

**Vanessa Nisperos**

Psychotherapist / LMSW

**Approved Biography**

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Vanessa Nisperos is a Licensed Master Social Worker with over 10 years experience supporting youth, individuals and families. She has worked in various settings, including in schools and community based counseling centers using a strengths based, solution focused, and trauma informed approach to support clients' healing journeys. Vanessa believes every client is the expert of their own lives and guides clients towards tangible changes in thought and behavior that allow them to feel empowerment, mastery, and freedom.

As a descendant of immigrants from Mexico and the Philippine islands, Vanessa carries indigenous healing practices from the Mexica (central Mexico) and Lakota (North American) indigenous traditions. She believes in melding traditional therapeutic services with tools and practices that resonate with each individual client to build a wellness toolkit to serve them throughout life.

Vanessa is passionate about healing internalized oppression and supports individuals, families, and groups to examine and undo the impacts of structural inequality on their lives by tapping into the intergenerational resilience we all hold. She has facilitated groups on herbal wellness, holistic health, and mindfulness practices. She is a certified trainer in Motivational Interviewing through the Motivational Interviewing Network of Trainers (MINT).


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