

**MONTGOMERY
BEHAVIORAL HEALTH
INSTITUTE, LLC**

www.mbhi.net

SPECIALTIES

- Trauma & Adverse Experiences
- Anxiety & Stress
- Depression & Mood
- Grief & Loss
- ADHD
- Attachment Repair
- Life Transitions
- LGBTQ+ Affirming Care

MODALITIES

- Brainspotting
- Board Certified Registered Art TherapySM (ATR-BC[®])
- Clinical Hypnotherapy
- Animal-Assisted Therapy
- Mindfulness-Based Stress Reduction

CREDENTIALS

Licensed Psychologist, TX #34857

ATR-BC[®] #95-028

Certified Brainspotting Therapist
Psy.D. — Texas School of
Professional Psychology Dallas,
2006

MA in Art Therapy — School of the
Art Institute of Chicago, 1992

AFFILIATIONS

- American Psychological Assoc.
- DFW Assoc. of Black Psychologists
- American Art Therapy Assoc.
- N. Texas Art Therapy Assoc.
- N. Texas Society Clinical Hypnosis

CONTACT

214-356-0335

5635 SMU Blvd., Ste 104-105
Dallas, TX 75205

Monday – Thursday

In-person option for DFW residents
and virtual available — for residents
across the state of Texas

Sir Garvey Ross, CGC

Ambassador of Good Vibes

Dr. Teresa L. Jackson, Psy.D.

Licensed Psychologist • Board Certified Registered Art TherapistSM (ATR-BC[®])

30+ Years of Experience

I am a Native Texan and Licensed Psychologist whose integrative approach draws on over 30 years of clinical experience. Built on a simple, deeply held belief — that you deserve to live a happy, healthy, and fulfilled life — my work tends to the whole person: mind, body, and spirit. Many of the people I work with sense that something from their past is quietly shaping their present — relationships, self-worth, the way they move through the world — without always having a name for it. My role is to provide a safe, compassionate space where real and lasting change becomes possible.

What Makes MBHI Different

Brain-Based Healing. Brainspotting and Clinical Hypnotherapy access painful experiences stored in the nervous system — creating shifts that talk therapy alone often cannot reach.

Board Certified Registered Art TherapySM (ATR-BC[®]). One of Dallas's few ATR-BC[®] practitioners, offering a powerful non-verbal path to self-expression and insight for those whose experiences live beyond language.

Animal-Assisted Therapy. Sir Garvey Ross, CGC — Ambassador of Good Vibes and MBHI's resident Canine Good Citizen — brings warmth, safety, and a unique therapeutic presence, especially for those who are therapy-hesitant.

Who I Work With

I work with adults who feel stuck, overwhelmed, or disconnected — those navigating anxiety, depression, grief, ADHD, trauma, or the lasting effects of adverse experiences they may not yet have the words to voice. I also specialize in attachment repair, helping clients heal the relational patterns rooted in early developmental experiences that shape how they connect, trust, and see themselves. LGBTQ+ affirming care is provided in a safe, inclusive, and respectful space.

A Whole-Person Approach

No two clients are the same — and no treatment path is either. At MBHI, modalities are woven together intentionally: Brainspotting may be paired with Art Therapy to process what lives beyond words; Clinical Hypnotherapy may complement mindfulness work to shift deep-rooted patterns; Sir Garvey may join a session to ease anxiety and build safety. Every element is chosen in partnership with you and service of your unique healing journey.

Ready to Take the First Step?

Self-schedule a free 20-minute phone consultation — no pressure, no commitment. Just a conversation to see if we're the right fit.

Schedule online at www.mbhi.net | Call 214-356-0335

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

Licensed Psychologist

Board Certified Registered Art Therapist (ATR-BC®) • Certified Brainspotting Therapist

Montgomery Behavioral Health Institute

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Workshops & Speaking Engagements for Your Organization

Dr. Jackson brings over 30 years of clinical experience to engaging, practical presentations on mental health, trauma, and emotional intelligence — tailored for community, faith, collegiate, and professional audiences. Each workshop below can stand alone or be combined into a custom program.

IDEAL FOR: Leadership & Professional Organizations • Non-Profits • Healthcare Organizations • Businesses • Community Organizations • Faith Communities • Collegiate Organizations

Developing & Maintaining a Wealthy Mindset

Stress, Meditation, & Mindfulness

An interactive workshop exploring how chronic stress affects the nervous system — and how mindfulness and meditation offer accessible, evidence-based tools for resilience. Includes a guided opening and closing meditation, audience polling, and myth-busting around common barriers to practice.

Stress Management • Mindfulness • Nervous System Regulation

45 min

Embracing the Gift of Mental Health

A Faith-Based Conversation on Mental Wellness

Created for churches and faith communities, this workshop addresses mental health stigma directly — pairing scripture with current statistics on anxiety, depression, and the treatment gap in the Black community. Includes an interactive opening poll and practical guidance for congregations on supporting one another.

Faith & Mental Health • Stigma Reduction • Community Support

45 min

Trauma: Understanding, Healing & Resilience

A Clinical Deep-Dive into Trauma & the Brain

A comprehensive look at what trauma is, how it lives in the brain and body, and the path toward healing. Covers the ACE Study, the neuroscience of the amygdala, and the three systems that build long-term resilience — capability, attachment, and community. Includes a video component and personal case examples.

Trauma Education • ACEs • Neuroscience • Resilience-Building

60 min

Building the Life I Want, 90 Seconds at a Time

Emotional Intelligence for Relationships, Career & Life

An adult-focused workshop on emotional intelligence as the real driver of success — in relationships, business, and everyday life. Teaches two science-backed tools: affect labeling and the 90-second rule, with concrete scripts for high-stakes conversations at home and at work.

Emotional Intelligence • Affect Labeling • Leadership • Relationships

45 min

BOOK MULTIPLE SESSIONS — Combined Program Length

All four workshops together: approximately 3 hours 15 minutes (3:15) — ideal for a half-day retreat, leadership training, or wellness summit. Mix and match to fit your available time.

Interested in booking a workshop for your organization?

Contact Dr. T. L. Jackson — 214-356-0335 • www.mbhi.net