



Raven Gibbs

LICENSED PSYCHOTHERAPIST,
TRAUMA EXPERT & AUTHOR



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Raven Gibbs



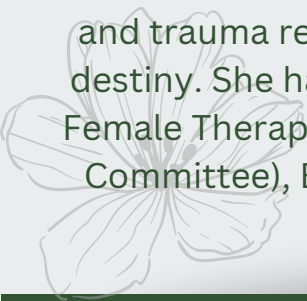
Raven Gibbs, MS, LCMHCA, NCC, is an author and licensed psychotherapist serving the beautiful state of North Carolina. Over the years, she has worked tirelessly to ensure that the young women she encountered were supported, loved and encouraged. Raven had a vision and executed a plan to address mental health challenges via dance to young ladies that were not open to traditional therapeutic techniques and interventions. Her work is much needed in communities that are plagued by stigma and limited healthcare resources.

Raven holds a Bachelors degree from the University of North Carolina at Chapel Hill in Psychology and Sociology with a concentration in Law and Cognitive Science. She is also a Graduate of Distinction from Capella University with a Masters degree in Clinical Mental Health Counseling. She was inducted into Chi Sigma Iota, the international honor society for professional counselors.

Prior to her work in the mental health profession, she spent over a decade dancing professionally for several international recording artists. Through her creative work, she learned firsthand the powerful impact that the arts can have on bettering overall health, especially the mental health of those that use this tool. Since then, much of her time has been spent volunteering her time and skills to raise mental health awareness in historically marginalized communities by providing unique classes that promote emotional, social, cognitive and physical integration. For her work, she was named the 2021 North Carolina Counseling Association's Creativity in Counseling award recipient as well as the 2018 Humbled Initiative Community award recipient.

Her unique blend of absolute vulnerability and quirkiness has aided men and women of all ages on the journey to self-discovery and awareness. As one that has been impacted by mental health diagnoses of her own and with a goal is to further shift the narrative and break the stigma, Raven is the perfect combination of friend and therapist.

Raven is becoming a highly sought after expert and professional on wellness, advocacy, and trauma recovery--helping lead those move from a state of devastation towards their destiny. She has been featured in Spirituality & Health Magazine, PBS, PBS Kids, and Black Female Therapists. Her affiliations include the Chi Upsilon Chi of Chi Sigma Iota (Executive Committee), Eustress Incorporated, For(bes) the Culture, Miss Black America, and North Carolina Counseling Association.



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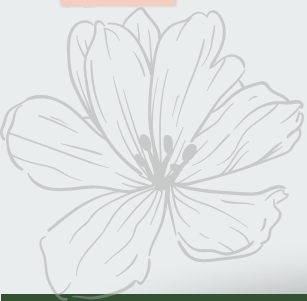
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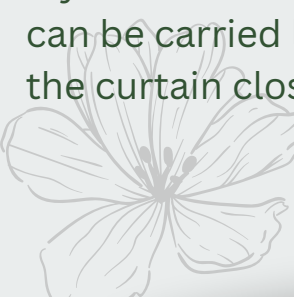
Your investment includes consultation, planning time, development of customized and engaging content that meets your event's objectives for attendees, and delivery of your presentation.

- Panel Appearance | \$250
- Breakout Sessions | \$750
- Workshop | \$1,500
- Keynote \$3,000

SPEAKING TOPICS

I Hope You Dance

Prior to my work in the mental health profession, I spent over a decade dancing professionally. Dance not only teaches how to turn, leap, and jump, but it can teach a myriad of life lessons that can be carried long after the curtain closes.



Living Audaciously

In the pursuit of happiness, one thing remains constant; the audacity. Boldness. The willingness to take risks. The world is full of opportunities, but only a few will be taken by those who have courage. If you are ready to take a risk and jump into the unknown, then this talk is for you!

Setting Boundaries

People will cross lines that you fail to draw. Setting boundaries is necessary in every relationship, and as you begin establishing boundaries, you demonstrate self-respect, self-love, and radical compassion.

