

The Signature Parent Support Package



Dr. Michelle Jackson,

co-founder of Westside Psych and licensed psychologist in CA (PSY29440), has been working with parents, children, and families for over 15 years. Dr. Jackson works with parents of children of all ages to target specific issues that parents are facing, whether their children are toddlers, school-aged, teenagers, or young adults.

A focused, three-session experience for parents who have a specific concern they want support with.

Parenting often feels hardest when there is one issue that keeps coming up and nothing you are trying seems to help. This package is designed to help you slow down, understand what is underneath your child's behavior, and create a plan that feels realistic and supportive for your family.

HOW IT WORKS

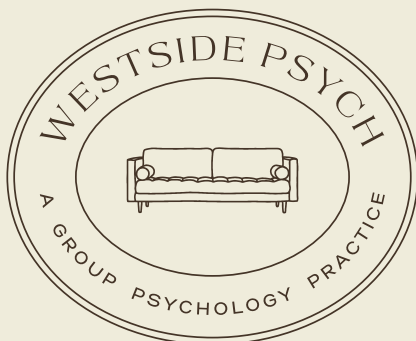
- **Session 1:** Understanding your child and what may be driving the behavior.
- **Session 2:** Creating a personalized parenting plan with clear strategies and tools.
- **Session 3:** Checking in, troubleshooting, and fine tuning the plan.

THIS PACKAGE IS HELPFUL FOR PARENTS NAVIGATING:

- Big feelings or frequent meltdowns, anxiety or emotional sensitivity, behavior challenges or power struggles, sibling conflict, bedtime or routine difficulties, school stress, or parenting overwhelm.

Parents appreciate this package because it is focused, practical, and supportive without an ongoing weekly commitment. After each session, parents receive summary notes and guidance they can return to as they implement the plan.

Sessions are available in person in West Los Angeles and Encino, or via secure video telehealth for California residents.



For more information or to schedule a free consultation, reach out at either:



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Consultations can also be scheduled online:



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