

DR. SHAINNA

MENTAL HEALTH COUNSELOR, EDUCATOR, & ADVOCATE

I am dedicated to helping others recognize the importance of fostering mental well-being. The benefits of mental health may begin at the individual level, but they often radiate through our communities.

I am passionate about helping others shift from mental illness to mental wellness in order to live happier, healthier, & more meaningful lives.



SAY HELLO



www.DrShainna.com



@DrShainna



Integrated Counseling Solutions



Shainna-Ali

KEY SERVICES

Counseling | Consulting | Presentations | Lessons | Public Speaking | Interviews

FEATURED ON



Psychology Today



Counseling Today



BUSTLE



EVERYDAY HEALTH

allure

YAHOO! NEWS

Medium



INSIDER

The Lily

Rewire.News

Daily Mail

KEY PUBLICATIONS

The Self-Love Workbook | The Self-Love Workbook for Teens | A Modern Mentality (Blog)



REGOGNITION

Pete Fischer Humanitarian Award

University of Central Florida's 30 UNDER 30

Association for Specialists in Group Work's Al Dye Award

Association for Creativity in Counseling's Emerging Leader Award

COLLABORATIVE OPPORTUNITIES

TOPIC AREAS & NEXT STEPS

I warmly welcome the opportunity to work together on the mission to promote mental wellness across the globe. Examples may include the key services noted above, in addition to guest interviews and social media collaborations.

MENTAL WELLNESS

Mental health versus mental illness
Symptoms of mental health concerns
Diagnoses (anxiety, depression, & trauma)
Mental health & popular cultures
Mental health in our modern world
Technology & mental well-being
Strategies to cultivate coping skills

ADVOCACY

Stigma & stereotypes
Prevalence of mental health concerns
Strategies to cultivate mental wellness
Suicide awareness & prevention
Methods to enhance mental health in the community
How to support a loved one who lives with a mental health concern
Mental health & current events

IDENTITY & CULTURE

Cultural exploration
Cultural stigma
Intersectionality
Gender diversity
Human sexuality
Cultural humility
Minority stress
Microaggressions
The coming out process
Intergenerational trauma

COUNSELOR EDUCATION

Creative counseling
Counseling techniques
Integrated counseling
Strength's based methods
Affirmative counseling
Culturally-responsive counseling
Counselor self-care
Sex-positive counseling

SELF-LOVE

The seven segments of self-love
(Awareness, exploration, care, esteem, kindness, respect, & growth)
Misconceptions
Obstacles of
Practical skills
How self-love impacts mental health

COLLABORATION INQUIRIES

In order to plan a successful collaborative venture, please reach out with the following information:

Business details
Purpose of the collaboration
Type of collaboration
Selected topic(s)
Proposed timeline
Current budget
Any additional key details you would like to share