

PRISMA MARTINEZ

Licensed Marriage and Family Therapist #111896

**THERAPIST | SPEAKER | EDUCATOR |
WORKSHOP FACILITATOR**



Prisma Martinez is a First-Gen Mexican Psychotherapist, Workshop Facilitator, Speaker, and Educator from Los Angeles, California. Her clinical practice specializes in supporting teens and adults who are healing and growing from intergenerational trauma, navigating life transitions, and adjusting to new identity roles such as college student, professional, and parenthood.

SPEAKING TOPICS

- Supporting Teens Mental Health: Cultivating Healing and Self-Love
- Finding Balance Between Professional and Personal Self-Care
- Managing Anxiety and Stress as a First-Generation Student
- Perinatal Mental Health in the Latinx Community: “The Good Enough Parent”
- Helping New Parents Break Generational Patterns

Individualized topics & workshops can be customized to audience and available in Spanish upon request.

CONTACT INFORMATION

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- Website:
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SERVICES AVAILABLE VIRTUAL & IN-PERSON

- Workshops
- College & Career Events
- Panel Discussions
- Support Groups
- Private Circles
- Social Media Lives
- Podcast Guest