



Brittney Holmes Jackson, MFT

**Trauma-Informed Therapist &
Mental Wellness Coach**

www.brittneyholmesjackson.com

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Brittney is a national bestselling author and marriage and family therapist, who is an expert on the topics of mental health and trauma-informed counseling and education. She specializes in presenting on effective strategies for writing your trauma-to-triumph story, best practices in implementing a trauma-informed approach when working with teens, young adults and children, and achieving overall mental wellness. As a licensed minister, she is also well-versed in the topics of the intersection of faith and mental health, living a purpose-filled life, and vision planning.

Her personal approach allows her to connect to diverse audiences and cater every presentation to meet your unique event goals and align with your overall organizational values. Book her for your next event today.

SIGNATURE WORKSHOPS & SPEAKING TOPICS

- ✓ "Trauma Narratives": Finding Purpose in Your Story
- ✓ "Story From Scratch": Writing, Publishing, & Marketing Your Next Bestseller
- ✓ "Vision, Plan, Pursue": Vision Planning & Goal Setting Workshop
- ✓ The Intersection of Faith & Mental Health
- ✓ Trauma-Informed Teaching & Social Emotional Learning
- ✓ Navigating Parenthood in a Teen-Driven World



Atlanta, GA



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TARGET AUDIENCES

- ✓ Women who are called to share their healing story
- ✓ Parents who desire to establish healthier connections with their children
- ✓ Educators who dare to radically edify “the whole child”
- ✓ Churches or faith-based organizations that have a heart for destigmatizing mental health
- ✓ Youth who deserve support in overall social and emotional development

KIND WORDS OF IMPACT

Brittney pulled things out of me that I had no idea were in there. She's like a midwife that's helping you to birth purpose and my results have been so fruitful."

"Brittney was able to guide me and give insight to what was hiding from me in my work."

"Brittney is relatable and personable, even someone who's never met her can immediately feel comfortable learning and receiving knowledge from her."

PREVIOUS FEATURES

SHOUTOUT ATLANTA

Voyage.ATL

ESSENCE

Parents



WRITE 2 BE MAGAZINE



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FULL BIO

Brittney Holmes Jackson is a national bestselling author, trauma-informed family therapist, and mental health coach who has dedicated her career to helping individuals and families find healing, balance, and empowerment through storytelling and holistic support. With over 15 years of experience in the literary industry and a background in education, Brittney transitioned to the mental health field after recognizing that her students needed more than academic guidance—they needed holistic care that addressed their emotional and mental well-being. Today, she works with youth and adults, offering trauma-informed therapeutic services and using creative expression as a powerful tool for healing.

As the founder of Brittney Holmes Jackson & Co. (BHJ & Co.), Brittney leads a mental health agency dedicated to supporting children, individuals, families, and organizations in achieving balance and fulfillment in all aspects of life. The agency provides mental health and organizational psychology services with a focus on addressing trauma, fostering personal and professional growth, and developing the whole person. By incorporating systemic approaches, BHJ & Co. helps clients navigate their healing journeys and reach their fullest potential. Brittney is particularly passionate about integrating therapeutic writing practices into her work, providing a space for individuals to process their emotions, build resilience, and transform their stories of trauma into narratives of triumph.

Brittney's literary career is equally impressive. As the bestselling author of six books, she has received numerous accolades, including recognition as an Essence Bestselling Author, Black Expressions Bestselling Author, and recipient of the Yale Book Award and the AALAS Best Young Adult Fiction Award. She has also been inducted into the National Association of Black Journalists and featured in *Who's Who in Black Atlanta*. In addition to her writing, Brittney uses her platform to support aspiring authors in bringing their publication dreams to life. Her agency equips clients with the tools to build purpose-driven platforms and leave lasting literary legacies.

She is a proud member of Delta Sigma Theta Sorority, Incorporated, and Rho Alpha Tau Christian Creatives Fellowship, through which she continues to serve, mentor, and uplift her community.

Brittney enjoys a full life with her husband, Dr. Christopher Jackson, and their two sons, Christopher, Jr. and Benjamin. Deeply committed to her mission, she blends her expertise as a therapist, writer, and coach to inspire healing, foster transformation, and help others reach their fullest potential in all areas of life. She believes in the power of words and a holistic approach to changing lives and continues to use her journey to uplift and inspire others.

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