

About Me

Meet Jazmine Jackson, a Licensed Graduate Professional Counselor (LGPC) practicing in the state of Maryland. Jazmine's therapeutic approach is grounded in open communication, deep understanding, and the harmonious connection of mind, body, and soul. With a rich background in special education, Jazmine artfully combines traditional therapeutic methods with innovative ways of thinking and viewing our lives.

Whether you're grappling with anxiety, depression, trauma, or seeking a renewed alignment with your values and goals, Jazmine is here to guide you on your journey to greatness.

When she's not in session, you'll likely find Jazmine adventuring with her dogs, exploring new hiking trails, traveling to new destinations, diving into a good book, or simply enjoying restful moments to restore balance and practice self-care.

Services Jazmine Offers:

Individual therapy

Couples therapy

Brainspotting intensives (minimum of 2.5 hours, with a 30-minute pre- and post-session)

Group therapy and workshops

Discover a transformative therapeutic experience with Jazmine, where your path to greatness is supported every step of the way.