



ADRIANA ALEJANDRE

THERAPIST – SPEAKER – PODCASTER

AS SEEN IN



BIO

Adriana Alejandre is a Trauma Psychotherapist, Consultant and Speaker from Los Angeles, California. She has a clinical practice specializing in adults. Adriana is also the founder of the internationally recognized, Latinx Therapy, directory and bilingual podcast that destigmatizes mental health & provides education to combat the stigma through technology and actual mental health services.

In 2019, she won the Hispanicize award for Best Social Good Content. Her podcast has been featured in iTunes' Top 200, Spotify's Top 30 Latin shows, HipLatina, Fierce by Mitu, and has been heard in 112 countries. Adriana's mission is to create spaces to spark dialogue about mental health struggles and strengths in the Latinx community.

SPEAKING TOPICS

Mental Health Within Latinx

Facing & Managing Anxiety

The Mother Wound & Reparenting Yourself

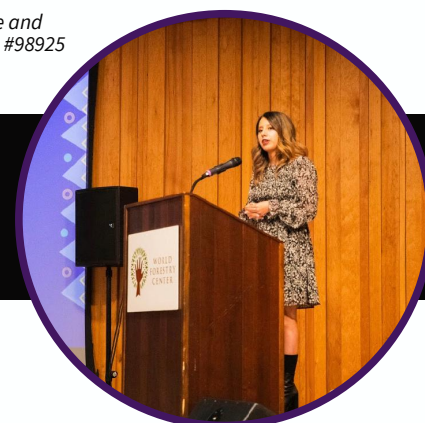
Imposter Syndrome

Communicating Skills

Recognizing Trauma & Thriving Above

**Topics available upon request*

Adriana is a Licensed Marriage and Family Therapist in California, #98925



"CUIDAR LA SALUD MENTAL NO ES COSA DE LOCOS"

TO BOOK ADRIANA, CONTACT:

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AVAILABLE FOR:

- Keynotes
- Workshops
- Support Groups
- Panel Discussions
- Private Circles
- Virtual Events/Lectures
- Social Media Lives & Take Overs
- Organizing mental health activities at conferences with Latinx Therapy members

