

JANAE BORREGO (SHE/HER/HERS)

Therapist | Speaker | Coach

Bio

JJanae Borrego, M.A., LMFT, CCTP, CIMHP, C-EMDR is a Licensed Marriage & Family Therapist, Certified Clinical Trauma Professional, Certified Integrative Mental Health Professional, and Certified EMDR Provider. She has been a licensed therapist since 2017 and has worked in all levels of care with variety of age groups and communities.

Janae currently owns and operates her own private practice JB Psychotherapy, Coaching & Consulting where she works collaboratively with diverse clients such as Athletes, Performers, Artists, Professionals, & Students to provide evidenced and mindfulness based mental and emotional skills to help manage pressures as well as cultivate professional, academic or athletic success.

Janae has also co-created The Healers Within, which is a collaborative focused on inspiring personal growth, resilience, and a deeper connection to oneself and the world around us through integrative Psychotherapy and Traditional Healing practices.

Furthermore, Janae serves on the board of the LGBTQ+ Association of Addiction and Mental Health Professionals which is a organization focused on initiating change, and creating a place for education and professional development by supporting diversity and cultural competency.



Speaking Topics

- LGBTQIA2s+ Affirmative Care
- Latinx Mental Health
- Trauma Awareness and Trauma informed care
- Culturally Sensitive Care
- Empowerment & Going from Surviving to Thriving
- Self-Care & Burn Out
- Transgenerational Trauma & Reinventing the Cycle
- Mindfulness and Integrative Practices
- Building Wellness Practices
- Sports Psychology & Coaching
- Team / Group Coaching
- Empowerment & Self Love
- Overall Skill Development
- *Topics On Requests*



Available For

- Keynotes
- Workshops
- Panel Discussions
- Private Circles
- Lectures
- Virtual Events
- Social Media Lives
- Podcasts

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