

DEBORAH M. JACKSON

MA, MDiv, BCC, PLPC

Founder & Clinical Director, Heart to Soul Becoming Whole®

Deborah M. Jackson is a psycho-spiritual clinician, educator, and ecosystem builder operating at a rare intersection — one that brings two decades inside surgical and specialty medicine, rigorous dual graduate formation, and elite athletic discipline into precise alignment.

She is not a clinician who added spiritual training. She is not a chaplain who pursued counseling on the side. She is a practitioner whose authority was forged across three distinct arcs of formation — and whose work addresses what no single discipline alone can reach.

The Formation

For twenty years, Deborah worked at the highest levels of surgical and specialty medicine — with Ethicon (Johnson & Johnson) and Merck — training surgeons and residents in wound closure and interdisciplinary care across virtually every clinical specialty. That work gave her an unmatched inside view of physician culture, healthcare systems, and the gap between what medicine delivers and what the human being carrying the weight of it needs.

That gap is where she now works.

Before medicine, she competed as an elite athlete — a Division I #1 collegiate tennis player and Virginia Slims qualifier — spending twenty years in the formation of peak performance, discipline under pressure, and the identity reconstruction that follows when a defining role ends. That lived architecture informs everything.

Her graduate formation is dual and rigorous: a Master of Arts in Clinical Mental Health Counseling — grounded in evidence-based psychological theory, trauma, grief, and clinical assessment and intervention — and a Master of Divinity, completed alongside formation as a Board Certified Chaplain through the Association of Professional Chaplains, the gold standard credential in professional soul care. She holds active licensure as a Provisionally Licensed Professional Counselor (PLPC) in Louisiana.

The Work

Through Harobed Soul Health®, Deborah provides spiritually integrated clinical mental health care — privately, confidentially, and outside of electronic medical record systems — specifically for clinicians, executives, healthcare professionals, and caregivers navigating distress that standard frameworks don't fully reach.

Her specializations include moral injury, grief and loss, burnout, PTSD, spiritual distress, and the existential dimensions of high-responsibility living. Her therapeutic approach integrates

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evidence-based modalities — CBT, DBT, Existential Therapy, Integrative Trauma Therapy — with clinically grounded spiritual care frameworks.

She founded and hosts In the Clearing: Soul Health Conversations, whose Foundations Archive features conversations with neurologist Dr. Daniel Potts, MD, FAAN, gerontological nursing scholar Dr. Fayron Epps, PhD, RN, FAAN, and end-of-life care expert Ellen Woodward Potts — among others. Season 2 is in development.

The broader ecosystem — Heart to Soul Becoming Whole® — spans clinical practice, education and consulting (Harobed Institute), ministry and formation (Soulfull Ministries™), and caregiver-focused public programming (HC3D, Inc.).

The Mission

To provide language where silence has prevailed. Clarity where distortion exists. And pathways for healing that are both clinically rigorous and spiritually grounded.

Formation: Where Authority Is Built

Deborah M. Jackson's authority is not credentialed — it is formed. It is the product of three distinct arcs of formation that converge in a way that no single professional track produces, and that positions her to address the full architecture of human distress: psychological, spiritual, existential, and systemic.

Arc One: Elite Athletic Formation

From age six, Deborah competed in tennis at the highest levels of the sport. She became a Division I #1 collegiate player and qualified for the Virginia Slims — the professional women's circuit. For twenty years, elite performance was not a goal. It was a way of life.

That formation shaped something that no graduate program can teach: the discipline of sustained excellence under pressure, the psychological architecture of high-stakes performance, and the experience of navigating identity when a defining role — one that has structured your entire existence — comes to an end.

That last experience — the grief and reconstruction that follows the loss of an identity built around performance — is one she now recognizes in the clinicians, executives, and caregivers she serves. She has lived it. That is not a clinical observation. It is a formation.

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Arc Two: Twenty Years Inside Healthcare Systems

After her athletic career, Deborah entered the world of surgical and specialty medicine — not as a clinician, but as an industry expert operating at the intersection of clinical practice and systems-level work. For twenty years, she worked with Ethicon (Johnson & Johnson) and Merck, training surgeons and residents in wound closure and advanced surgical technique. Her work was interdisciplinary, spanning virtually every clinical specialty.

This was not peripheral healthcare experience. This was twenty years inside operating rooms, interdisciplinary teams, academic medical centers, and residency programs — observing physician culture, institutional dynamics, and the places where the system's demands on human beings exceed what the system provides in return.

It is this background that distinguishes her from nearly every other practitioner in the psycho-spiritual integration space. She does not speak about healthcare systems from the outside. She spent twenty years inside them.

Arc Three: Dual Graduate Formation

Deborah pursued two graduate degrees simultaneously — a Master of Arts in Clinical Mental Health Counseling and a Master of Divinity — not as parallel tracks but as a unified formation. Each discipline deepened the other.

Her clinical training encompasses evidence-based psychological frameworks — cognitive behavioral, dialectical behavioral, existential, and integrative trauma modalities — with advanced application in grief and loss, PTSD and complex trauma, moral injury, burnout, and spiritual distress. She holds active licensure as a Provisionally Licensed Professional Counselor (PLPC) in Louisiana.

Her chaplaincy formation was completed through the Association of Professional Chaplains (APC), earning the Board-Certified Chaplain (BCC) credential — the gold standard in professional soul care. APC certification requires rigorous clinical pastoral education, supervised practice, and demonstrated competency in spiritual assessment, care planning, and outcome evaluation across diverse populations and healthcare settings.

The integration of these two formations is not a philosophical position. It is a clinical methodology — one grounded in both psychological theory and established spiritual care frameworks, applied with precision to the individuals and institutions she serves.

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The Ecosystem: Heart to Soul Becoming Whole®

Deborah's work is expressed through a fully integrated ecosystem of four entities, each serving a distinct function within the larger architecture of healing, formation, and transformation.

- Harobed Soul Health® — Clinical Practice: Spiritually integrated clinical mental health care, provided privately and confidentially outside of EMR systems, for clinicians, executives, healthcare professionals, and caregivers.
- Harobed Institute — Education & Consulting: Psycho-spiritual education, physician onboarding programs, executive consulting, and research-informed frameworks for healthcare systems and academic institutions.
- Soulfull Ministries aka Heart to Soul Ministries, Inc. — Ministry & Formation: Chaplain-led, formation-based ministry including Soulfull Singles, The Grieving Body, and Qavah Family Caregiver Circles.
- HC3D, Inc. (Helping Caregivers 3D) — Public Programming: Caregiver-focused initiative bridging ministry, public health, and caregiver systems, including grant-funded programming.

In the Clearing: Soul Health Conversations

Deborah is the founder and host of In the Clearing: Soul Health Conversations — a podcast exploring the psychological, spiritual, and moral realities experienced by those who carry responsibility for others. The Foundations Archive, recorded 2019–2021 and now publicly released, features conversations with some of the most credentialed voices in medicine, nursing, and caregiving:

- Dr. Daniel Potts, MD, FAAN — Neurologist and Alzheimer's care advocate
- Dr. Fayron Epps, PhD, RN, FGSA, FAAN — Gerontological nursing scholar and researcher
- Ellen Woodward Potts — Aging and end-of-life care expert
- Brian LeBlanc — Early-onset Alzheimer's advocate
- Maureen Rulison, BCPA, CMP, CDCP — Board Certified Patient Advocate

Season 2 is currently in strategic development.

The Vision

Deborah M. Jackson's work stands at a rare intersection — one that does not dilute disciplines but brings them into precise alignment. The goal is not a program, a platform, or a personal brand. It is a reformation of how care is understood: clinically rigorous, spiritually grounded, system-aware, and human-centered.

To provide language where silence has prevailed. Clarity where distortion exists. And pathways for healing that are both structured and sacred.

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