

Teresa L. Jackson, Psy.D., BC-ATR

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Credentials

Licensed Psychologist - Texas State Board of Examiners of Psychologists
Board Certified Registered Art Therapist - American Art Therapy Association
Certified Brainspotting Clinician – Brainspotting Trainings, LLC
Mindfulness-Based Stress Reduction Certificate – Palouse Mindfulness

Education

Doctor of Psychology - Texas School of Professional Psychology at Argosy, Dallas, Texas.
September 2006.

Master of Arts in Art Therapy - The School of the Art Institute of Chicago, in conjunction with Rush Presbyterian Saint Luke Medical School, Chicago, Illinois. May 1992.

Bachelor of Fine Arts - United States International University, San Diego, California, and London, England. May 1989.

Professional Experience

Psychologist/Owner:

Montgomery Behavioral Health Institute, Dallas, Texas. *April 2011 - Present.*

Provide individual psychotherapy, group therapy, consultation, and crisis intervention/management. Perform psychological evaluations to assess individuals' mental, psychosocial, academic, and cognitive functioning. Use the DSM 5 and psychological instruments to guide the diagnostic process. Integrate the clinical and interpretive results of psychological tests into written reports, including diagnostic impressions and recommendations. Deliver stress management, debriefing, Safeguarding, and secondary trauma prevention to child advocacy center teams, police departments, and child protective service employees.

My Therapist Said, LLC, Dallas, Texas. *March 2024 – Present.*

A retail platform focused on empowering individuals on their mental health journey by offering curated products to promote mental well-being. Write, design, and develop books, affirmation cards, apparel, and buttons that foster a community that prioritizes and celebrates mental health. Emphasis is placed on inspiring conversations, destigmatizing mental illness, and advocating for greater awareness.

Adjunct Professor: Eastfield Community College, Dallas, Texas. *January 2012 - May 2019.*

Plan and facilitate the implementation of the curriculum for a diverse group of undergraduate students. Use multimedia resources to engage and support the achievement of course objectives. Course subjects include the history of psychology, research practice, psychological theories, cognitive and behavioral functioning, and an introduction to DSM psychological disorders.

Psychologist/Art Therapist: Presbyterian Hospital of Dallas, Texas.

August 1996 - February 2005/August 2011 - October 2015.

Provided group therapy interventions, consultation, and treatment planning with a multi-discipline team. Participated in program development and process improvement services. Supervised and mentored interns and paraprofessionals. Documented client progress and response to treatment interventions.

Supervising Psychologist: Dallas County Juvenile, Dallas, Texas. *October 2007 - January 2012.*

Facilitated psychological supervision and clinical oversight for both 88-bed and 50-bed adolescent programs. Coordinated, planned treatment, and assessed treatment progress for the provision of services as part of a multi-disciplinary team consisting of the program manager, superintendent, and probation officers. Developed and monitored program treatment curriculum. Facilitated initial staffing, case staffing, and treatment team meetings. Supervised master's-prepared clinicians and doctoral-level psychology interns. Developed and presented professional training to psychology and detention staff.

Presentations/Seminars

• Aware to Care: Mental Health Awareness Fair	July	2025
• Arts Magnet College Showcase 2024: Master Class	November	2024
• Arts Magnet College Showcase 2023: Master Class	November	2023
• Aware to Care: Mental Health Awareness Fair	July	2023
• COGIC: Leadership Conference – A Wealthy Mindset	January	2023
• NTATA – A Brief Overview: Brainspotting with Case Study	September	2022
• Aware to Care: Mental Health Awareness Fair	July	2022
• University of North Texas Psychology Society	March	2021
• Alzheimer’s Association: African American Conference	February	2021
• Hamilton Park United Methodist Church	July	2020
• Lamplighter School: Emotional Intelligence	November	2020
• Dallas Children’s Advocacy Center: Monthly Safeguarding	August	2018
• Department of Assistive and Rehabilitation Services	October	2014

Professional Affiliations & Volunteer Service

• Dallas Arts and Culture Commission	January	2022 - Present
• African American Museum of Dallas – Community Engagement	October	2021 - Present
• Baylor Scott and White – Resident Advisory Committee	January	2021 - 2023
• Alzheimer’s Association Diversity & Inclusion Committee	January	2020 - 2023
• Innerscity Community Development Corporation - Board President	January	2017 - Present
• Irma Rangel Young Women’s Leadership Academy – Mentor	August	2017 - 2020
• Eldred McClean Counseling Center, Inc. Board Member	March	2019 - 2020
• Dallas Leadership Foundation - Health Navigator	July	2018 – 2020
• Mill City Community Association	March	2014 - Present