



Jackie Lightner
Executive Director
LightWork Therapy & Recovery

Jackie Lightner, LICSW, MSW, RYT 200 is the Executive Director and founder at LightWork Therapy and Recovery. Jackie is passionate about helping women step into their power and become the best possible version of themselves.

Utilizing her clinical background in public service and private practice, Jackie founded LightWork from a trauma-informed approach and believes that looking at both our past and our present circumstances can provide a lot of insight into times when we're feeling stuck. Utilizing warmth, empathy, humor, and tangible practices to affect change, Jackie is passionate about creating programs that help women who are experiencing life changes, anxiety, trauma, general stress, transition, and/or interpersonal conflict.

Jackie believes in solutions-focused, supportive programming that assists LightWork's clients in learning tangible skills and practices that they can take with them into the more difficult moments of life. Jackie also has extensive experience with providing corporate trainings, workshops, and speaking engagements that spread the message of the importance of women's mental health. Jackie believes that healthy women are the backbone of healthy societies, and feels proud to have created LightWork - a program by women, for women.

When she isn't on the clock, you can find Jackie reading, spending time outdoors, going on adventures with her family, and avoiding folding her laundry for many days at a time.