**Jacqueline Jackson**

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**Objective:** Passionate about developing wellness initiatives, particularly in stress reduction, lifestyle management, and trauma remediation. I aim to leverage my unique skill set encompassing strong relationship building and communication skills, program development and yoga teaching/training. Complemented by a proficiency in human resources, team management, newspaper reporting, sales, marketing, and interpersonal skills, I bring innovative ideas and a proven track record of results-focused programs to contribute to the success of organizations’ holistic well-being objectives.

**Professional Experience:**

**Peer Parent Group Facilitator | Other Parents Like Me (OPLM.com) & Livestrong at the Y Cancer Survivor Program facilitator | 12/8/21 - Present**

* Host weekly support groups for caregivers of struggling kids since 2021 on OPLM.
* Peer mentor with OPLM.
* Host Speaker Talks on holistic trauma healing (5/19/22 and 8/14/25) and one expert panel on trauma healing 8/25/25 on OPLM 9/25/25.
* Host two, 24-session Livestrong at the Y movement-based cancer survivor programs per year in bi-annually since 2021.

**Writer | 2001 - Present**

* Author of two self-help books: *Holistic Healing: Strategies to Integrate the Body, Mind, and Spirit* on integrating top trauma remediation from psychology and complementary healing modalities. *Urge Overkill: A Story of Breaking Free* for self-help on overcoming domestic violence.
* Freelance copy/content writing/editing for various clients, most recently with OPLM, Ingenuity Design, OPLM, [Medium.com](http://medium.com), [ElephantJournal.com](http://elephantjournal.com), Qwoted, and Substack.
* Blogger and content creator.

**Magazine Feature/Column Writer | BCT&CL and CCT&CL | 2003-2008**

* Wrote feature articles for the Detour Travel and Healthy Living columns.
* Edited for sister publication Chester County Town and Country Living Magazine.

**Newspaper Reporter | Bucks County Courier Times | 2001-2003**

* Wrote numerous local news pieces and feature articles as an intern and freelance writer. 1998-2004.

**Mind-Body Wellness Provider | 2001 - Present**

* Launched Sacred Journey 200-hour, Yoga Teaching Training program lead facilitator 2025-2026 at the Angel Cooperative, Ridgefield, CT.
* Registered yoga teacher (ERYT-500, YACEP® expert teacher trainer) since 2001.
* Yoga therapeutics (International Association of Yoga Therapists member <https://www.iayt.org/>) offering meditation, therapeutics, stress reduction, and lifestyle management since 2013.
* Certified 500-hour yoga teacher trainer through the Yoga Alliance.
* Meditation, yoga classes, & Livestrong at the YMCA cancer survivor program facilitator in Wilton, CT.

**Yoga Program Director | 2006-2008**

* Multi-club scheduling, newsletters, teacher trainings, workshops, and customer satisfaction.

**Special Education Teacher | Bucks County Intermediate Unit #22 | September 2012-June 2013**

* Taught special education kindergarten and first-grade classes.

**Project, Marketing, and Sales Management | CDNOW.com | 1999-2001**

* Project manager for online music retailer promotions.
* Successfully interfaced with all departments, partners, and customers.

**Regional Sales Director | Joanne Rile Artists Management | 1997-1999**

* Built relationships with performing arts series and created tours in the Northeast U.S.

**Human Resources and Team Management | Macy’s West Corporate Headquarters | 1995-1997**

* Led teams of 13 and 22 customer service reps through team management and support.

**Social Worker/Therapist | Centro De Amistad | 1994-1995**

* Connected with children, at-risk youth, and adults to develop and implement treatment plans.

**Case Manager | C.O.P.E Center | 1993-1994**

* Connected clients to community resources and ran the top, drug indigent program in Montgomery county.

**Education and Training:**

* *Bachelor of Arts in Liberal Arts/Human Rights*, Penn State University Main, State College, PA, 1993.
* Bucks County Community College: *Journalism, Newspaper and Magazine Writing, Creative Writing I and II*, 2002.
* State of New Jersey Elementary *Special Education Teaching Certificate*, 2011.
* *Somatic EMDR 60-hour training certificate* with the Embody Lab, Dr. Arielle Schwartz, Sergio Campo, Dr. Scott Lyons, Karee Powers, Kai Cheng Thom, May 2025.
* *Youth Mental Health First Aid (YMHFA) training certificate*, 2025.
* *Invitation to Change CRAFT (Community Reinforcement and Family Training) professional certificate* with Center for Motivational Change and Dr. Jeffrey Foote, 2024.
* *Trauma-Informed Yoga Teacher Training*, United We Om®, 2019.
* *Yoga for Healing Trauma Training* at Kripalu Retreat Center with Bessel van Der Kolk, 2016.
* *Yoga Teacher Training for Eating Disorders*, Eat, Breathe, Thrive Intensive, 2015
* *Jon Kabat-Zinn’s Mindfulness Based Stress Reduction Meditation Certification*, 2014.
* *Comprehensive Yoga Therapy year-long training*, Yoga Life Institute with Dr. Robert Butera, 2013.
* *Ashtanga Yoga Teacher Training* with David Swenson and Shari Simon, 2001
* *Hotline Volunteer*, Centre County Women’s Resource Center, 1990.