



www.drassy.com

Stacy Jagger

AUTHOR, SPEAKER, AND FOUNDER
OF MUSIC CITY FAMILY THERAPY

MEDIA KIT

Hi. I'm Stacy!

AUTHOR, SPEAKER, AND FOUNDER

Dr. Stacy Jagger (affectionately known as Dr. Sassy) is a Licensed Marriage and Family Therapist, Registered Play Therapist Supervisor, author, speaker, and founder of Music City Family Therapy in Nashville, TN. Her personal journey from trauma to transformation fuels her passion for helping families heal through creativity, connection, and systemic support.

She is the creator of The Mountain Method, an experiential family therapy model that includes her widely-recognized 30-Day Blackout, and has guided thousands of families toward emotional regulation, deeper connection, and a screen-smart lifestyle.



5K

social media followers



4K

email subscribers



SPEAKING TOPICS

- ✓ Unplugged & Reconnected: Healing Families in a Screen-Obsessed World
- ✓ Raising Sassy: Turning Trauma Into Sacred Work
- ✓ The Power of Play in Parenting and Therapy
- ✓ The Mountain Method™: Systemic Healing for the Modern Family

AS SEEN ON



Client Testimonials

“Dr. Sassy has a way of weaving story, science, and soul together in a way that makes people feel seen and hopeful.

Event Organiser

“Thank you so much for this gift! I have been and will continue to recommend this program to both clients and friends! .

Mountain Method client



WHO I WORK WITH

Families struggling with disconnection, screen overuse, or emotional dysregulation.
Schools, churches, and organizations looking for dynamic speakers and facilitators.
Therapists and clinicians interested in systemic, experiential models.
Individuals healing from trauma who want to turn pain into purpose.

WHAT YOU CAN EXPECT

Authentic storytelling that weaves together science, soul, and personal transformation.
Practical tools that can be implemented immediately by parents, therapists, and educators and a dynamic stage presence—equal parts heartfelt, humorous, and hopeful
A call to action that leaves audiences inspired to reconnect, regulate, and rise



GET IN TOUCH

Booking & Inquiries:

stacy@stacyjagger.com

Website: www.dr.sassy.com

Phone: 615-478-5257

Social Media: [@dr.sassy.nashville](https://www.instagram.com/dr.sassy.nashville)



Sassy