



# DR. LAQUISTA ERINNA

*America's Top Trauma Therapist*

@LAQUISTAERINNA



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## ABOUT DR. LAQUISTA...

Dr. LaQuista Erinna is the owner of THRIVE Behavioral Health & Consulting, LLC, where she specializes in treating depression, anxiety, and trauma. She holds a Doctorate of Behavioral Health from Arizona State University and a Masters of Social Work from The University of Southern California. Dr. LaQuista is trained to treat a variety of mental health issues ranging from stress management to post traumatic stress disorder. She primarily and passionately focuses her practice on helping professional women create balance in their lives by overcoming trauma.

Dr. LaQuista has been featured in O, The Oprah Magazine, Bustle, Insider, HuffPost, PopSugar, Authority Magazine, and AVOW Magazine. Her first and second anthologies became Amazon bestsellers in several categories.

Dr. LaQuista has always been passionate about eliminating mental health stigma and giving back to her community. Through her unique experiences as a United States Army Soldier and military spouse, she naturally connects and understands the military community. Dr. LaQuista continues to be an advocate for those who cannot advocate for themselves. She volunteers regularly both locally, as a child advocate for CASA, and nationally with the American Red Cross providing Disaster Mental Health.

### Previous Engagement Include:

51st Annual Southwestern School (SWS) for Behavioral Health Studies Conference (Tucson, AZ), Brand New Me Book Tour (Atlanta, GA), Sex After Divorce Book Launch (Stone Mountain, GA), US Marine Forces Reserve (Picatinny Arsenal, NJ), Navy Operational Support Center (Earle, NJ)

## SIGNATURE PRESENTATIONS

### CAPE OFF! CONQUERING SUPERWOMAN SYNDROME BY BALANCING LIFE & CAREER WITHOUT SACRIFICING YOUR SANITY

Society tells women to be everything to everyone all at once. Trying to balance family, relationships, and career can be challenging. Learn how to create balance in your life without sacrificing your sanity.



### GROWTH THROUGH DISCOMFORT: HOW TO USE YOUR CHALLENGES AS STEPPING STONES TO SUCCESS

After nearly 20 years in the Army, I found myself on the other side - a military spouse, thousands of miles away from my family, unemployed, and with a newly diagnosed special needs son. In this transition, I lost my identity and became depressed. I will share how I was able to start a private practice, publish my first anthology, and finish my degree.



### CULTURAL COMPETENCE MATTERS: DISPELLING THE MYTH OF BLACK MENTAL HEALTH

Shame and stigma surround discussions of mental health in Black communities. Learn how to improve cultural competence, change the conversation surrounding Black mental health, and break down barriers to treatment.



Contact Dr. LaQuista for Workshops, Panels, and Trainings at Women Conferences, Military/Veteran Conferences, Mental Health & Wellness Conferences  
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