

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:

- Board of Directors, CA Association of Marriage and Family Therapists, Santa Barbara Chapter
- MFTI, Full Spectrum Recovery & Counseling Services
- 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, MAC, MFTI

Accepting new clients at
Full Spectrum Recovery &
Counseling Services

SANTA BARBARA, CA



Lisa's Background

Lisa is a registered Marriage and Family Therapist Intern (IMF #61404) and an experienced group facilitator and clinician in inpatient and outpatient substance abuse treatment. She has worked at several behavioral health and chemical dependency centers.

Lisa graduated magna cum laude from Syracuse University, earning BA and MBA degrees, and Seton Hall University where she received a Master of Arts degree in Counseling. She is the author of *Lost, Found and Forgiven: How One Mother Prevailed Against Teenage Rage and Brought Her Daughter Home Again*. She was a Controller with Electronic Arts and the UVA Credit Union, a financial analyst with GE, and CEO of a federal credit union.

Lisa is the mother of two adult children and has been married to her high school sweetheart for over thirty years. She is an accomplished public speaker and lecturer providing perspective both as a parent and clinician who understands addiction and recovery.

Full Spectrum Recovery & Counseling Services
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CA Lic. #MFC22205





These tools are personalized and may relate to one or more of the following:

- Taking back control of your life and accepting that you can't control others
- Setting boundaries in your personal relationships and behavior
- Learning to reframe negative situations
- Understanding and managing your anger
- Releasing yourself from codependency
- Practicing coping and grounding skills
- Using community resources effectively & building your network of supportive people

As skills are integrated into the client's daily life, confidence and self-esteem grow as well.

Solution Focused Therapy

Therapy begins with the building of a trusting partnership with each client and the setting of reachable goals. Not everyone seeking therapy is ready to engage in a long term, intensive and deeply introspective experience.

My approach is to work with the client to identify and actively address the client's most pressing concerns. Later we can choose to explore deeper issues, or supplement your therapy with group work such as Seeking Safety™.

Whether the issue is troubled relationships, codependency, depression, anxiety, or overwhelming stress, we customize a treatment plan to remove roadblocks to a healthier life.

My focus is on building a concrete client skill set. As early as the first session, this can provide the client with hope that the process can work. Together we build up tools within the safe boundaries of a therapeutic experience and then practice applying them to real life situations via interpersonal process therapy.

Recovery Therapy

At Full Spectrum Recovery & Counseling, we specialize in programs related to alcohol and substance use:

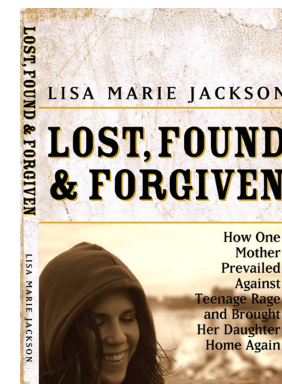
- Family interventions
- DrinkChoice™
- Relapse prevention
- Traditional Twelve Step support
- Private Independent Recovery programs
- Seeking Safety™ group or individual therapy

Parental Therapy

Lisa is the author of *Lost, Found and Forgiven: How One Mother Prevailed Against Teenage Rage and Brought Her Daughter Home Again*. Her book chronicles her deeply personal and protracted struggle with a self-destructive teenager and provides the context for her approach to parental therapy.

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

Lost, Found & Forgiven



Normally intensely private about her personal life, Lisa Jackson has taken the courageous step of sharing her struggle with a dangerously self-destructive teenage daughter. Her book chronicles their story and explains the need for distraught parents to embrace

two opposing concepts: it's probably worse - much worse - than they think, and it's not as hopeless as it seems.

▲ "I cried throughout the book because it reminded me of when my parents tried to help me with my addiction. This book **provides inspiration to families and those who struggle with an addiction**. The most compelling part was reading about the family being torn apart, and the dishonesty embedded in drug use."

▲ "Lisa's book is a wonderfully explicit and painful journey that many mothers and fathers can undoubtedly relate to. It was truly inspirational, heartbreaking and heartwarming to hear her family story and best of all, the happy outcome, which I'm sure **will give many desperate mothers hope, especially in their darkest hours when all seems lost**. They are living proof that family love and values can conquer seemingly insurmountable challenges that life often presents even to the most devout and loving parents."

▲ "A candid account of one family's journey through the "storm and stress" of adolescence and **a direct testament to the synergistic effects of adolescent substance abuse**."