Mx. Van Ethan Levy (they | elle), MA, LMFT & LPCC

Pronoun series: Van | they (English) | elle (Spanish)

Therapist | Educator | Author | Filmmaker | Advocate

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Instagram: InstaGram.com/SktrVan/ | X: X.com/SktrVan2 | Pinterest: Pinterest.com/SktrVan/

LinkedIn: LinkedIn.com/In/Mx-Van-Ethan-Levy-11549459/

YouTube: YouTube.com/@VanEthanLevyThey1178

Facebook: Van Ethan Levy (Trans Advocating Therapist & Educator): FaceBook.com/VanEthanLevy

Do Something: Identity(ies) (nonprofit): Website: DoSomethingIdentities.org | LinkedIn: LinkedIn.com/Company/DSI501/ | Instagram: InstaGram.com/DoSomethingIdentityies/ | Facebook: Do Something: Identity(ies)

Updated November 2026.

Licenses & Credentials

- **Licensed Marriage and Family Therapist (LMFT)**, California, License 118131
- **Licensed Professional Clinical Counselor (LPCC)**, California, License 8269
- **California Association of Marriage and Family Therapists (CAMFT) Continuing Education Provider**, Continuing Education Provider Approval (CEPA) 138717

Education

Antioch University

Master of Arts in Clinical Psychology | Culver City, CA | September 2015 – June 2017

The Chicago School of Professional Psychology

Coursework in Forensic Psychology | Irvine, CA | January 2014 – November 2014

San Diego State University

Bachelor of Arts in Psychology | San Diego, CA | January 2011 – December 2012

San Diego Mesa Community College

Associate Degree in Psychology | San Diego, CA | May 2009 – December 2010

Capstone Career College

Computer Science | Tacoma, WA | August 2006 – August 2007

Professional Experience

Do Something: Identity(ies)

Executive Director & Founder | San Diego, CA | August 2024 – Present

- Founded and currently lead a 501(c)(3) nonprofit organization dedicated to supporting and advocating for marginalized communities through education, empowerment, and resources. The organization is listed by the Internal Revenue Service (IRS) as a 501(c)(3) public charity based in La Jolla, California (Employer Identification Number 93-2365518).
- Developing and implementing organizational purpose, mission, and strategic initiatives to support social justice, inclusion, and mental health advocacy.
- Overseeing the management and growth of programs, including training, resources, and outreach for underserved groups, with a focus on trans, non binary, and many more LGBTQPIA2S+ communities, and communities of color.
- Building the organization's online directory of affirming providers who conduct an assessment and prepare a letter of support in one session for clients seeking affirming care (DoSomethingIdentities.org/Providers/).
- Cultivating partnerships with other nonprofits, community organizations, and educational institutions to expand reach and resources.
- Leading fundraising efforts, including grant writing, donor cultivation, and event planning; organized a virtual silent auction and a limited-edition merchandise fundraiser (August 2025).
- Co-sponsoring the 2026 Do Something: Identity(ies) Conference with C&C Resourcing, Inc. for National Board for Certified Counselors (NBCC) continuing education credit.
- Managing all administrative functions, including budgeting, compliance with nonprofit regulations, and strategic planning.
- Promoting organizational awareness through public presentations, media outreach, and community events.
- Leading a diverse team of volunteers, board members, and staff, providing guidance, mentorship, and professional development.

Van Ethan Levy (private practice)

Clinician, Clinical Supervisor & CAMFT Continuing Education Provider (CEPA 138717) | San Diego, CA | April 2020 – Present

- Providing therapeutic intervention services to children, youth, and adults using individual and family therapy, relationship therapy, group therapy, crisis intervention, and assessment tools in a private, outpatient setting.
- Currently focusing on same-day assessments and letters of support for clients seeking affirming care (hormones, surgeries, procedures, and name and marker changes).
- Completing the intake assessment process; maintaining files and documentation in compliance with corporate, state, and federal standards; and providing continuous treatment planning and review of progress to ensure quality and effective treatment.
- Providing supervision to trainees and associates, including associates who offer sliding-scale, same-day letters and assessments for trans and non binary folx.
- Facilitating conversations with supervisees to address oppression, countertransference, projective identification, and more.
- Reading through, providing feedback on, and signing off on supervisee client notes.
- Developing and teaching CAMFT-approved continuing education (CE) courses for LMFTs, Licensed Clinical Social Workers (LCSWs), LPCCs, and Licensed Educational Psychologists (LEPs), listed under Continuing Education Courses Developed.

Transgender Health & Wellness Center

Director of Behavioral Health | Virtual | December 2022 – Present

- Providing supervision to trainees and associates.
- Training therapists on completing the intake assessment process; maintaining documentation in compliance with corporate, state, and federal standards; and providing continuous treatment planning and review of progress to ensure quality, effective treatment.
- Implementing policy changes and creating accessibility for trans, non binary, and many more non cis people, as well as allies, families, friends, partners, and more.
- Engaging in live observation with therapist and client.
- Reading through, providing feedback on, and signing off on supervisee client notes.
- Facilitating conversations with supervisees to address oppression, countertransference, projective identification, and more.
- Partnering with organizations, institutions, universities, and more.
- Offering CAMFT-approved CE trainings through the center's Training Academy: Assessment & Letter Writing; Trauma Therapy (supporting trans individuals); Harm Reduction; Disability Justice; and Trans Identity & Neurodiversity.

Southern California Counseling Center

Clinical Supervisor | Virtual | September 2022 – Present

- Providing supervision to trainees and associates.
- Training therapists on completing the intake assessment process; maintaining documentation in compliance with corporate, state, and federal standards; and providing continuous treatment planning and review of progress to ensure quality, effective treatment.
- Facilitating conversations with supervisees to address oppression, countertransference, projective identification, and more.
- Reading through, providing feedback on, and signing off on supervisee client notes.

MiraCosta College District

Adjunct (Associate) Faculty | San Diego, CA | January 2019 – Present

- Engaging students in therapy.
- Providing education on non cis identities.
- Updating mental health and medical forms to be more affirming.
- Facilitating two student groups: Autism Space and Queer Time.

Antioch University

Adjunct Faculty | Culver City, CA | January 2020 – Present

- Teaching and providing education on trans, non binary, and many more non cis identities.

North Orange County Education

Adjunct Faculty | Placentia, CA | 2019 – 2021

- Developing core curriculum around LGBTQPIA+ identities.
- Educating staff on how to implement training.

MiraCosta Community College District

Consultant | Oceanside, CA | 2019 – 2020

- Led workshops on the California Gender Recognition Act: Trans & Non Binary Identities.
- Worked with a cross-section of administrators, faculty, and staff in the Gender Recognition Act Working Group.
- Developed trainings and tool implementation across the district.

Sara Cloostermans

Clinician | La Jolla, CA | 2019 – 2021

- Provided clinical services in private practice with children, families, and relationships.
- Created and facilitated an identity support group, Transcend.

YMCA, Well-Being Annex: Transition Age Youth (TAY) Program

Clinician, Transition Age Youth (TAY) Program | San Diego, CA | 2019

- Provided clinical services to individuals, couples, and families.
- Facilitated groups, community events, and the Our Safe Place (OSP) LGBT+ camp.
- Educated and trained other clinicians, supervisors, and staff on intersectionality and LGBT+ trauma-informed care.

Nicole Kahn, Mindful Guides

Clinician | La Jolla, CA | 2018 – 2019

- Provided clinical services in private practice.
- Completed clinical notes.

San Diego Youth Services, Our Safe Place

Clinician | San Diego, CA | August 2017 – June 2018

- Provided community-based clinical services to LGBTQPIA+ youth ages 12 to 21 and their families.
- Assisted in updating documents through a trauma-informed positionality.
- Completed clinical notes.

Mindfulness-Based DBT and Art Therapy Group

Clinician | Long Beach, CA | November 2016 – May 2017

- Provided Dialectical Behavior Therapy (DBT) skills training and psychoeducation.
- Co-facilitated and co-designed a group to help members build skills to reduce anxiety and depression.

The LGBTQIA Center of Long Beach

Professional Clinical Counselor (PCC) Intern and Group Therapist | Long Beach, CA | 2016 – 2017

- Created and co-facilitated a mindfulness-based group.
- Collaborated with and educated other clinicians on LGBTQIA+ topics from a trauma-informed positionality.

The Svets

Executive Assistant | San Diego, CA | 2006 – 2014

- Coordinated and scheduled appointments for a workplace of approximately 20 employees.
- Increased productivity in the workplace by creating lists of job duties.
- Developed strategies to improve productivity by rearranging work schedules.

Conferences Organized

Creator, founder, and organizer of the **Do Something: Identity(ies) (DSI) Conference**, an international virtual conference that centers and celebrates the most erased realities in the LGBTQPIA2S+ community. Every presenter is trans, non binary, and/or another non cis identity, and everyone who is not cis and organizes, facilitates, or presents is paid for their labor. Sliding-scale and no-fee tickets are offered. **Van organized all three conferences: the first two (2022 and 2024) through Van's business, Van Ethan Levy, and the third (2026) through the nonprofit Do Something: Identity(ies).**

3rd Do Something: Identity(ies) Conference

Friday, November 13, 2026 | International, virtual (all times Pacific)

- **Organized by Van through the nonprofit Do Something: Identity(ies).**
- 18 concurrent sessions in six time blocks, plus a lunchtime screening of Van's documentary, opening and closing speeches.
- Van presented **Identity-Affirming Assessments and Letter Writing: Reducing Gatekeeping and Supporting Access to Care** and screened **Do Something: Trans & Non Binary Identity(ies)** as a CE session.
- Continuing education: up to 7 NBCC hours through C&C Resourcing, Inc. (NBCC Approved Continuing Education Provider, ACEP No. 7426), co-sponsored with Do Something: Identity(ies) 501(c)(3); CAMFT CE for qualifying sessions through Van Ethan Levy (CEPA 138717). Conference promotion listed up to 19 CEs in total.
- Presenters included Omer Elad, Maxwell Turek, Dr. L K Winley, Dr. Will Beischel, Jasmin Sharp, Dr. Atticus Wolfe, Dr. Dana M. Cea, River Nice, Olivia Patricia Montoya, David Gamble-Moore, Brett Ford and Shir Wolf, Ang Woon, Ollie Laurie Robison, kit weathers, Jen Venegas, Toni Ann-Marie Collard, Dr. Kade Sharp and Heidi Nielson.
- Sponsors included Transgender Health & Wellness Center (Sustaining Something: Justice Sponsor), Colette Lord PhD Psychologist Inc. and Element Q Healing Center (Care Sponsors), and Alison Gomez, LMFT.
- Conference website: DoSomethingIdentities.org/Conference-2026/

2nd Do Something: Identity(ies) Conference

Friday, May 31, 2024 | International, virtual, 8:00 AM – 6:00 PM Pacific Daylight Time (PDT)

- **Organized by Van through Van's business, Van Ethan Levy.**
- 15 presenters, a virtual exhibit hall (5:00 – 6:00 PM), and a screening of Van's documentary; all sessions were recorded.
- Van presented **No More GateKeeping: Assessment & Letter Writing for Affirming Care**.
- Continuing education co-sponsored by R. Cassidy Seminars (the conference page listed 8 CEs; the CE detail page listed 7 hours).
- Presenters: Alex Vaughan, Ang Woon, Āryā Jeipea Karijo, Cairn Journey Yakey, Dr. Dana M. Cea, Grey Doolin, Jasmin T. Williams, Jay LittleJohn, Jules Estacio, Kade Sharp, Kieran McMonagle, Lis Regula, Ruchi Kapila, Ryann Morgan, and Van Ethan Levy.
- Press release issued December 28, 2023. Conference page: VanEthanLevy.com/DSI2024/

Inaugural Do Something: Identity(ies) Conference

Friday, May 13, 2022 | International, virtual, 8:00 AM – 6:00 PM PDT

- **Organized by Van through Van's business, Van Ethan Levy.**
- Described as the first international conference in which all presenters were trans, non binary, and/or another non cis identity.
- Van presented **Assessment & Letter Writing** (for licensed and pre-licensed mental health professionals) and **Do Something: Trans & Non Binary Identities** (documentary and question-and-answer session).
- 7.25 CE hours, co-sponsored by R. Cassidy Seminars (approved by the American Psychological Association to sponsor CE for psychologists).
- Presenters included Arya Jeipea Karijo, Ashley Marie Lagrange, Asa Splinter, Dr. Cadyn Cathers, Masha Leah Davis, Rebecca Kerl, Dr. addyson tucker, Daniel Kozieja, Kieran S. McMonagle, Melissa Stricklin, Gray Baldwin, Monica Dee Ellis, T. Michael Trimm and Jace C. Ryden, and Van Ethan Levy.
- Press release issued February 17, 2022. Recorded sessions remain available for purchase. Conference page: VanEthanLevy.com/Conference/

Books

Published

- Levy, V. E. (2020, August 2). *Exploring My Identity(ies)* (interactive book and workbook). Independently published. 83 pages. ISBN 979-8671717303. Paperback and Kindle. Winner, 2025 International Impact Book Awards.

Amazon.com/EXPLORING-IDENTITY-ies-Ethan-Levy/Dp/B08F6QNVLK | GoodReads.com/Book/Show/55131561-Exploring-My-Identity

Completed manuscript

- *You Are Not the Problem* (memoir-infused self-help nonfiction). Manuscript complete (about 82,000 words); seeking literary representation. Not yet published.

Articles

TherapyRoute republished revised editions of Van's earlier articles under updated titles between December 2025 and August 2026; the links below go to the current versions, and the original titles and dates are kept.

- Levy, V. E. (2025, December 18). Everyday Harm: Medical Trauma at the Intersections of Identity, Disability, and Policy. TherapyRoute. TherapyRoute.com/Article/Everyday-Harm-Medical-Trauma-At-The-Intersections-Of-Identity-Disability-And-Policy-By-V-Levy-They-Elle
- Levy, V. E. (2025, November 14). Why "Gender Expansive" Is Harmful: Unpacking the Transphobic Framework Behind the Language. TherapyRoute. TherapyRoute.com/Article/Why-Gender-Expansive-Is-Harmful-Unpacking-The-Transphobic-Framework-Behind-The-Language-By-V-Levy
- Levy, V. E. (2024, November). Why the Term Transition is Transphobic (guest article). *Voices*, Los Angeles Chapter of the California Association of Marriage and Family Therapists (LA-CAMFT). LACAMFT.org/Voices-November-2024
- Levy, V. E. (2024, October). Gender & Pronoun Assumptions and What to Do (guest article). *Voices*, LA-CAMFT. LACAMFT.org/Voices-October-2024
- Levy, V. E. (2024, September). Navigating Mental Health As A Trans & Non Binary Person (guest article). *Voices*, LA-CAMFT. LACAMFT.org/Voices-September-2024
- Levy, V. E. (2024, June). Pronouns and Names (guest article). *Voices*, LA-CAMFT. LACAMFT.org/Voices-June-2024
- Levy, V. E. (2024, May). Pronoun(s) Series (guest article). *Voices*, LA-CAMFT. LACAMFT.org/Voices-May-2024
- Levy, V. E. (2024, April). Saving Lives One Letter (guest article). *Voices*, LA-CAMFT. LACAMFT.org/Voices-April-2024/13334949
- Levy, V. E. (2023, March). Pronoun(s) Series. TherapyRoute. TherapyRoute.com/Article/Pronoun-Series-A-Practical-Guide-For-MentalMedical-Health-Providers-Allies-Community-Members-By-V-Levy

- Levy, V. E. (2023, February). Yes, You Will Work with Trans or Non Binary Clients and Their Loved Ones at Some Point: What Therapists Need to Know (guest article, republished). *Voices*, LA-CAMFT. LACAMFT.org/Voices-February-2023
- Levy, V. E. (2022, December). No More GateKeeping App. Published in TherapyRoute. VanEthanLevy.com/App
- Levy, V. E. (2022, October). Domestic Violence (DV) and/or Interpersonal Violence (IPV). *Wellness Wave Wisdom*. WellnessWaveWisdom.BlogSpot.com/2022/10/Domestic-Violence-DV-AndOr.html
- Levy, V. E. (2022, August). Not Listing Your Pronouns is Transphobic. TherapyRoute. TherapyRoute.com/Article/Not-Listing-Your-Pronouns-Is-Transphobic-Heres-Why-By-V-Levy
- Levy, V. E. (2022, June 14). The "+" in LGBTQPIA+ (current title: Why the "+" in LGBTQPIA+ Matters: Inclusion, Identity & Anti-Transphobia). TherapyRoute. TherapyRoute.com/Article/Why-The-In-LGBTQPIA-Matters-Inclusion-Identity-Anti-Transphobia-By-V-Levy-LMFT-LPCC-By-V-Levy
- Levy, V. E. (2022, May 27). Transphobia is white supremacy & here is why. TherapyRoute. TherapyRoute.com/Article/Transphobia-Is-White-Supremacy-Heres-Why-By-V-Levy
- Levy, V. E. (2022, May). Yes, You Will Work with Trans or Non Binary Clients and Their Loved Ones at Some Point: What Therapists Need to Know. *Voices*, LA-CAMFT. LACAMFT.org/Voices-May-2022/12711696
- Levy, V. E. (2022, March). Trans Day of (visibility) Awareness. TherapyRoute. TherapyRoute.com/Article/Trans-Day-Of-Awareness-Why-This-Day-Matters-And-What-Real-Advocacy-Is-By-V-Levy
- Levy, V. E. (2022, February). Trans & in Therapy. TherapyRoute. TherapyRoute.com/Article/Trans-And-In-Therapy-Healing-Honoring-Identity-Doing-It-Right-By-V-Levy
- Levy, V. E. (2021, September/October). The Business of Practice Member Spotlight. *The Therapist*, 33(5), 28–29. California Association of Marriage and Family Therapists.
- Levy, V. E. (2021, July). Marginalized Existence. In R. Luczak (Ed.), *Mollyhouse* (Issue 3).
- Levy, V. E. (2021, March). Sterilizing Trans Folx. *Vocal*. Vocal.media/FYI/Sterilizing-Trans-Folx
- Levy, V. E. (2020, September 18). Navigating Mental Health as a Trans & Non Binary person. TherapyRoute. TherapyRoute.com/Article/Navigating-Mental-Health-As-Trans-Non-Binary-Many-More-Non-Cis-Folx-By-V-Levy-They-Elle
- Levy, V. E. (2020, May). heterosexual versus straight. TherapyRoute. TherapyRoute.com/Article/Heterosexual-vs-Straight-What-The-Difference-Really-Means-By-V-Levy

- Levy, V. E. (2020, May). pronouns and names. TherapyRoute. TherapyRoute.com/Article/Pronouns-And-Names-Respect-Identity-Why-They-Matter-By-V-Levy
- Levy, V. E. (2020, April). Gender & pronoun assumptions and what to do. TherapyRoute. TherapyRoute.com/Article/Gender-Assumptions-Pronouns-Why-Assuming-Someones-Pronouns-Hurts-And-What-To-Do-Instead-By-V-Levy
- Levy, V. E. (2020, April). why excluding trans folx from non cis spaces is a violent macroaggression. TherapyRoute. TherapyRoute.com/Article/Why-Excluding-Trans-Folx-From-Non-Cis-Spaces-Is-A-Violent-Macroaggression-By-V-Levy
- Levy, V. E. (2020, April). why the terms transgender and identify as are transphobic. TherapyRoute. TherapyRoute.com/Article/Why-The-Terms-Transgender-And-Identify-As-Are-Transphobic-And-What-To-Say-Instead-By-V-Levy
- Levy, V. E. (2019, December). Why the term transition is transphobic. TherapyRoute. TherapyRoute.com/Article/Why-The-Term-Transition-Is-Transphobic-And-What-To-Language-To-Use-Instead-By-V-Levy
- Levy, V. E. (2018, November). Check yourself: Wake the flip up! (current title: Before You Judge Anyone: What You Need to Know About Privilege and Identity). TherapyRoute. TherapyRoute.com/Article/Before-You-Judge-Anyone-What-You-Need-To-Know-About-Privilege-And-Identity-By-V-Levy
- Levy, V. E. (2018, April). Advocating for the LGBTQIAA in Psychotherapy. Psychotherapy.net. Psychotherapy.net/Perspectives/Articles/Advocating-For-The-LGBTQIAA-In-Psychotherapy/

Documentary Film

- **Do Something: Trans & Non Binary Identity(ies)** (2021). Creator, director, and producer. Documentary, 1 hour 12 minutes. Created entirely by trans and non binary people, the film shares the lives of 8 trans and/or non binary folx: what pains them and what lifts them. Winner of 14 awards at national and international film festivals (listed under Awards & Honors).
- Premiere: November 20, 2021 (Trans Day of Remembrance). Trailer: YouTube.com/Watch?v=NXLqDTO_5hc
- Selected screenings: 3rd Do Something: Identity(ies) Conference, CE session (November 13, 2026); Meet & Greet with the Director, virtual question-and-answer event (September 25, 2024); 2nd Do Something: Identity(ies) Conference (May 31, 2024); online viewing hosted by Van (July 2023); Marina del Rey Film Festival (June 2023); Inaugural Do Something: Identity(ies) Conference, with question-and-answer session (May 13, 2022).

App & Social Justice Projects

- **No More Gatekeeping app** (2023) (NoMoreGatekeeping.org). Creator. An app that supports mental and medical health providers in conducting a trauma-informed assessment and preparing a letter of support in one session for trans, non binary, and LGBT+ clients seeking affirming care (such as hormones, surgeries, and other procedures). The provider enters the client's responses to trauma-informed questions, and the app drafts a letter for the provider to review and sign. Data is stored locally on the provider's device.
- **No More Gatekeeping national provider list.** Created a list of providers in every U.S. state who conduct an assessment and prepare a letter of support in one session for clients seeking surgery, hormones, marker changes, name changes, and other affirming care: Docs.Google.com/Spreadsheets/D/1mQo2vls2x1FeCihQmQ0FftY9x5jEvbHykZUWEijSRYQ/Edit#gid=1570017574 . The list now continues as the Do Something: Identity(ies) provider directory: DoSomethingIdentities.org/Providers/
- **Accomplices.** Created a document so people with marginalized identity(ies) can reach out to others who hold privilege for help, without having to do emotional labor: Docs.Google.com/Spreadsheets/D/1lR8s_IIp6UJ4Va-XQWym2wAiJXgWDmnFBHNbMf8lEew/Edit#gid=1113833355

Continuing Education Courses Developed

Courses are approved through Van's CAMFT Continuing Education Provider Approval (CEPA 138717) for LMFTs, LCSWs, LPCCs, and LEPs unless noted. Most are offered live or recorded, with sliding-scale pricing as low as $0. Catalog: VanEthanLevy.com/Shop/

- Identity-Affirming Assessments and Letter Writing: Reducing Gatekeeping and Supporting Access to Care (2026)
- Apology, Accountability, & Healing Justice (live virtual training, December 19, 2025; also recorded)
- Trauma-Informed Assessment & Letter Writing (recorded; 1 CE hour); earlier version: Affirming Letter Writing (asynchronous; 1 CE hour)
- Deconstructing Gender: Trans and Non Binary Identity(ies) (2-hour and 3-hour trainings; 2 or 3 CE hours)
- Death by Despair: Harm Reduction and Interventions
- Supporting 2SLGBTQPIA+ Folx During Holidays
- Beyond the Binary: Enhancing Inclusivity for Trans and Non Binary Clients in Therapy
- Brief Therapy in Private Practice: Increasing Client Access while Building a Sustainable Practice
- How To Be An Ally (question-and-answer recording)

- Through the Transgender Health & Wellness Center Training Academy: Assessment & Letter Writing; Trauma Therapy (supporting trans individuals); Harm Reduction; Disability Justice; Trans Identity & Neurodiversity
- LGBTQPIA+ Consultation for providers (one-time or ongoing; sliding scale available)

Presentations, Trainings & Screenings

3rd Do Something: Identity(ies) Conference

Presenter | Virtual | November 13, 2026

- Presented Identity-Affirming Assessments and Letter Writing: Reducing Gatekeeping and Supporting Access to Care.
- Screened the documentary Do Something: Trans & Non Binary Identity(ies) as a CE session.

C&C Resourcing Substack Live: From Harm to Repair: Practical Anti-Bullying Strategies for Affirming Trans & Non binary Clients

Co-presenter with Dr. Dana M. Cea | Virtual | February 25, 2026

- Provided concrete tools for helping professionals to create safer, more affirming environments and to interrupt bullying and microaggressions.

Apology, Accountability, & Healing Justice

Trainer (1-hour live training, donation-based tickets) | Virtual | December 19, 2025

- Trauma-informed training on accountability in clinical practice.

CalOptima

Training Developer (mandatory training) | California | 2025

- Created a mandatory training on creating safer and affirming spaces for trans, non binary, and many more non cis people.

Inland Empire Health Plan (IEHP)

Training Developer (mandatory training) | California | 2025

- Created a mandatory training on creating safer and affirming spaces for trans, non binary, and many more non cis people.

San Francisco Health Plan

Training Developer (mandatory training) | California | 2025

- Created a mandatory training on creating safer and affirming spaces for trans, non binary, and many more non cis people.

Meet & Greet with the Director of Do Something: Trans and Non Binary Identity(ies)

Presenter | Virtual | September 25, 2024

- Shared the inspiration and process behind the documentary, led a film discussion, and answered audience questions.

2nd Do Something: Identity(ies) Conference

Presenter | Virtual | May 31, 2024

- Presented No More GateKeeping: Assessment & Letter Writing for Affirming Care.

MiraCosta College

Invited Guest Lecturer | Oceanside & San Elijo, CA | January 2019 – Present

- Provided education around trans and non binary identities and/or mental health.
- Facilitated discussion on marginalized and oppressed populations and how to access support and services.
- Cultivated awareness around human sexual behavior, identity, and intersections of identity to diffuse and reduce internalized isms.

MiraCosta College

Presenter | San Diego, CA | 2023, 2022, 2021, 2020

- Created trainings for health service providers on ways to create safer and affirming spaces for non cis folx.
- Provided education on mental and physical health risk factors for non cis folx.
- Assisted in self-explorations of internalized biases and isms.

Online viewing of Do Something: Trans & Non Binary Identity(ies)

Host | Virtual | July 2023

- Hosted an online viewing of the documentary, with ticket sponsorship for people who could not afford to attend.

CAMFT Annual Conference: Advancing the Art & Science of Psychotherapy 2023

Presenter | Santa Clara, CA (Hyatt Regency; in person) | May 5 – 6, 2023

- Presented Letter Writing & Assessment for Trans, Non Binary & many more Non CIS People.
- Provided education on mental health risk factors for non cis folx.
- Assisted in self-explorations of internalized biases and isms.

Gender Spectrum Professionals Symposium

Presenter | Virtual | July 2022

- Provided education on trans and non binary identities and mental health risk factors.
- Trained clinicians on ways to create safer and affirming spaces for non cis folx, as well as how to do assessments and letter writing.
- Cultivated awareness and skills building on trauma-informed practices and how to identify, target, diffuse, and/or reduce internalized isms and unconscious bias.
- Addressed the harms of gatekeeping.

Inaugural Do Something: Identity(ies) Conference

Presenter | Virtual | May 13, 2022

- Presented Assessment & Letter Writing for licensed and pre-licensed mental health professionals.
- Presented the documentary Do Something: Trans & Non Binary Identities with a question-and-answer session.

Deconstructing Gender: Trans & Non Binary Identities

Presenter | Virtual | September 2021

- Provided education on trans and non binary identities and mental health risk factors.
- Trained clinicians on ways to create safer and affirming spaces for non cis folx, as well as how to do assessments and letter writing.
- Cultivated awareness and skills building on trauma-informed practices and how to identify, target, diffuse, and/or reduce internalized isms and unconscious bias.
- Addressed the harms of gatekeeping.

Black Mental Health Symposium

Presenter | Virtual | September 2021

- Provided education on trans and non binary identities and mental health risk factors.
- Trained clinicians on ways to create safer and affirming spaces for non cis folx.

- Cultivated awareness and skills building on trauma-informed practices and how to identify, target, diffuse, and/or reduce internalized isms and unconscious bias.
- Addressed the harms of gatekeeping.

The Chicago School of Professional Psychology, Office of Continuing Education

Presenter | Virtual | September 2021

- Presented Deconstructing Gender: Trans & Non Binary Identities with assessment and letter writing training.
- Provided education on trans and non binary identities and mental health risk factors.
- Trained clinicians on ways to create safer and affirming spaces for non cis folx.
- Cultivated awareness and skills building on trauma-informed practices and how to identify, target, diffuse, and/or reduce internalized isms and unconscious bias.
- Addressed the harms of gatekeeping.
- Engaged the audience in assessment and letter writing.

California Association for Licensed Professional Clinical Counselors (CALPCC) Conference: Mental Health Justice: Bridging Policy & Action

Presenter | San Diego, CA | October 2020

- Provided education on trans and non binary identities and mental health risk factors.
- Trained clinicians on ways to create safer and affirming spaces for non cis folx.
- Cultivated awareness and skills building on trauma-informed practices and how to identify, target, diffuse, and/or reduce internalized isms and unconscious bias.

CALPCC 2020 Conference: Mental Health Justice: Bridging Policy and Action

Presenter | San Diego, CA | October 2020

- Created trainings for clinicians on ways to create safer and affirming spaces for non cis folx.
- Provided education on mental health risk factors for non cis folx.
- Assisted in self-explorations of internalized biases and isms.

METOOLGBQ Conference

Invited Guest Lecturer | San Diego, CA | October 2020

- Provided education on trans and non binary identities and affirming practices.
- Trained clinicians on ways to create safer and affirming spaces for non cis folx.
- Cultivated awareness and skills building on trauma-informed practices and how to identify, target, diffuse, and/or reduce internalized isms and unconscious bias.

Imperial Valley Pride

Presenter | San Diego, CA | October 2020

- Provided education on creating safer and more affirming spaces for non cis folx.
- Engaged the audience in activities to bring awareness of marginalized identities.
- Assisted in self-explorations of internalized biases and isms.

#METOO LGBTQ Conference in San Diego for Victims of Sexual Violence

Presenter | San Diego, CA | October 2020

- Created trainings for the community on ways to create safer and affirming spaces for non cis folx.
- Engaged the audience in healing practices.
- Assisted in self-explorations of internalized biases and isms.

Point Loma Nazarene University

Presenter | San Diego, CA | July 2020

- Engaged the class in discussions around identity, race, sexuality, and mental health.
- Provided education on non cis identities.
- Shared lived experience as a mental health provider and the different intersections of my identity.

CAMFT Virtual Experience

Presenter | Virtual | August 28, 2020

- On-demand recording plus live question-and-answer, part of the California Association of Marriage and Family Therapists (CAMFT) 2020 Virtual Experience webinar series.

CAMFT Annual Conference: Advancing the Art & Science of Psychotherapy 2020

Presenter | Orange County, CA (presented virtually) | May 2020

- Created trainings for clinicians on ways to create safer and affirming spaces for non cis folx.
- Provided education on mental health risk factors for non cis folx.
- Assisted in self-explorations of internalized biases and isms.

MeToo LGBTQ Conference

Presenter | San Diego, CA | May 2020

- Engaged the audience in tools for healing from sexual violence.

- Created ways for the audience to self-explore and identify their own internalized biases and isms.

San Diego State University

Invited Guest Lecturer | San Diego, CA | March 2020, August 2019, March 2019, June 2018, June 2017

- Educated undergraduate students on trans topics.
- Facilitated a discussion around an underrepresented population.
- Created a space and awareness around human sexual behavior to diffuse stigma.

CCC+LGBTQPIA+ Summit (California Community Colleges)

Presenter | Riverside, CA | November 2019

- Assisted in exploring and understanding internalized and/or externalized transphobia and how it manifests.
- Defined gender deconstruction and privilege while describing 3 biases.
- Engaged in questions and answers around trans and/or non binary identities, intersectionality, and racism.

Palomar College

Invited Guest Lecturer | San Diego, CA | August 2019, March 2019, June 2018, June 2017

- Provided education around trans and non binary identities.
- Facilitated a discussion around marginalized and oppressed populations.
- Created a space and awareness around human sexual behavior, identity, and intersections of identity to diffuse and reduce stigma.

2019 CALPCC Conference

Invited Guest Lecturer | Northridge, CA | May 2019

- Provided education on trans and non binary identities and mental health risk factors.
- Trained clinicians on ways to create safer and affirming spaces for non cis folx.
- Cultivated awareness and skills building on trauma-informed practices and how to identify, target, diffuse, and/or reduce internalized isms and unconscious bias.

Grossmont Community College

Invited Guest Lecturer | El Cajon, CA | February 2019, 2018, 2017, October 2012, September 2012, October 2011, January 2009

- Facilitated conversations about challenges related to being trans.

- Shared my personal experiences growing up as part of an underrepresented population.
- Discussed human sexual behavior to diffuse stigma.

Unpacking Gender and Mental Illness, Grossmont College Mental Health Awareness

Presenter | San Diego, CA | May 2018

- Presented on unpacking (breaking down societal constructs of) identity, sexual orientation, mental health, and the other intersections of our identities.
- Provided psychoeducation and a trauma-informed approach on how to support ourselves and each other, specifically within the LGBT+ community.
- Provided information about Our Safe Place.

San Diego Youth Services, Foster Youth Care Summit

Co-presenter | San Diego, CA | April 2018

- Co-presented on LGBT+ youth in foster care.
- Provided psychoeducation and a trauma-informed approach to working with LGBT+ youth.
- Facilitated conversations about concerns from other clinicians attending the workshop.

Our Safe Place

Presenter | San Diego, CA | October 2017

- Co-presented on LGBT+ youth.
- Provided psychoeducation and a trauma-informed approach to working with LGBT+ youth.

University of San Diego

Invited Guest Lecturer | San Diego, CA | July 2017

- Cultivated discussions and created awareness of trans topics for graduate students.
- Addressed clinicians' questions and concerns about working with LGBTQIA+ clients.
- Addressed stigma to break it down and created awareness around human sexual behavior and the intersections of identity.

Ask Dr. Nandi

Invited Guest | Huntington Beach, CA | August 2015

- Educated an audience around the world about my identity journey as a trans person.
- Answered questions about my trans identity.
- Shared my personal story.

San Diego Mesa College

Invited Guest Lecturer | San Diego, CA | March 2015, February 2015, November 2014, March 2014, February 2014, November 2013, April 2013, March 2012, January 2011, April 2010

- Promoted discussions on identity and sexuality.
- Facilitated question-and-answer sessions on identity and sexuality.

Southwestern University

Invited Guest Lecturer | Chula Vista, CA | October 2013

- Communicated concerns within the lesbian, gay, bisexual, and trans community.
- Responded to students' concerns and questions.
- Managed discussions concerning sexuality and identity.

National University

Invited Guest Lecturer | Chula Vista, CA | February 2013, March 2012, October 2011

- Raised awareness of identity and sexuality topics by encouraging open discussions.
- Addressed common questions and concerns regarding identity and sexuality.
- Collected feedback from students.

San Diego City College

Invited Guest Lecturer | San Diego, CA | October 2012

- Shaped discussions about human sexual behavior.
- Delivered a PowerPoint presentation about my personal experience to affirm trans identities and reduce stigma.
- Decreased stigma regarding discussions of human sexual behavior by responding to all questions.

McLean Hospital

Guest Presenter | Boston, MA | May 2009

- Educated students about Dialectical Behavior Therapy.
- Provided information about resources for when patients are released.
- Communicated the benefits of Dialectical Behavior Therapy.

Podcasts, Radio & Video Interviews

- QueerCME Vodcast, hosted by Dr. Crystal Beal. Exploring our Identity (ies) with Van Ethan Levy, S05E03. October 30, 2026. QueerCME.com/Podcasts/QueerCME-Vodcast/Episodes/2149278111
- Blooming with Pride, hosted by Hazel Bloom (Kiwifruit Coaching). Ep 3: Van Ethan Levy. October 14, 2026. PodcastAddict.com/Podcast/Blooming-With-Pride/7193730
- Queer and Here: Let's Talk Mental Health, hosted by Alicia Nolan. The Fight for Trans Rights: Insights from Van Ethan Levy. February 11, 2025. QueerAndHere.PodBean.com/Page/2/
- The Trans Narrative Podcast. Van Ethan Levy: The "Do Something" Conference, Identity Erasure, & Building Inclusive Trust. May 13, 2024. PodcastRepublic.net/Podcast/1635218110
- The Kinky Tavern. Episode 130: Do Something! Exploring the Identity(ies)-Focused Mission of Mx. Van Ethan Levy. May 5, 2024. Podcasts.Apple.com/US/Podcast/Episode-130-Do-Something-Exploring-The-Identity-ies/id1588095207?i=1000654605606
- A Hateful Homicide, hosted by Mallery Jenna Robinson. Come join me as I interview Creator Van Ethan Levy (they/elle) of Do Something Identities Conference (video). May 4, 2024. YouTube.com/Watch?v=tSG-C9Lfll8
- Expansive & Unscripted Live, hosted by Jennifer Alumbaugh (Expansive Expressions). Live interview about the Do Something: Identity(ies) Conference. April 2024. X.com/SktrVan2/Status/1783451089909498246
- I SWEAR I'M REAL: Recovery-Based Discussion on the Transgender/Noncisgender Experience, hosted by Alex Vaughan. Meet Van (they/elle). April 2024. Podcasters.Spotify.com/Pod/Show/Alex-Vaughan3/Episodes/Meet-Van-TheyElle-e2i05br/A-ab4tj9j
- The Transgender Show (The Transverse), hosted by Emily Kailyn. E82: Van Ethan Levy. Podcast release February 17, 2024. TheTransgenderShow.Transistor.fm/82
- KQED Forum (public radio), hosted by Marisa Lagos. Why Are Millennials and Gen Z Having Fewer Children? Guest, with Jordan Davidson. January 4, 2023. KQED.org/Forum/2010101891777/Why-Are-Millennials-And-Gen-Z-Having-Fewer-Children
- All Bodies Outside. #16: Increasing Sense of Belonging & Safety for Trans Populations. Open.Spotify.com/Episode/75AJcWXozw1rPsbVNpsWpL
- The Transgender Show (The Transverse), live stream interview. Twitch.tv/Videos/1278409601
- The Transgender Show (The Transverse), live stream interview. Twitch.tv/Videos/1276150469
- A Little Less Fear Podcast, hosted by Dr. Lino Martinez. Interview With Van Ethan Levy: DO SOMETHING DOCUMENTARY. November 13, 2021. Audible.com/PD/Interview-With-Van-Ethan-Levy-DO-SOMETHING-DOCUMENTARY-Podcast/B09LSJW63C

- The GenderGP Podcast, hosted by Dr. Helen Webberley and Marianne Oakes. Why We Need To End Gatekeeping. May 18, 2021. GenderGP.com/Why-We-Need-To-End-Gatekeeping/
- A Little Less Fear Podcast, hosted by Dr. Lino Martinez. Exploring Gender Identities. January 11, 2021. Open.Spotify.com/Episode/6X1hUdJADJcQPGFgvYN834
- Common Thread, Antioch University News. Trans Leader Raises Awareness of Aggressions Small and Large, by Jasper Nighthawk (listed on the earlier CV as Jasper Henderson). December 2020. CommonThread.Antioch.edu/Trans-Leader-Raises-Awareness-Of-Aggressions-Small-And-Large/
- GIFTERS PODCAST, hosted by Christopher Kai. Ep. 1131: Trans & Non Binary Identities Explained with Van Levy. December 14, 2020. Podcasts.Apple.com/US/Podcast/Ep-1131-Trans-Non-Binary-Identities-Explained-With-Van-Levy/id1378434277?i=1000501965501
- What A Week, hosted by Alex Piscatelli & Emely Navarro. Ep 15: The Impact Elliot Page Will have on the Transgender Community. December 7, 2020. YouTube.com/Watch?v=7BvjEoOEblM | Podcasts.Apple.com/US/Podcast/What-A-Week/id1529759673

Media Features & Profiles

- SDVoyager. Hidden Gems: Meet Van Ethan Levy (they | Elle) of Van Ethan Levy & Do Something: Identity(ies). August 3, 2026. SDVoyager.com/Interview/Hidden-Gems-Meet-Van-Ethan-Levy-They-Elle-Of-Van-Ethan-Levy-Do-Something-Identityies/
- CanvasRebel Magazine. Meet Mx. Van Ethan Levy (they | Elle). January 21, 2026. CanvasRebel.com/Meet-Mx-Van-Ethan-Levy-They-Elle/
- Bold Journey Magazine. Meet Van Ethan Levy (they | Elle). June 12, 2025. Boldjourney.com/Meet-Van-Ethan-Levy-AU-They-Elle/
- SDVoyager. Daily Inspiration: Meet Van Ethan Levy (they | Elle). January 20, 2025. SDVoyager.com/Interview/Daily-Inspiration-Meet-Van-Ethan-Levy-AU-They-Elle/
- CanvasRebel Magazine. Meet Van Ethan Levy (they). September 23, 2024. CanvasRebel.com/Meet-Van-Ethan-Levy-They/
- Shoutout SoCal. Meet Van Ethan Levy (they | elle) (profile). September 17, 2024. ShoutoutSoCal.com/Meet-Van-Ethan-Levy-They-Elle-Director-Of-Behavioral-Health-Author-Documentary-Producer-App-Developer-Innovator-Activist-Advocate-Educator-CEO-Dually-Licensed-Psychotherapist-Supervis/
- Shoutout SoCal. Tell us about your Brand's Social Impact (featured contributor). September 17, 2024. ShoutoutSoCal.com/Tell-US-About-Your-Brands-Social-Impact-19/
- Hey Famm. Founder Interview With Van Ethan Levy, by Marianna Di Regolo. June 20, 2024. HeyFamm.com/Blog/Founder-Interview-With-Van-Ethan-Levy

- CanvasRebel Magazine. Meet Van Ethan Levy. March 20, 2023. CanvasRebel.com/Meet-Van-Ethan-Levy/
- Governing. How Governments Are Transitioning Their Gender Policies to Nonbinary (quoted). May 20, 2019. Governing.com/Archive/Gov-NonBinary-LGBTQ-Legislation-Regulations.html
- NBC News (NBC Out). Non-binary Californian turned away from donating blood (featured and quoted). March 9, 2019. NBCNews.com/Feature/NBC-Out/Non-Binary-Californian-Turned-Away-Donating-Blood-N981376

Videos & Online Content

- YouTube channel: YouTube.com/@VanEthanLevyThey1178 (11 videos and 32 short educational videos as of November 2026).
- Levy, V. E. (2024, April 18). About the Do Something: Identity(ies) Conference 2024. YouTube.com/Watch?v=0e5rd3ccb4Q
- Levy, V. E. (2024, January 22). Van Ethan Levy's Presenter Video for the Do Something: Identity(ies) Conference 2024. YouTube.com/Watch?v=zHwmbYgvsYc
- Levy, V. E. (2023, November 14). How To Be An Ally (Ally-ing)? YouTube.com/Watch?v=D2C4z_5R6F0
- Levy, V. E. (2021, July 6). Do Something: Trans & Non Binary Identities Trailer. YouTube.com/Watch?v=NXLqDTO_5hc
- Levy, V. E. (2021, May 19). Champions Mental Health Application Video. YouTube.com/Watch?v=dFt9HauVFbQ
- Levy, V. E. (2020, September 28). Welcome to Exploring our identities through art. YouTube.com/Watch?v=0iRzOmTiaWk
- Levy, V. E. (2020, August 14). Book Keeping in Private Practice. YouTube.com/Watch?v=qF5c71ubUXM
- Levy, V. E. (2020, July). They/them pronouns. YouTube.com/Watch?v=1v1EcQgdi6s
- Levy, V. E. (2020, July). What is internalized transphobia and where does it come from? YouTube.com/Watch?v=wfRnxHtDYt8
- Levy, V. E. (2020, July). International non binary day and the importance 2020. YouTube.com/Watch?v=ah2X7ud2HaA
- Levy, V. E. (2020, May). Intro to Deconstructing Gender: Trans & Non Binary Identities. YouTube.com/Watch?v=gUR9ECJYTBk
- Levy, V. E. (2020, April). Deconstructing Gender (webinar; YouTube upload dated May 15, 2020). YouTu.be/-JieCz0tma0

Websites & Works Referring to Van Ethan Levy

- Bell, Andrea L. Mental Health Resources. SomaticWise.net/Mental-Health-Resources/
- Affirmative Couch. Challenging Internalized Transphobia Through Workbook. AffirmativeCouch.com/Tag/Workbook/
- Aspire Counseling. Gender Affirming Letter Writing. AspireCounselingMO.com/Trans-Letters
- Cous. (2021, May 27). Are non-binary parents moms, dads, or…? SoWhenAreYouHavingKids.Substack.com/P/Are-Non-Binary-Parents-Moms-Dads
- LGBTQ+ Summit. (2017). Deconstructing Gender. LGBTQ+ @ California's Community Colleges. CCCLGBT.org/Summit.html
- Linder, Jason, PhD. (2019, April 12). Advocating for the LGBTQIAA in Psychotherapy. Psychotherapy.net. Psychotherapy.net/Perspectives/Articles/Advocating-For-The-LGBTQIAA-In-Psychotherapy/
- Lyons, Daniel. (2021, February 24). On Hope, Waiting, Getting Yourself Through the Pandemic's Final Stretch. TheBoldItalic.com/On-Hope-Waiting-And-Getting-Yourself-Through-The-Pandemics-Final-Stretch-daae5187e10a
- Moran, Nicholas. (2021). Non-binary Microaggressions in Psychotherapy. Affirmative Couch (CNM, Kink & LGBTQIA+ Continuing Education Courses).
- Nuss, Heather. (2020). Presenter Biographies. HeatherNuss.com/Resources
- Salemme, Natalie. (2021, December 9). Gender Affirming Surgery Support. Lindsey Oakes Midwifery. LindseyOakes.com/UFAQ/Gender-Affirming-Surgery-Support/
- Smith, Maria F. (2021, May). Education, Credentials, Specialized Training? InclusiveTherapists.com/Maryland/Rockville/Maria-F-Smith
- Spivey, Jefferey. (2021, February 26). BREAKING DOWN GENDER POLICING: WHAT IT IS, HOW IT HURTS US, AND HOW TO STOP IT.
- Twenge, Jean M., et al. (2012, August). Male and Female Pronoun Use in U.S. Books Reflects Women's Status, 1900–2008. Springer Link. Link.Springer.com/Article/10.1007/S11199-012-0194-7
- Twenge, Jean M., et al. (2012, July). Increases in individualistic words and phrases in American books, 1960–2009. PLoS ONE. Journals.PLOS.org/PLOSOne/Article?id=10.1371/journal.pone.0040181
- Ugonna-Ora Owoh. (2021, July 13). Self-Acceptance, Rebellion And Pain: What Pride Means Around The World This Year. Grazia. GraziaDaily.co.uk/AMP/Life/Real-Life/Pride-Around-The-World/
- Woodward, Curt. (2006, August 24). Woman Seeks Employment Benefits for Domestic Partner Under Wash. Gay Rights Law. Law.com. Law.com/ALMID/900005550819/

- Zhikhareva, Natalia, PhD. Curated Gender-Affirming Resources In California. DrZPhD.com/Gender-Resources/California
- Zhikhareva, Natalia, PhD. Am I Non Binary? Ultimate Guide to Help with Gender Identity! (links Van Ethan Levy Comprehensive List of Providers). DrZPhD.com/Non-Binary-Blog/Am-I-Non-Binary-Ultimate-Guide-To-Help-With-Gender-Identity
- Skipping Stone. Inaugural Do Something Identity(ies) Conference (resource listing). SkippingStone.ca/Research/Do-Something-Identities-Conference
- Wikitia. Van Ethan Levy (encyclopedia-style entry, last edited August 4, 2023). Wikitia.com/Wiki/Van_Ethan_Levy

Awards & Honors

- Winner, 2025 International Impact Book Awards, for *Exploring My Identity(ies)* (February 2025)
- Featured book, San Diego Public Library 59th Local Authors Showcase (*Exploring My Identity(ies)*) (January 2025)
- Film festival honors for *Do Something: Trans & Non Binary Identity(ies)* (the film's website lists 14 awards at national and international film festivals):
  - Official selection, Los Angeles Movie and Music Awards Film Festival 2024 (July 2024)
  - Best Documentary Feature Film, Krimson Horyzon International Film Festival (June 2024; finalist announced May 2024)
  - Official selection, Hollywood Film and Animation Awards (June 2024)
  - International award, Dreamz Catcher International Film Festival (April 2024)
  - Official selection, Always Late TV Movie Awards 2024 (January 2024)
  - Selection, San Diego Movie Awards (September 2023)
  - Winner, LGBTQ Film category, Royal Society of Television and Motion Picture, May – June 2023 results (June 2023)
  - Documentary Special Recognition Award for Topical Subject Matter, Marina del Rey Film Festival 2023 (screened June 2023)
  - Winner, LGBT Film category, Ganges International Film Festival, Films of the Month (May 2023)
- Trans Day of Empowerment (2019)
- Trans Exceptional Award (2019)

Service to the Profession

California Association of Marriage and Family Therapists (CAMFT) Diversity, Equity & Inclusion (DEI) Committee

Former Chair (c. 2024 – 2025); Member (beginning 2022)

- Assisted in addressing and shifting oppressive engagement.
- Created awareness through education.
- Engaged in meetings to help create safer spaces at CAMFT.

Black, Indigenous, and People of Color (BIPOC) Therapist Group

Volunteer Moderator | Virtual | September 2022 – Present

- Moderating a group of over 600 mental health therapists, and growing.
- Verifying that content is affirming and anti-oppressive.
- Created awareness through education.
- Facilitating conversations to increase safer space for support.

Mental Health Resources RGV

Volunteer Moderator | Virtual | February 2021 – Present

- Moderating a group of over 1,200 BIPOC mental health therapists across the U.S., and growing.
- Created awareness through education.
- Facilitating conversations to increase safer space for support.

Volunteer Experience

Mirror Memoirs

Volunteer | San Diego, CA | May 2020

- Secured a venue to host an event on ending sexual violence.
- Created awareness through education about the reality of sexual violence in the QTBIPOC (Queer and Trans Black, Indigenous, and People of Color) community.

San Diego Mutual Aid Board

Volunteer | San Diego, CA | March 2020 – Present

- Organized and connected individuals with appropriate resources.
- Held space for individuals experiencing emotional distress.

National Queer & Trans Therapists of Color Network

Volunteer | Long Beach, CA | February 2020 – Present

- Provided accessible therapy to individuals.
- Created affirming and safer spaces through education for different identities.

San Diego County LGBT Latinx Coalition

Volunteer | Long Beach, CA | July 2019 – Present

- Devised and assisted in implementing ways to engage and support the LGBT+ Latinx community.
- Engaged participants.

Mental Health Self-Care Day

Clinician | Long Beach, CA | January 2017

- Designed and implemented mindfulness activities to reduce anxiety and depression.
- Created a safer space to be present and process overwhelming emotions.

Make a Difference Day

Volunteer | Long Beach, CA | March 2016, March 2017

- Created artificial flower arrangements for Meals on Wheels.
- Assisted others and helped organize designated positions.

Transgender Day of Remembrance

Clinician | Long Beach, CA | November 2016

- Created a safer space for crisis counseling.
- Read aloud the names of trans people murdered in 2016.

Q Film Festival

Volunteer | Long Beach, CA | September 2016

- Checked in incoming participants.
- Contributed to the breakdown of the event.

Team Tanya

Volunteer | Orange County, CA | June 2013 – June 2015

- Designed flyers and tickets for events.
- Promoted and organized events for her book and life coaching.

- Assisted in bringing awareness to Caitlyn Jenner.

Homeless Outreach

Volunteer | San Diego, CA | 2013 – 2015

- Provided clothing to unhoused individuals.
- Brought food to people experiencing houselessness.

Breast Cancer Awareness

Volunteer | San Diego, CA | January 2014, February 2010, March 2001, April 2000, October 1999

- Organized jewelry sales to bring in revenue for breast cancer research.
- Counseled grieving individuals.
- Educated people at awareness events about the importance of breast self-exams.

San Diego Food Bank

Volunteer | San Diego, CA | June 2013

- Assessed organizational effectiveness.
- Organized a fast and efficient process for moving water bottles.
- Marketed the recycling department for Complete Recycling.

Surfrider Foundation

Volunteer | San Diego, CA | May 2012 – October 2013

- Assisted in picking up litter on or near the beach.
- Organized meetings.
- Provided instructions to new volunteers about procedures.

Lambda Archive

Volunteer | San Diego, CA | January 2011 – January 2012

- Assisted in organizing and filing.
- Improved operational efficiency.

Professional Affiliations

- National Queer & Trans Therapists of Color Network (February 2020 – Present)
- LGBT+ Latinx Coalition (July 2019 – Present)
- California Association for Licensed Professional Clinical Counselors (June 2017 – Present)
- California Association of Marriage and Family Therapists (June 2017 – Present)

- California Coalition Against Sexual Assault (May 2017 – Present)
- American Psychological Association (March 2013 – Present)

Technical Skills

- Extensive experience with Citrix and Microsoft products; typing speed: 105 words per minute.
- Excel: graphs, pivot charts, VLOOKUPs, truncating text, calculations, offset, string manipulation functions, decision-making functions, recording macros, charting, sorting, statistics, finances, Solver, matrix functions, data tables, filters, formula auditing, and much more.
- Microsoft Word: dialog boxes, styles, document and page setup for research, AutoText, equation editor, sizing graphics, HTML conversion, sorting, drawing toolbar, and much more.
- PowerPoint: design effects, animations, video and multimedia, production efficiencies, customizing, resources, and much more.
- QuickBooks: invoices, accounts payable, accounts receivable, data input, creating and deleting accounts, reconciliation, and much more.
- Microsoft Outlook: sharing, sending, and forwarding emails, cc and bcc, and much more.

Certifications

- Microsoft Certified Systems Engineer (MCSE; listed on the earlier CV as Microsoft Certified Service Engineer) (February 2007)
- Managing and Maintaining a Windows Server 2003 Environment (February 2007)
- CompTIA A+ (February 2007)
- CompTIA Network+ (February 2007)
- CompTIA Security+ (February 2007)

Languages

English: fluent. Spanish: basic (beginner) conversational.