- Mindfulness Based Stress Reduction, 2014
- Comprehensive Yoga Therapy Certification, 2013
- ERYT-500, YACEP® Yoga Alliance

EDUCATION

- Bachelor of Arts, Liberal Arts / Human Rights – Penn State University