



LICENSED MENTAL HEALTH COUNSELOR

JESSICA LUMPKIN

Jessica Lumpkin is a Licensed Mental Health Counselor with over seven years of experience providing therapy services. Her clientele has ranged from children and young adults to families in both military and civilian settings. Jessica has worked in a wide range of therapeutic settings including: in-home, intensive outpatient, the public school system, and within a university. Utilizing evidence-based practices, Jessica supports her clients in growing more confident to deal with life's instabilities and enhance self-awareness. Through a collaborative effort, she works with clients to explore and understand their thoughts, emotions, and behaviors and increase emotional intelligence. Jessica is experienced working with individuals, families, adolescents, and young adults suffering from depression, anxiety, trauma/abuse, family conflict, career difficulties, life transitions, low self-esteem/self-confidence and everyday issues. Currently, Jessica is a Military Family Service Counselor, she has a private practice Imperfectly Perfect Counseling Services, and she leads Jacksonville Arts and Music School's Social Emotional Learning programming that is tailored to the specific needs students 4th-6th grade.