



[www.therapyexplained.org](http://www.therapyexplained.org)

*Deniss Pleiner*

LICENSED THERAPIST &  
MENTAL HEALTH ADVOCATE

**SPEAKER BROCHURE**

# Meet Deniss

LICENSED THERAPIST & MENTAL HEALTH ADVOCATE

Deniss Pleiner, M.A. is a Mexican Immigrant, licensed therapist, and mental health advocate.

For the past 7 years she has served BIPOC Adults in California--particularly supporting first and second generation professionals break toxic generational patterns and managing workplace mental health.

She is the Founder & Clinical Director of TOC Therapy a group practice in California that tailors to the mental health needs of BIPOC Adults, the host of Therapy, Explained on YouTube where she helps demystify and destigmatize mental health, and works with BIPOC Adults in therapy and wellness coaching.

Inside and outside the therapy room, she covers mental health aspects that take into account cultural experiences of BIPOC including systemic oppression and cultural competency.



PANELS



WORKSHOPS



VIRTUAL EVENTS



INTERVIEWS



PRIVATE CIRCLES



## SPEAKING TOPICS

- ✓ Managing and Preventing Burnout
- ✓ Deconstructing Impostor Syndrome
- ✓ Financial Trauma
- ✓ Womxn's Mental Health
- ✓ First Gen Mental Health



AS SEEN IN



## Client Testimonials

“

Excellent info (red flags), non-judgemental, and understanding of specific challenges for working women

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Such relatable examples and conversations. I loved how Deniss was able to connect work and family life examples



## WHO I WORK WITH

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I absolutely enjoy working with organizations that share the values of justice and community. Those who seek to empower their members to take charge of their mental health and take an active role in supporting them to do so. Sound like you? Let's connect.

## WHAT YOU CAN EXPECT

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I view my work as an introduction to greater mental health work. I strive to provide information, education, and tangible tools attendees can take to start that journey. With a greater understanding of mental health, real change can begin.



deniss@therapyexplained.org  
www.therapyexplained.org  
@denisspleiner



## GET IN TOUCH

Book a discovery call to explore ways we can work together to best serve and empower your members.

Inspired and mobilized wellness is just one email away. Let's get started.

*Deniss*