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THE Daddy Issues EXPERT



Couch
WITH
CHRISTIAN

I am Christian Jackson, a Licensed Professional Counselor and Daddy Issues Expert passionate about helping black women release the burden of Daddy Issues and walk into their purpose.

Signature TOPICS



OVERCOMING DADDY ISSUES

The Daddy Issues Healing Circle is based on my book, *Daddy Issues: How to Detangle from the Sins of our Fathers*, and workbook, by the same name. It's a chance for women to expand their healing after identifying and unlearning the negative core beliefs. For the woman who is serious about making connections with others like her for positive change, this comprehensive program is for you.



TRAUMA

I am a strong believer that education is crucial to overcoming the remnants of traumatic events. We are left with hurtful narratives that hold us back from achieving our optimal selves. Whether I'm leading a group of survivors or speaking to other professionals in the field, it's important that we normalize healing and discuss how to find support and maintain progress.



OSELF-CARE

I facilitate a space for women to give themselves permission to slow their pace and reevaluate their tank. Tank? Yes: what is your capacity for self-care and how full do you keep your tank? I take people beyond the maintenance of getting their nails done or having a nice facial and focus on safe and healthy ways to do inner work. Individual therapy and coaching clients benefit from this one-on-one work and so do the people I engage with in group settings!