



Lifetime Behavioral Health

... focused on wellness

Jackie Glass is a Licensed Professional Counselor who received her Bachelor's Degree from Moody Bible Institute and Master's Degree in Counseling Psychology from Trinity International University. She believes that counseling provides people with a safe place to process whatever is going on in their lives and to work towards their goals of change. With a counseling style that is relational, practical, and encouraging, Jackie's goal is to help people feel strengthened with insight and solutions to handle the challenges ahead.

Jackie's clinical counseling experience includes working with a variety of clients, including children, adolescents, adults, and marital couples in private practice, agency and church settings. Her areas of interest include working with people who are experiencing depression, anxiety, grief, transition/adjustment difficulties, communication issues within a family, and teen self-esteem problems. She also enjoys working with people who desire marital growth, premarital preparation, and guidance for vocational transition and spiritual development.

When Jackie is not busy chasing her toddler daughter, she enjoys taking dance classes and spending time outdoors. Jackie considers herself honored to be apart of the counseling process as people realize that hope and restoration are possible. She looks forward to meeting you!

