

Sometimes changes or transitions take place that have the potential to bring lots of stress and/or anxiety to our lives. Whatever the case may be, the important thing to remember is that you are not alone. If you're struggling to find answers to problems that simply seem unsolvable, the healthiest thing you can do is to reach out for help. Don't allow shame, embarrassment or fear of the unknown to keep you from seeking the help you need. Contact me to set up a counseling session, so that we can begin working together to make positive, productive changes in your life.

I'm Jeffrey Jarrett, M.A., LMFT, and I am a therapist/counselor in Spokane. I attended UCLA and Pepperdine graduate school before finishing my Master's Degree in Clinical Psychology at Antioch University, Santa Barbara. As a pre-licensed intern I worked through Family Service Agency in Santa Barbara schools for seven years and at Santa Barbara City College, both as teacher and counselor. I am also a former adjunct professor in the Graduate Psychology Department at Antioch University.

After 10 years of private practice in Santa Barbara, my family and I relocated to Spokane and I am setting up a new practice here. I specialize in working with adolescents, college-age youth, and their families.

I am a current member of the American Association of Marriage and Family Therapists.