

SPEAKER KIT

"Growth and healing are lifelong."

Erica Priscilla Sandoval



ERICA PRISCILLA
SANDOVAL



AUTHOR | SPIRITUAL HEALER | SOCIAL WORKER | SPEAKER
MENTAL HEALTH PRACTITIONER | PODCASTER | ADVOCATE

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Who is Erica Priscilla Sandoval?

Erica's Journey



Erica was four years old when she arrived in New York City with her mom. She did not know she was going to face some of the hardest experiences in her life in her quest for success and be the person she has become. All she knew was her desire to make an impact in her community and connect deeply with others. And she did. Today, Erica is a healer by heart and someone with the mission to guide and support others in their healing journey.

Little by little, mentors appeared to guide her on this new journey. She realized that she had the power to change the narrative of her life. She realized that she did not have to be the immigrant victim as a single mother. She realized that she had the power of transforming her reality. Through education, mentorship, and intentional work, she found herself in a beautiful ecosystem that she created, and every day the sun shone brighter. Every day, her goals began to manifest right before her eyes, and she believed more and more in the power of her dreams.

Now as a conqueror, a guerrera with a trajectory of impact, she is ready to help 1,000,000 matriarchs do the same and become the CEOs of their family systems.

She is Erica Priscilla Sandoval.

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Why Erica Priscilla Sandoval as a Speaker for Your Next Event?

- Over 10,000 hours invested as a therapist
- Diverse background
- Multifaceted approach to business, combining profit and impact
- Well connected in the community across multiple industries
- Amazing reputation in the mental health industry
- Mentor of mentors
- Deep understanding of human consciousness due to extensive experience as a therapist
- An innovator and believes in the power of healing therapies
- Community leader and advocate



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biography

Erica Priscilla Sandoval, LCSW, SIFI is an award-winning mental health practitioner, speaker, spiritual healer, podcaster, advocate, and four-time published author of [Latinx/e in Social Work](#), available in both English and Spanish. She is the founder and CEO of [Sandoval Psychotherapy Consultation](#) – known as Sandoval CoLab – where she oversees a team of therapists and leads diversity, equity, and inclusion work for nonprofits, universities, health-care facilities, and corporations. Sandoval is also trained in ketamine-assisted psychotherapy (KAP), a breakthrough approach to an awakened mind and healing trauma and depression. She is dedicated to bringing KAP and other holistic methods of healing to communities disproportionately affected by trauma.



Sandoval founded [Latinx/e in Social Work](#) to cultivate community among Latinx/e social workers and build a more diverse pipeline of future social workers. The collective's two anthologies of essays and companion journal have been received with critical acclaim, winning honorable mention at the 24th annual International Latino Book and Film Awards and reaching number one in Amazon's Psychology and Social Work New Release categories.

In 2020, Sandoval became the first immigrant Latina president of the National Association of Social Workers' New York City chapter and is now the chapter's President Emeritus. Sandoval is a philanthropist and a donor to the Latino Social Work Coalition and Scholarship Fund, NYU Silver School's Latinx Social Work Student Organization, and many other causes. She was recognized as the 2023 Today's Inspired Latina of the Year by Fig Factor Media and as a Latino Leader on the Radar by Latino Leaders in Action.

She holds an associate's degree from the Borough of Manhattan Community College, a bachelor's degree from Baruch College, and a master's in social work from the New York University Silver School of Social Work. Sandoval also holds a post-master's certificate in clinical practice with adolescents and belongs to the National Board of the Council on Social Work Education. Sandoval presented for the Trauma Research Foundation and has been trained at the Ketamine Training Center by Dr. Ron Siegel, Dr. Phil Wolfson, Bessel van der Kolk, M.D., and Licia Sky, co-founder and CEO of the Trauma Research Foundation.

Sandoval has spent many years working in the non-profit sector; Make-A-Wish and Charla de Lupus at Hospital for Special Surgery have been the sectors where she has grown and learned the most.

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As a proud immigrant from Ecuador, her passion is fueled by supporting the community she is a part of and their children. Her greatest pride is being a single mother and raising her 22-year-old daughter, Isabella, whom she considers her biggest teacher.

Sandoval training in ketamine-assisted psychotherapy (KAP) helps eligible clients experience more frequent breakthroughs and sustained improvement in mental health challenges. Ketamine induces a heart-opening psychedelic journey that, when matched with therapy, is shown to reduce symptoms of anxiety, depression, and PTSD, allowing for an awakened mind and an integrated soul.

Sandoval KAP sessions with clients are informed by indigenous plant medicine traditions that have been used in ceremonies to support community healing and help us change in the way we think for centuries. Though not a plant medicine, ketamine provides a psychedelic healing journey that offers an opportunity to push the mute button of your ego and listen to your soul. Sandoval approaches KAP as a way for clients to return to their roots and find healing by understanding their emotional distress in a safe environment.

History has shown us that it can take about 20 years for a novel treatment to reach marginalized communities, but Sandoval is committed to bringing KAP to those who need it most. She hosts KAP retreats and community healing circles at accessible price points, ensuring that women, Latinx/e people, and other communities can benefit from the psychedelic's transformational power. In addition to KAP, Sandoval leads ritual and holistic open heart practices that connect clients to indigenous healing traditions, drawing on ancestral wisdom.

"I have done my own healing work, and it has been a life changer, and now I want to make this accessible to my community to help in breaking the cycles of intergenerational trauma."



Speaking Topics + How to Engage

MENTAL HEALTH AS A SOLUTION

Proving Tools to Create Solutions for our Community

Erica Priscilla Sandoval, LCSW takes us on an incredible journey through the role of mental health, compassion, and activation in our current roles. Her unique approach that combines experience, factual data, and knowledge allows the audience to understand:

- What mental health is
- How it affects our community day to day
- What we can do to embrace it and help others

Audience: Mental Health Organizations, Schools, Women's Organizations, Community Groups, Employee Resource Groups
Format: Keynote, Workshop, Fireside Chat

HEALING THROUGH TRAUMA

How Difficulties can Turn Into our Biggest Blessings

Adversities are oftentimes the only things we remember – they mark our approach to life and our path, more often than not, negatively...but what if they could be our biggest blessings? What if the same adversities could become our most important sources of healing, growth, and motivation?

Erica Priscilla Sandoval, LCSW is a spiritual leader, a social worker, and an engaging speaker who brings the unique set of tools needed to embrace our struggles, create objectivity, and move forward feeling empowered. In this presentation, attendees will:

- Identify past traumas
- Get a toolbox to convert them to blessings
- Create a plan of action to move forward!

Audience: Schools, Women's Organizations, Community Groups, Author Groups, Libraries, Employee Resource Groups
Format: Keynote, Workshop

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THE HEALING JOURNEY OF A MATRIARCH

Becoming the CEO of Your Family Systems

What is a matriarch? What is the role of a matriarch? Why is this relevant to today? How can an empowered matriarch add value to our family system and overall society? These questions and more will be answered by Erica Priscilla Sandoval, LCSW in this presentation. With a combination of experience, facts, and inspiring stories, Erica will lead the audience to a new perspective that will motivate them to do more for their families and our community. The audience will:

- Understand the role of a matriarch
- Identify where the trauma and healing intersect
- Become empowered matriarchs ready to start their own journey of healing

Audience: Mental Health Organizations, Schools, Women's Organizations, Community Groups, Author Groups

Format: Keynote, Workshop, Fireside Chat

SOUL IMMERSION RETREATS

Mute Your Ego and Connect With Your Soul

Sometimes the path to healing requires we get out of the mind and into the spirit. In an intimate retreat setting, Erica Priscilla Sandoval, LCSW draws from indigenous traditions that offer centuries-old wisdom about holistic methods of healing, including breathwork, ritual movement, and sacred ceremonies. Ketamine-assisted psychotherapy can also be included upon request. Participants will:

- Explore holistic approaches to wellness
- Embody open heart work
- Find healing by understanding emotional distress in a safe environment

Audience: Employee Resource Groups, Women's Organizations, Community Groups, Mental Health Organizations

Format: Workshop

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LEADING WITH RESILIENCE

Insight Into How COVID has Unconsciously Altered our Brain Chemistry and Incorporating These Developments Into Modern Leadership

The pandemic has exemplified how toxic stress and adversity can have long-term health and social outcomes, negatively impacting individuals and families. But by learning how to protect against and mitigate stressors through resilience, we can reduce the subsequent negative health and social outcomes. Erica Priscilla Sandoval, LCSW will guide participants in understanding the core skills of resilience and building the bounce back muscle together. Attendees will:

- Identify causes of toxic stress and adversity
- Understand the connection between stress and long-term health and behavioral outcomes
- Build a resilience toolkit

Audience: Corporations, Nonprofits, Women's Organizations, Parents, Community Groups, Schools, Mental Health Organizations, Employee Resource Groups, Libraries

Format: Workshop

CREATING AN AGILE TEAM

The Power of the Pivot

Workplace agility is about teams working smarter, effortlessly, and productively together. That is only possible when leaders balance work expectations and team culture with a sensitivity to employees' fears related to COVID, impending layoffs/furloughs, and a volatile market. Erica Priscilla Sandoval, LCSW will support participants in navigating the modern workplace through identifying problems before they arise and responding to them immediately by learning how to:

- Turn the unexpected into opportunities
- Become more flexible and comfortable with change
- Work collaboratively and intentionally in a hybrid work model

Audience: Corporations, Nonprofits

Format: Keynote, Workshop

UNCONSCIOUS BIAS

Elevating Awareness of How Unconscious Biases Affect the Way we See Things, Respond, and Impact Decision Making

Your employees are constantly making decisions for the organization and their teams. Some of these decisions may be informed by unconscious bias. Humans have subconscious beliefs that can affect our thoughts, attitudes, and actions. This may have an impact on organizational culture and morale as a whole. Erica Priscilla Sandoval, LCSW will help you go from the standard of "building a diverse and inclusive work practice" to truly helping you retain your talent by:

- Recognizing and exploring 6-9 unconscious biases at work
- Unpacking and processing unconscious biases in order to create a culture of safety and belonging
- Making intentional decisions and paying attention to bias-linked decisions

Audience: Corporations, Nonprofits

Format: Keynote, Workshop

LEADERSHIP

Leading with Vulnerability

Leaders tend to be portrayed as invincible, erratic, and closed off. But Erica Priscilla Sandoval, LCSW shows how leading with vulnerability and refusing to hide your "messiness" will get you much further in accomplishing your goals and building high-performing teams. The audience will:

- Identify personal goals
- Learn the value of failure and sharing your struggles publicly
- Brainstorm opportunities to be vulnerable as an emerging or established leader

Audience: Corporations, Nonprofits, Women's Organizations, Community Groups, Schools, Mental Health Organizations, Employee Resource Groups, Libraries, Author Groups

Format: : Keynote, Workshop, Fireside Chat

"Listening to your inner voice is true wisdom."

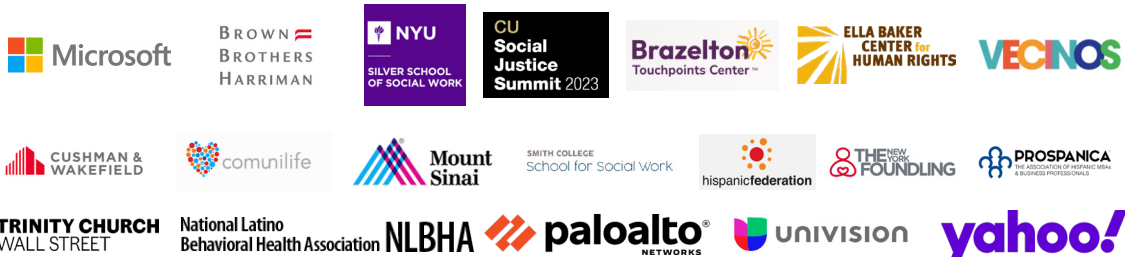
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Speaking Engagements and Presentations

- Latinx/e in Social Work Summit: Identity, Community, and Connection. New York University Silver School of Social Work, 2023
- Por Nosotros Mental Wellness Initiative. Comunilife, 2022, 2023
- Eradicating Disparities within the Mental Health System. Smith College School of Social Work, 2023
- Una Conversación Con Las Madrinan. New York University Silver School of Social Work, 2023
- Holding the Weight of Whiteness. The Social Justice Summit, 2023
- Día del Amor en Solitario. Univision, 2023
- Navigating Diagnosis Through a Culturally Humble Lens. New York Psychotherapy and Counseling Center, 2023
- Calma: A First Gen's Discussion to Finding Work/Life Balance. Prospanica New York, 2022
- Building Your Bounce Back: Resilience After COVID-19. Trinity Church Wall Street, 2022
- Mental Health and Wellness. Ella Baker Center for Human Rights, 2022
- Hispanic Heritage Month: We're Still Here Discussion on Latinidad and Mental Health. Microsoft, Vecinos, 2022
- Getting Back to School: Reducing Stress and Anxiety. Cushman & Wakefield, 2022
- Somos Latinx Families: Episode 1. Brazelton Touchpoints Center, 2022
- Addressing the Mental Health Implications on the Latinx/Hispanic Community via a Culturally Humble Lens. National Latino Behavioral Health Association, 2022
- Holding the Weight of Whiteness. New York University Silver School of Social Work, 2022
- Accountability to Black and Afro-Latinx Communities. New York University Silver School of Social Work, 2022
- Holding the Weight of Whiteness. Palo Alto Networks, 2022
- Getting Ahead: Preparing Your Child For College. Brown Brothers Harriman, 2021
- Holding the Weight of Whiteness. Mount Queens, 2021



"We already have the answers we have been waiting for."

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As Seen In the Media

- [New York Times](#)
- [Voyage MIA](#)
- [Latinas in Business](#)
- [Speak Careers](#)
- [Shout Out Miami](#)
- [Business Divas](#)
- [Canvas Rebel](#)
- [Univision](#)
- [Levantate New York](#)

The New York Times



VoyageMIA



UNIVISION

SHOUTOUT MIAMI

Speak_

CANVAS **REBEL**

AWARDS

- 2023 Fig Factor Media Today's Inspired Latina Award
- 2021 Prospanica New York Top Latinx Leaders Social Justice Award
- 2018 Make-A-Wish Foundation Diversity and Inclusion Award



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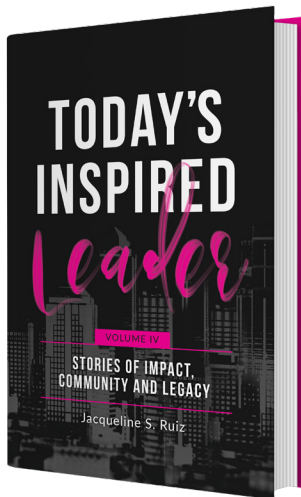


ERICA PRISCILLA SANDOVAL

Books



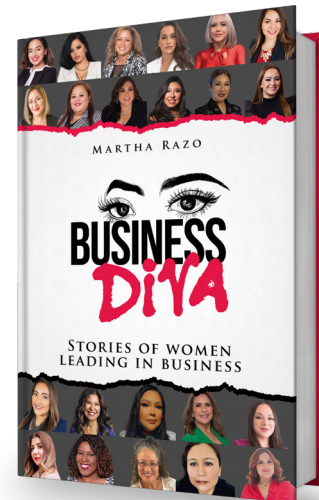
Latinx/e in Social Work, Vol. I and II and Journal
latinxinsocialwork.com



Today's Inspired Leader,
Volume IV
todaysinspiredleader.com



Today's Inspired Latina,
Volume X
todayslatina.com



Business Diva: Stories of
Women Leading in Business
shorturl.at/vwxOQ

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Testimonials

"Erica Priscilla is a warm, beautiful soul that is ready to impact the women around her, elevate the women around her and create a space of love and healing. Ever since I met Erica Priscilla I've felt an angelic soul next to me. Erica Priscilla is a beautiful person, and she's dedicated to her passion, mission, and purpose in life."

-Perla Tamez Casasnovas, Serial Entrepreneur

"Erica Sandoval is an incredible and empathetic speaker! With her background in social work and as a therapist, Erica Priscilla knows how to read a room and her audience to captivate them. She is able to speak to her audience with a great soothing voice, calm enthusiasm, and inspiring conviction. When she has something to say it's impossible not to listen. She is a wonderful and powerful speaker!"

-Gabriela Hernández Franch, Fig Factor Media Publishing COO



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“To live a fulfilled life, we need to process our traumas, unpack our pains, and not cause harm to others.”

BOOK ERICA PRISCILLA SANDOVAL AS YOUR NEXT KEYNOTE SPEAKER TODAY!

Erica Priscilla Sandoval
LCSW, SIFI



Schedule a [Meeting with Erica Priscilla Sandoval](#) | Connect: ericapiscilla.com | [LinkedIn](#) | [LinkTree](#)