**Jacqueline Jackson**

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**Objective:** Passionate about developing and enhancing wellness initiatives, particularly in stress reduction, trauma management, and lifestyle planning. I aim to leverage my robust skill set encompassing strong communications, workshop design, Yoga teaching, program development, and leadership. Complemented by a proficiency in sales, marketing, and interpersonal skills, I bring innovative ideas and a proven track record of results-focused programs to contribute to the success of your organization's holistic well-being objectives.

**Professional Experience:**

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

* Host weekly support groups for caregivers of struggling kids.
* Craft website copy for the online national support community.
* Host two, 24 session Livestrong at the Y exercise program per year in Fall and Spring since 2021.

**Writer | 2001 - Present**

* Author of two self-help books: "*Integrative Healing: A Holistic Approach to Trauma Recovery*" and "*Urge Overkill: A Story of Breaking Free,"* integrating top trauma remediation from psychology and embodiment/ complementary healing modalities.
* Freelance copy/content writing/editing for various clients, most recently with OPLM, Ingenuity Design, Sacred Journey 200 hour Yoga Teaching Training 2025-2026.

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

* Wrote feature articles for 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.

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

* Registered yoga teacher (ERYT-500, YACEP® expert teacher trainer) for 22 years.
* Yoga therapist (International Association of Yoga Therapists member <https://www.iayt.org/>) offering meditation, therapeutics, stress reduction, and lifestyle management. Certified 200-hour yoga teacher trainer through the Yoga Alliance.
* Launched 200 hour, Yoga Alliance certified Sacred Journey Yoga teacher training 2025-2026.
* Meditation, yoga classes, & Livestrong at the YMCA cancer survivor program facilitator.

**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 the 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 Teaching Certificate (Certified 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.
* Trauma-Informed Yoga Teacher Training, United We Om®, 2019.
* Yoga for Healing Trauma Training 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.