

*“The curious paradox is that when I accept myself just as I am, then I can change.” -Carl Rogers*

Dr. Cisneros (ella/la/she/her) brings empathy and sincerity to the therapeutic relationship with clients and their families. She identifies as a female Client-Centered therapist of Mexican and Mixtec heritage. Dr. Cisneros uses an integrative, strengths-based and harm-reduction focused approach in her therapeutic work in order to promote self-actualization and acceptance. Dr. Cisneros works collaboratively with clients in support of their living their most authentic and healthiest lives.

Dr. Cisneros earned her Doctoral and Masters Degrees in Clinical Psychology from the Illinois School of Professional Psychology-Argosy University. Vanessa has over 12 years of experience providing Individual, Family and Group Therapy services in Outpatient services, Inpatient settings, medical clinics and nursing home facilities. She comes to the therapeutic relationship with specific expertise in:

- BIPOC identities
- Gender and sexual identities
- Health and managing Chronic Medical Conditions (CMCs)
- Intimate Partner Violence (IPV)
- Spanish speaking populations
- Sexual Harm

Dr. Cisneros has worked with children, adolescents, adults and elders who have experienced acculturation problems, ableism, abuse, ageism, anxiety, depression, grief, homophobia, problems with stage of life, racism, substance misuse, transphobia and trauma(s).