



Mankato Mental Health Associates, P.A.

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Jackie Tohal's Bio

Therapy is a relationship we seek when we feel stuck, and I congratulate you for seeking a way out. Most of us never receive an education in feeling calm and confident, or having healthy relationships, or healing from past. Luckily, there is wisdom and science that can help guide us during life's most difficult times.

I believe we are the sum of our experiences. In order to help with life's challenges, I often use my training in Eye Movement Desensitization and Reprocessing (EMDR) to help those with anxiety, depression, substance use problems, reckless behavior, legal problems, unhealthy/unsatisfying relationships, insecurity, worthlessness, disordered eating, compulsive behavior, self-injury, and other responses to stress and trauma. You can read more about EMDR here: <https://www.emdria.org/about-emdr-therapy/>

I am also trained in Transforming Touch which is used to help us create new neural pathways to override those that were affected by developmental trauma. Doing so is intended to reduce the need for spending extra energy on coping, or, "just getting by." These defensive accommodations rob us of extra time and energy to live how we want to live. Using the modality helps those looking for increased regulation and freedom. Transforming Touch usually involves the practitioner physically touching the recipient, though other alternatives are available if touch does not feel acceptable. You can read more about the modality here: <https://www.austinattach.com/research-on-the-effects-of-touch/>

I also value children's mental health as one of the most important things...period. How many of us wish we had more help through tough times when we were small? Many parents of young people I meet with come with the following concerns about their child: shutting down, isolating, temper tantrums, shyness, defiance, parenting frustration or uncertainty, lying, academic issues, bedwetting, and difficulties getting along at home or with peers. I often combine the aforementioned therapies and Emotionally-Focused Family Therapy (EFFT), which helps children of all ages and their parents heal their bonds. You can read more about EFFT here: <https://efft.org/#about>

Finally I'd like to share about me. I was born and raised in the Mankato area and have been working in the mental health field in southern Minnesota for about 15 years. In my free time, one could find me hiking in the woods near my house in the river valley, knitting with a cat on my lap, growing vegetables in my garden, reading, playing tabletop roleplaying games, or putting paint on various things. I am proud to call myself a social worker, and received my Master of Social Work from Minnesota State University, Mankato. My pronouns are they/them or she/her.