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Dr. Jefferson holds a doctorate degree in counselor education from George Mason University. She is also ABD (doctorate candidate) in Theological Studies at Logos University of Florida. As a licensed clinical mental health counselor, she specializes in trauma-informed counseling. As Board Certified Forensic Mental Health Evaluator, she works with court systems to provide clinical evaluations to support families faced with deportation concerns. She has held several faculty and administrative positions at institutions of higher education to include Germanna Community College, the University of the District of Columbia, the University of Virginia, Virginia State University, Northern Michigan University and the Pentecostal Theological Seminary where her teaching expands beyond the continent of the United States. She is an Oxford Institute Scholar of Cambridge, England and also the Founder of the National Christian Counselor Institute.

Dr. Jefferson's daughter, Charnita Allen, is a system's engineer and her late son, Richard was a career marine. She is married to Mr. Nathaniel Jones, retired Federal Government Data Analyst.