



DENISS PLEINER

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PANELS
WORKSHOPS
VIRTUAL EVENTS
PRIVATE CIRCLES

Deniss is a Mexican immigrant, licensed therapist, & mental health advocate. She's owner and Clinical Director of TOC Therapy-- a group practice in CA tailored to meet the needs of BIPOC Adults in individual and couples therapy.

She is also the host of Therapy, Explained on YouTube, a channel dedicated to explaining, demystifying, and destigmatizing mental health and mental health treatment.

Inside and outside of the therapy office, she covers mental health aspects that take into account cultural experiences: from family dynamics and generational trauma to boundary setting and work-life balance. She believes that while our cultures can present us with some barriers, they can also serve as a valuable piece to our growth, mental health, and fulfilling lives.

AVAILABLE WORKSHOPS

DECONSTRUCTING & BATTLING IMPOSTOR SYNDROME: A WORKSHOP FOR BIPOC PROFESSIONALS

BIPOC Professionals occupy spaces that were not built by us or for us. We are often one of the few if not the only person of color in a room. It is common for us to feel like an impostor-- but why?

This workshop takes a look at how microaggressions affect the way we see ourselves. How our childhood, culture, and experience with institutionalized racism affect our self-evaluation. And what we can do we do about it.

At the end of this interactive workshop, attendees will:

- Develop a better understanding of Impostor Syndrome.
- Learn actionable tools to battle Impostor Syndrome.
- Build grounding tools to support in addressing body-centered discomfort.
- Have resources for additional support.

STEPPING INTO EMOTIONALLY INTELLIGENT LEADERSHIP

Learn how to use your already-established leadership skills can evolve into emotionally intelligent leadership and attract/retain talent in your organization.

With the use of communication and coping tools you can learn to not just manage a team but to foster a culture of innovation and self-motivation.

This workshop helps attendees:

Know what emotional intelligence looks like day-to-day.

Learn how to set boundaries to facilitate effective leadership.

Have scripts of sample empathetic statements for boundary setting and feedback.

Start the journey of self-awareness as a leader.

Participate in grounding tools for self-regulation and grounding.

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OTHER

We can work together to develop a curated workshop on the topic or choice.

PAST WORKSHOPS

09/2022 "WORKPLACE MENTAL HEALTH: A WORKSHOP FOR HELPERS" FOR PROSPANICA-MILWAUKEE

08/2022 "MANAGING AND PREVENTING BURNOUT" FOR THE VORHEES LAB AT CALTECH

05/22 "MANAGING AND PREVENTING IMPOSTOR SYNDROME AS LATINX PROFESSIONAL" FOR PEPPERDINE'S LATINX MBA CONEXION

04/22 "MANAGING AND PREVENTING BURNOUT AS A WOMXN LEADER" FOR THE NATIONAL PROVIDER'S ASSOCIATION.

03/22 "MANAGING AND PREVENTING IMPOSTOR SYNDROME AS LATINX PROFESSIONAL" FOR PROSPANICA NATIONAL

03/2022 "MANAGING AND PREVENTING IMPOSTOR SYNDROME AS LATINE PROFESSIONAL" FOR PROSPANICA

02/2022 "MANAGING BURNOUT AS A STUDENT" FOR UCLA AAC

10/2021 "MANAGING BURNOUT & IMPOSTOR SYNDROME AS A BIPOC" FOR PRAYTELL

10/2021 "MANAGING & PREVENTING BURNOUT" FOR PRAYTELL

06/2021 "MANEJO DE AGOTAMIENTO" FOR E.L.L.A.

PANELS

08/2022 "MIND, BODY, & SOUL" FOR ACT BLUE'S ERGS

07/2021 " MENTAL HEALTH LAWS, NEWS, & NEED-TO-KNOWS"
MELININ MINDS CONFERENCE PANEL

05/2021 "FINANCIAL TRAUMA" A 1HR PANEL AND TALK FOR
SNOW BALL WEALTH

PODCAST INTERVIEWS

06/2022 "WORKING THROUGH WORKPLACE BURNOUT" WITH
ELEVATED VOICES PODCAST

05/22 "THE COST OF MONEY TRAUMA" WITH CNN RADIO'S
DIVERSIFYING PODCAST WITH DELYANNE RIOS

02/22 "MENTAL HEALTH IN YOUR TWENTIES" WITH TIRED IN MY
TWENTIES PODCAST

12/2021 "HOLIDAY MENTAL HEALTH" SHORT TIPS WITH
WERKSTORIES PODCAST

11/2021 "LOOSING SLEEP: MANAGING WORK STRESS" A PODCAST
INTERVIEW FOR WERKSTORIES