



Mankato Mental Health Associates, P.A.

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Jackie Tohal's Bio

Jackie is a Licensed Independent Clinical Social Worker who has worked in the mental health field since 2010. She graduated with a Master of Social Work degree from Minnesota State University, Mankato in 2016. Jackie has experience and training in addressing the unique needs of children, families, and adults. She is certified in Trauma-Focused Cognitive Behavioral Therapy, an evidence-based treatment for children and adolescents impacted by adverse experiences. Jackie is also certified in Managing and Adapting Practice, a system of ensuring mental health care for children and their caregivers is informed by current research. She is trained to provide diagnostic assessment for children ages birth to five using the DC:0-5 system.

Jackie also specializes in adult populations struggling with chemical dependency and/or serious and persistent mental illness. She is beginning the certification process for Emotionally-Focused Therapy, another evidence-based modality focused on helping heal emotions and bonds within family, couple, and individual systems. Across the lifespan, Jackie is experienced in helping with depression, anxiety, anger, trauma, substance abuse, LGBTQ+ concerns, difficulties with relationships, parenting, destructive behaviors, self-injury, and disordered eating. She strives to engage in holistic and strengths-based practice. Her pronouns are she/her or they/them.