

PROFESSIONAL PROFILE

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Specializations and Approach:

Couples Therapy (Certified Levels I & II Psychobiological Approach to Couples Therapy/PACT*),
Individual Therapy
Recovery from Chemical and Behavioral Addictions including Sex Addiction
Attachment Theory
Insight-Oriented Therapy
Depression
Self-esteem Issues
ADHD

My approach is highly collaborative. I often incorporate psychological testing if clients are interested. We work together for the first 4-6 visits to outline your history and current problems and create a road-map for the therapy. This "map" is also given to you as a feedback letter so that you can refer to it as needed or share it with others. This testing is not required but many people find it useful to have a sense of where we are going and what the main goals of the therapy are.

I take the approach that our current behaviors are rooted in our past. Working together we will trace back the roots of your problematic behaviors and beliefs and work at that core level to create more adaptive patterns. This does not mean dwelling in the past but rather understanding why we are doing things in the present moment and how to change that. My style is warm, active and interactive and I use the therapy relationship as a tool for change.

For couples I use the PACT approach (www.thepactinstitute.com). This approach links our earliest experiences with nurturing (attachment theory) with our bodies responses to stress (neurobiology) to help us understand why each of us gets triggered by our partners and what, as a couple, we can do about that. For people in recovery from addictions I have found this approach to be the most effective form of treatment I can offer. Much of turning towards addictive chemicals or behaviors has to do with avoiding negative feelings. When our partners can help us to stay calm and learn to manage those negative feelings we are less tempted to rely on negative coping of any kind. For those of us who

are in committed relationships I believe learning how to foster a warm and supportive “couple bubble” can go a long way in mitigating all kinds of stress in our lives. Many of us from dysfunctional families learned either no skills or bad skills when it comes to relationships. Fortunately relationship skill can be taught and PACT is a great way to teach them. Many couples I treat tell me they have tried other styles of couple’s therapy and find PACT to be faster, more useful and more effective. I have found it to be an amazing way to help couples find their way back to each other and fall in love all over again.

Education, Licenses and Certifications:

Ph.D. in Clinical Psychology from UT Southwestern Medical Center at Dallas in 1996

Licensed in Clinical Psychology by the State of Texas in 1998

Board Certified by the American Board of Professional Psychology in 2003

Certified in Level 1 PACT therapy 2011

Certified in Level 2 PACT therapy 2014

Experience:

I have worked in major hospitals and clinics including Parkland Hospital in Dallas, Children’s Medical Center in Dallas, Dallas County Juvenile Department and the UT Southwestern Medical Center Psychiatric Outpatient Clinic. After moving to Austin in 1996 I established my private practice and have been treating adults as individuals and couples since then. I also supervise graduate students in clinical and health psychology from UT Austin, Texas State University and St. Edward’s University and have taught at the graduate level at Texas State University.

Fees:

I offer an initial 30-minute consultation at no charge. This is to help you decide if we are a good “fit” before committing resources towards your therapy. Research consistently shows that the “fit” between a client and therapist is the thing that is most predictive of the success of the work.

I have a standard fee per hour that is based on community norms and is evaluated periodically. I aspire to have a fee that is neither the least nor the most expensive compared to other clinicians with similar experience. I reserve 20% of my practice for clients in difficult financial circumstances and, for those spots, I can offer a reduced fee on an individual basis. I am not a participant on any insurance plans but I can provide you with the documentation required to submit for any out-of-network reimbursements allowed on your plan.