

## JACQUESLINE WALKER

Jacqueline Walker is a Clinical Psychotherapist in the Washington, D.C. area providing clinical services to adults experiencing anxiety, depression, relationship issues, high stress work environments, struggles coping with life transitions, and assists millennials of color process racial trauma that may be experienced in both public and private ecosystems. Using psychotherapy, as well as techniques based in Cognitive Behavioral Theory, Jacqueline is able to work with clients to identify and disrupt unproductive thoughts and behavioral patterns, so clients can appropriately manage and navigate through daily stressors.

Recognizing the need to help clients balance their mental health in the workplace, Jacqueline founded The Well Firm. The Well Firm is a mental health and wellness firm that specializes in providing consulting services to promote mental well-being and overall wellness in demanding and high-stakes professions. With The Well Firm, corporations are able to access mental health and wellness services on site to simultaneously maintain a focus on productivity and wellness.

Jacqueline is clinically licensed in Washington, D.C., is a Certified Clinical Trauma Professional, and a Certified Clinical Stress Management Consultant through the American Institute of Health Care Professionals.