

Talia Jackson, PsyD: A Licensed Psychologist Committed to Healing and Growth

Dr. Talia Jackson, a highly respected Licensed Psychologist, is marking a remarkable milestone of 18 years running a successful private practice in Minneapolis.



New York City, New York Jun 12, 2024 ([Issuewire.com](https://www.issuewire.com)) - Specializing in adult and couples therapy, Dr. Jackson provides a safe and compassionate space for individuals struggling with depression, anxiety, trauma, and relationship issues. Her practice combines psychodynamic therapy, cognitive behavioral therapy, and mindfulness techniques to help patients understand and overcome their

personal challenges. By delving into primary family relationships and reframing negative thought patterns, she empowers her clients to achieve lasting emotional well-being and create healthier interpersonal dynamics.

The doctor holds a Doctorate in Clinical Psychology from the American School of Professional Psychology at Argosy University. Her extensive internships at prestigious institutions like UCSF, Stanford University, and the Hamm Clinic have shaped her into the accomplished therapist she is today.

With a rich clinical background, Dr. Jackson has honed her expertise through a range of prestigious settings. From her work at UCSF's AIDS Health Project to her tenure at renowned universities such as Stanford University and the University of San Francisco, she has continually expanded her knowledge and skills in mental health treatment. Her dedication to training the next generation of mental health practitioners is evident in her role as a Clinical Supervisor for pre-licensed professionals.

In a bold career move, she recently teamed up with fellow clinician Doug Jensen to launch the popular podcast, "We're Not Fine." This dynamic duo provides listeners with engaging and insightful discussions on mental health and relationship dynamics, offering a unique blend of humor and wisdom to tackle life's complexities.

Dr. Talia Jackson is a Licensed Psychologist with a passion for helping individuals and couples navigate life's challenges. With nearly two decades of experience, she continues to make a profound impact on the mental health landscape in Minneapolis.

Learn More about Dr. Talia Jackson:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/2813168-Talia-Jackson-psychologist-Minneapolis-MN-55405>

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Source : Talia Jackson, PsyD

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