

Jill Jeffers Clark, MA, PhD: Expert in Child, Teen, and Family Therapy at Restoring Family Harmony

Bringing Over Two Decades of Expertise to Families in the Sacramento Area



New York City, New York Apr 11, 2025 ([IssueWire.com](https://www.issuewire.com)) - Jill Jeffers Clark, MA, PhD, a licensed clinical psychologist and owner of Restoring Family Harmony, has been a cornerstone of mental health support for families in Sacramento, California, since 2004. Conveniently located across from Arden Fair Mall and near the Business 80 Freeway, Dr. Clark's practice offers a comprehensive range of services tailored to meet the diverse needs of children, adolescents, parents, and couples.

Dr. Clark specializes in various areas of mental health, including child and adolescent therapy, family dynamics, and adult relational issues. Her expertise extends to the assessment of personality and emotional problems in adolescents and adults, as well as learning and behavior challenges in children and teens. Parents looking to manage behavioral issues and emotions can benefit from Dr. Clark's parent-training programs, designed to empower families and improve communication.

With a profound commitment to fostering healthy family relationships, Dr. Clark provides adult psychotherapy focused on alleviating depression and anxiety through Cognitive Behavioral strategies. Additionally, she employs Emotionally Focused Therapy in couples therapy, helping partners reconnect and strengthen their emotional bonds. Her work with young adults seeks to guide individuals toward personal goals and greater independence, equipping them with the tools necessary for success.

Dr. Clark's academic journey began at California State University, Sacramento, where she earned her Bachelor of Arts Degree in Liberal Studies and a Teaching Credential in 1985. She pursued graduate studies at the Professional School of Psychology in Sacramento, culminating in a Master of Arts Degree in Psychology in 1992 and a Doctor of Philosophy Degree in Psychology in 1997. This extensive educational background has laid the foundation for her successful practice and deep understanding of psychological principles.

With more than two decades of experience, Dr. Clark has worked with families facing a myriad of challenges, from emotional crises to learning difficulties. Her compassionate approach and dedication to her clients have made Restoring Family Harmony a trusted resource for families striving for balance and happiness.

Learn More about Dr. Jill Jeffers Clark:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/2541543-Jill-Clark-psychologist-Sacramento-CA-95819> or through Restoring Family Harmony, <https://doctorjillclark.com/about.htm>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept their insurance. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

Your Health Contact

*****@yourhealthcontact.com

Source : Jill Jeffers Clark, MA, PhD

[See on IssueWire](#)