



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 a horrible thing. However, there is wisdom and science that can help guide us during life's most difficult times.

I believe that much of what we struggle with is built on what we've experienced and where we've come from. What may feel easy to manage for one person is incredibly difficult for another. 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**. I believe we are all doing the best that we can with the circumstances we're in, and I also believe we must each take responsibility for our own healing and wellbeing. You can read more about EMDR here: <https://www.emdria.org/about-emdr-therapy/>

I think about all of my clients as part of the web of interconnections they are a part of, in their families, marriages, workplaces, and cultures. In addition to seeing people individually, I often invite into my sessions romantic partners, children, parents, whole families, or discussions around inequality and oppression. So, I engage in **individual, couples, and family therapy**. I have received advanced training in *Emotionally-Focused Therapy* (EFT). This is an evidence-based practice to help build trust, repair disconnection or betrayal, and be close together as a couple or family. You can read more about EFT here: <https://iceeft.com/what-is-eft/>

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 a hard time when we were small? I see adolescents and children of all ages, including ages birth to five. Many parents of young people I meet with come with the following issues: **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 utilize a combination of EMDR and *Emotionally-Focused Family Therapy* (EFFT) with children. I am also trained in Trauma-Focused Cognitive Behavioral Therapy. 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 more than a dozen 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.