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HEALTH & WELLNESS



LANDMARK RECOVERY RADIO

Landmark Recovery Podcast
Tuesday at 9 AM Pacific
October 19th 2021: When Talk Therapy Doesn't Cut It

Contrary to popular belief, talk therapy is not the one-size-fits-all solution to healing unresolved trauma. In fact, our guest today believes it can backfire as the individual revisits the traumatic memories. Zach interviews Jacqueline Connors, a Licensed Marriage & Family Therapist, who specializes in transformation at the sub-conscious level. Providing an alternative approach to talk therapy and counseling, Jacqueline helps her clients identify, release, and re-program negative unconscious habits and self-talk without having to relive their traumatic experiences. They discuss Rapid Transfor

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Featured Guest



Jacqueline Connors

Jacqueline Connors is a Licensed Marriage & Family Therapist who specializes in transformation at the sub-conscious level. She is the founder of Discovery 2.0, her private practice that provides an alternative approach to talk therapy and counseling. Jacqueline works primarily with the subconscious by helping her clients identify, release, and re-program negative unconscious habits and self-talk. She is trained in several modalities, including Rapid Transformational Therapy. Additionally, Jacqueline has worked as a Behavioral Health Manager and as a County Administrator for Alcohol and Drugs.

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