



Vanessa M. Sanford is a bilingual therapist and was awarded the 2007 Texas Mental Health Professional of the Year for Child Advocacy Centers of Texas and has been included in educational films bringing awareness to child abuse. Vanessa is Licensed Professional Counselor/Supervisor, Registered Play Therapist-Supervisor™, and Certified Daring Way Facilitator based on the research by Brené Brown. Vanessa is EMDR certified and a Registered Yoga Instructor. Mrs. Sanford is not a symptom-based therapist and prefers to focus on core issues of shame resilience, vulnerability, courage, self-trust, and self-worth.

Vanessa incorporates expressive art, music, animals, and media in treatment. Vanessa's favorite word is "integration". She likes to help her clients move what they know in their head into their heart and daily life. Vanessa views herself as a student and if you listen to her for 5 minutes,

there will be definite details about what books she is reading, what podcast she is listening to, and of course, Yoga.

Mrs. Sanford has spoken locally, statewide, and nationally on topics of addiction, anxiety, wholehearted living, court prep for therapists, trauma, animal assisted therapy, and abuse. Mrs. Sanford has also been a co-author for two books and written a handful of blogs and articles focusing on mental health. She has been blessed to be invited to present to CASA volunteers, SMU counseling practicum students, school districts, and local churches. Mrs. Sanford has been interviewed on a local radio show, podcasts, has been a mentor for Frisco ISM students, and been on the advisory council for Frisco Gifted Association, and is a proud member of Frisco ARTS. Vanessa was on the National Association for Play Therapy IDEA Team (inclusivity, diversity, equity, awareness) and is currently serving as President-elect for the North Texas Chapter of the Texas Association for play therapy.

Vanessa Sanford wants to live a brave life full of courage, compassion, creativity, and kindness. She enjoys collaborations and co-facilitating with amazing teachers to offer more diverse service to the community.