



Jackie Rodat, LMFT

Girls' Campus Therapist

Meet Jackie Rodat, LMFT— West Ridge Academy Girls' Campus Therapist.

Jackie attended Brigham Young University where she earned a Bachelor's degree in Family Science and a minor in Psychology in April of 1993. She then attended Kansas State University where she earned a Master's Degree in Family Studies and Human Services, with a specialization in Marriage and Family Therapy in July of 1996. Jackie's subsequent years of training and experience include case management with Vietnamese and Somalian refugees, individual and family therapy through Catholic Community Services, individual and group therapy with adult and adolescent sex offenders through the Center for Family Development, and therapy with adolescents and their families in substance abuse treatment with Cornerstone Counseling Center.

Jackie has worked in residential treatment centers/therapeutic boarding schools as well as a broad continuum of experience working in inpatient psychiatric and psychiatric residential treatment facilities as well as in the intensive and standard outpatient levels of care.

Jackie's clinical experience includes working with a variety of disorders: ADD/ADHD, Adoption and Reactive Attachment, Adjustment Disorders, Anxiety Disorders, Autism Spectrum Disorders, Bipolar Disorder, Borderline Personality Disorder, Conduct Disorder, Depression, Eating Disorders, Mood Dysregulation Disorder, Nonverbal Learning Disorder, Oppositional Defiant Disorder, Obsessive-Compulsive Disorder, Post Traumatic Stress, Self-Harm, Sexual Abuse/Trauma and Substance Abuse. While at Alpine Academy, Jackie earned certification in the Teaching Family Model under the guidelines of the Teaching Family Association with subsequent yearly re-certifications as a therapist. Jackie earned a Master's level certification in Neuro-Linguistic Programming and is able utilize many techniques from the NLP school of thought to enhance her work with adolescents. While at Cottonwood Treatment Center, Jackie received Neurofeedback training and implemented sessions with clients.

Jackie's personal interests include a variety of sports (she's a big BYU fan!), movies, musical theater, traveling, cooking and music. She has a great passion for working with children and adolescents and seeing them empower themselves to find their inner voice as their self-esteem grows. It brings Jackie great pleasure seeing the miracle of change unfold as the families she works with strive together to seek unity and healing together.



An all-encompassing treatment center designed to help struggling teens and heal families.
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