



PROFESSIONAL SKILLS

Systems-oriented, client-centered
Narrative and Feminist Theories
Mindfulness
Self-compassion
Mind, body, soul connection
Fat friendly (HAES® and Intuitive Eating)
Community-minded
Organized and timely
Resource collector
Seeks out the wisdom of others
Business savvy

PERSONAL SKILLS

Warm and inviting
Perpetually curious
Light-hearted
Recovering perfectionist
Motivated
Nature lover
Stands against capitalism, racism (among other -isms), and body oppression

CONTACT

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SOCIAL



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@JackieAbelingMALMFT

JACQUELINE 'JACKIE' ABELING, MA, LMFT

LICENSED MARRIAGE AND FAMILY THERAPIST
MFT-BOARD APPROVED SUPERVISOR

ABOUT

I am a Licensed Marriage and Family Therapist who has been in the mental health world since 2008. I worked in a variety of settings from residential treatment to private practice. I am working toward becoming a Certified Body Trust® Provider and earning the AAMFT-Approved Supervisor designation.

WORK EXPERIENCE

OWNER

Embodied Journeys Psychotherapy | Feb 2021 - Present
Minnesota & Washington State

- Provide individual and couples therapy in a private practice setting
- Provide clinical supervision to pre-licensed MFTs
- Engage in day-to-day running of the business

LMFT: INDEPENDENT CONTRACTOR

The Calli Institute | June 2017 - June 2021
Maple Grove, MN

- Provided individual and couples therapy to adolescents and adults in a private practice setting
- Kept and maintained appropriate, timely paperwork according to company policies and procedures

MENTAL HEALTH PRACTITIONER / MENTAL HEALTH PROFESSIONAL

P.O.R. Emotional Wellness | June 2014 - Dec 2017
Greater Minneapolis Area

- Provided mental health and life skills training services to children, adolescents, and adults in individual, couple, or family formats
- Conducted intake and diagnostic assessments for new mental health clients, and provided an explanation of findings

DAY TREATMENT THERAPIST

Lifespan of Minnesota | Dec 2013 - July 2014
Shoreview, MN

- Facilitated group psychotherapy, individual and family skill building, and family therapy for young adolescents who were unable to participate effectively in a traditional school setting
- Coordinated care with parents, social service providers, and medical professionals



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SUPERVISOR

CERTIFICATIONS

Trauma-Focused Cognitive
Behavioral Therapy (TF-CBT)

Certified Body Trust®
Provider in-training

AAMFT-Approved Supervisor
in-training

DESIRED TRAINING

Somatic Experiencing

Internal Family Systems (IFS)

Cultural Somatics

CONTACT

Scan or click for digital
business card



WORK EXPERIENCE

WILDERNESS INSTRUCTOR

Minnesota Dept. of Corrections | March 2013 - Sept 2013
Thistledeew Camp, Cook, MN

- Motivated and empowered adjudicated adolescents to accomplish difficult physical and emotional tasks during a diversion program
- Lead group discussions about life and social skills from a restorative justice framework

BEHAVIORAL HEALTH INTERN / CONSULTANT

Interfaith Community Health Center | Oct 2011 - Feb 2013
Bellingham, WA

- Piloted successful couple and family program as an intern to determine interest the health center
- Provided behavioral health and case management services to chronically, mentally-ill, adult individuals, couples, and families

PSYCHIATRIC TREATMENT COUNSELOR

Alaska Children's Services | May 2008 - Aug 2009
Anchorage, AK

- Aided in the treatment of adolescents girls in residential treatment through relationship building, emotional support, and skill building
- Participated in the case management and treatment team meetings to coordinate care for clients

EDUCATION

BACHELOR OF ARTS, PSYCHOLOGY

Minor in Outdoor Studies

Alaska Pacific University | 2004 - 2008
Suma Cum Laude

MASTERS OF ARTS, CLINICAL PSYCHOLOGY

Focus on Marriage and Family Therapy

Antioch University Seattle | 2009 - 2012

PROFESSIONAL ORGANIZATIONS

AMERICAN ASSOCIATION FOR MARRIAGE AND FAMILY THERAPISTS

Clinical Fellow | July 2011

MINNESOTA ASSOCIATION FOR MARRIAGE AND FAMILY THERAPISTS

Clinical Fellow | Sept 2013

AMERICAN PSYCHOLOGICAL ASSOCIATION

Associate | Dec 2020

ASSOCIATION FOR SIZE DIVERSITY AND HEALTH

Member | April 2021