

Stephanie Jackson

SPEAKING & PROFESSIONAL EDUCATION

MACP, CCC, RCT-C, PCP



Understanding the culture. Strengthening the care.

Stephanie Jackson, MACP, CCC, RCT-C, PCP, brings together counselling practice, paramedic experience, military-related service and three decades of educational leadership. Her approach emphasizes culturally informed care for first responders and frontline workers, alongside support for families and communities. She is in the research stage of her PhD in Trauma and Crisis Management, focusing on moral injury in Canadian first responders.

For conferences, clinical education days, first responder and frontline organizations, leadership teams and community groups. In-person and virtual formats are available by arrangement.

Bookings: info@mindworkscounselling.ca
902-240-7218

Presentation topics

When the Shift Comes Home

For first responders, frontline workers, partners and families. Explore how occupational stress and work schedules can affect relationships, communication and family life. Participants consider practical ways to navigate the transition from work to home, communicate needs and make space for support.

The First Session Matters

For mental health clinicians and service providers. Explore how to build trust with first responders and frontline workers from the first appointment through culturally informed questions, language and an understanding of occupational context. Participants consider barriers to care, avoid assumptions and develop a collaborative approach to engagement.

Befriending the Amygdala Monster: Getting to Know Your Nervous System

For community groups, workplaces, first responders, frontline workers and families. An accessible introduction to the brain and body's responses to stress, using the amygdala monster as a friendly metaphor rather than a literal explanation of brain function. Participants learn to recognize signs of activation, explore grounding and regulation strategies, and respond to themselves with curiosity and compassion.

Beyond Trauma Informed: Understand the Culture

For clinicians and service providers. Explore occupational identity, trust, language and the realities of first responder and frontline work. Participants identify assumptions, consider barriers to care and develop questions that support a culturally informed therapeutic relationship.

Moral Injury: When the Job Challenges What Matters

For clinicians, first responders, frontline workers and leaders. An introduction to moral injury, ethical strain and the importance of context. Participants consider ways to discuss morally distressing experiences and support help-seeking. Doctoral research is ongoing; no completed findings are claimed.

Beyond Resilience: Supporting People Behind the Role

For organizations and leadership teams. Consider how workplace culture, access to care and everyday leadership responses affect support. Participants identify practical changes that make conversations and referrals easier.

Supporting the Family Behind the Frontline

For family networks, community organizations and service providers. Explore communication, role transitions and barriers to seeking support, with attention to the family's own needs and access to care.

Host introduction

Please welcome Stephanie Jackson, a counselling therapist-candidate, Canadian Certified Counsellor and primary care paramedic. Stephanie brings frontline experience and educational leadership to conversations about culturally informed care. Her ongoing PhD research focuses on moral injury in Canadian first responders.

Formats & suggested fees

Format	Length	CAD range
Virtual talk + Q&A;	45-60 minutes	\$500-\$750
In-person keynote + Q&A;	45-60 minutes	\$750-\$1,500
Interactive workshop	90 minutes	\$750-\$1,250
Half-day workshop	Up to 3 teaching hours	\$1,250-\$2,000
Full-day workshop	Up to 6 teaching hours	\$2,000-\$3,000

Suggested planning ranges in CAD, researched October 26, 2026. These are proposed rates, not a confirmed quote or an established fee history. Final scope and fee are agreed in writing. Include one planning call, audience adaptation and a digital handout. Travel, accommodation, substantial new curriculum, recording and reuse rights are quoted separately. Applicable taxes, payment schedule and cancellation terms are confirmed in the agreement. Community and nonprofit enquiries are welcome; reduced fees are considered individually and are not guaranteed.

Planning your event

Please share your date, location or virtual platform, audience and expected attendance, preferred topic, format, accessibility needs and budget. Arrange a microphone, screen and presentation connection for in-person delivery; virtual events require a host and a platform check. Sessions are educational, not therapy or EMDR certification. Accreditation is not implied.

Market context

These are selected public comparators, not a comprehensive market survey. Experience, reputation, audience and preparation differ. The recommended ranges position a developing specialist speaking offering below some established speakers; virtual and workshop ranges are recommendations, not published market averages.

Shepherd Psychotherapy: Publishes \$1,500 for a one-hour Ottawa talk, \$3,000 half-day and \$6,000 full-day; applicable taxes included.

Laura Gatien: Publishes speaking fees starting at \$3,000.

Jane Simington: Publishes CAD \$1,500 for a 60-90-minute breakout, \$3,000 for a six-hour workshop and \$3,500 for a 90-minute keynote.