

Ce Anderson

Candyce "Ce" Anderson, M.S., L.P.C., is an author and licensed psychotherapist serving Alabama, Georgia, Washington, D.C. and Ohio. She serves as the founder and Chief Executive Officer of the private practice Revita Therapy and Wellness, located in Montgomery, Alabama. Experienced in mental health and trauma, Anderson uses an integrative approach in providing therapy services while also offering proven holistic and spiritual practices to enhance the therapeutic process.

She holds a Bachelor of Science in Psychology from Howard University and a Master of Science in Counseling & Psychology, with a concentration in Clinical Mental Health, from Troy University.

She was inducted into Chi Sigma lota, the international honor society for professional counselors.

Anderson's mission is to help others harness their inner strength and raise their consciousness to create the life, relationships and existence they desire. Her unique blend of wit and realness has aided hundreds of men and women on the journey to self-discovery. Anderson is outspoken and honest, yet she counsels from a place of compassion. Along with being a sexual assault and domestic violence survivor, she has nearly a decade of clinical expertise, making her the ideal combination of the sister-friend you want and the therapist you need.

Today, The TEDx speaker is one of the nation's most sought-after experts and professionals on wellness, domestic violence and sexual assault recovery—helping lead those impacted from victimhood to victory. Frequently appearing in trusted media outlets such as Black Enterprise and The Washington Post, onNBC, NPR, and as a guest on The Rickey Smiley Show, Anderson embraces her calling as an agent of change who helps others move beyond their barriers and start living their best lives.

When she's not leading sold-out events, she's giving back to the community through various means. She is a board member at The Family Guidance Center, and she has continuously provided expertise for the following public service organizations:

The Links Incorporated

Delta Sigma Theta Sorority Incorporated

Alpha Kappa Alpha Sorority

City of Montgomery

The Junior League

Her book, Love T.A.P.S.: Red Flags of An Abuser and How to Get Out, is available on Amazon. She is a Licensed Professional Counselor (LPC) and Board Certified TeleMental Health Provider (BC-TMH). Her affiliations include the Alabama Counseling Association.





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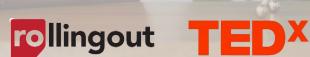


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## SERVICE LIST PRICING

Your investment includes consultation, planning time with event organizers, development of customized interactive content that meets your objectives for attendees, handouts (if applicable) and delivery of your presentation.

- PANEL APPEARANCE | \$350
- BREAKOUT SESSIONS | \$1,500
- ·WORKSHOP | \$2,500
- ·KEYNOTE | \$5,000





## SPEAKING TOPICS

## DOMESTIC VIOLENCE & SEXUAL ASSAULT 101

This talk covers understanding rape culture, intimate partner violence and how it impacts men, women, and children. Participants will discover effective strategies for responding to sexual assault, domestic violence and innovative prevention methods

#### RELATIONSHIP RED-FLAGS

Hindsight is 20/20. Predatory partners, whether business or intimate, are most difficult to spot when one is unaware of the signs. Participants will learn the signs and psychology behind sociopathic behavior, how to protect themselves from becoming victims, and the steps to recovery.

#### IMPLEMENTING BOUNDARIES

Depending on one's upbringing and past experiences, setting boundaries in relationships may be easier for some and difficult for others. We have to learn when it is the proper time to set a boundary and how to find a balance between setting boundaries that are either too weak or too strong.

# Testimonials

<u>FULL TESTIMONIALS</u> VIA LINKEDIN PROFILE

#### LA DAVIA S. DRANE, ESQ.

"Ce Anderson joined our team to assist our employees enduring trauma associated with racial injustice in the US. She was skilled and attentive. I'd recommend corporations contact her should you need a partner as you navigate racial trauma in the workplace."

#### **UNIQUE MORRIS-HUGES, PHD**

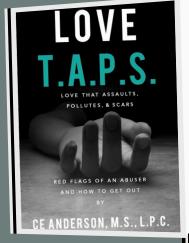
"Captivating and inspiring is how I would describe Ce Anderson! she brought relevant, timely, and essential tools to our workforce of over 900 people at our annual meeting and professional development day.

We enjoyed her message which was well received and gave our staff hope during this very challenging time. We hope to have her back to our agency soon!"

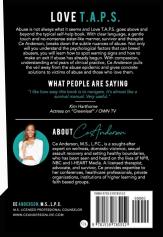
## CHACOLBY BURNS-JOHNSON, MPA, CFRE (SHE/HER)

"It's a breath of fresh air when you find a speaker that truly connects and empowers. I had the absolute pleasure of working with Ce Anderson where she served as a breakout session speaker during the 2020 Junior League of Montgomery Women's Leadership Summit where I served as a Board Member of the Junior League and as Co-Chair of the Summit.

I was moved and impressed by Ce's presentation "Empowering Women" where she quickly captured everyone's attention as she infused words of wisdom, insight, and relevant principles on the essential topic. Ce's presentation style made a lasting impact as she helped attendees navigate and discuss difficult areas with ease, compassion, and practical advice. Ce provided s authentic, professional, timely, and meaningful interaction and I highly recommend her to any group or organization looking for a dynamic speaker!"









awailable on: amazon

BARNES NOBLE



## SOCIAL MEDIA

LET'S CONNECT FURTHER:







## REVITA THERAPY & WELLNESS

Revita Therapy & Wellness is an out-patient mental health office, where wellness is within reach. Our support areas include:

### **DEPRESSION & ANXIETY**

Depression, fear, and anxiety are some of the most common and uncomfortable emotions that we can experience . Through therapy, we are able to help you recover motivation, perspective, and the joy you once had in your life and maybe the first time ever.

## **TRAUMA & PTSD**

Trauma can be big or small, chronic or a onetime event. Anxiety, hypervigilance, and nightmares are just few symptoms that can linger after a painful experiences. We can support you in the skills needed to reduce or eliminate these symptoms and guide you through the process of grief and healing.

## BLACK, INDIGENOUS & PEOPLE OF COLOR - BIPOC

We recognize the trauma that continues to be experienced by Black, Indigenous and People of Color. We recognize the pervasive effects of systemic racism and multigenerational racial trauma on the mental and emotional well-being of BIPOC. We support the wellness of the diaspora by using culturally-competent, Africancentered modalities to achieve wellness..

### **LGBTQ+ AFFIRMING**

Affirmative therapy validates and advocates for the needs of sexual and gender minority clients. We help you to achieve your therapeutic goals and address any negative impact that homophobia, transphobia and heterosexism have on your life.



Let's Connect!

Email: <u>appointments@revitatherapyandwellness.com</u>
Website: <u>www.revitatherapyandwellness.com</u>
Social Media: IG & Facebook
@revitatherapyandwellness

(O): 334-676-1383 Monday - Thurs 8-5pm CST

Candyce P Anderson, M.S., LPC 2740 Central Parkway, Suite 2 Montgomery, Alabama 36123

### **LIFESPAN ISSUES & LIFE CHANGES**

Adjusting to change can be difficult, as even positive life transitions tend to cause some stress. Sometimes support is needed to navigate challenges like divorce, change in relationship status, life after retirement, adjusting to parenthood, career transition, relocation, adjusting to adulthood, an empty nest, loss, or disappointment.

### **ADOLESCENTS 15+**

Adolescents, or teens, can face developmental changes and challenges that may make these years difficult. This stage brings many physical and emotional changes. Changes during these years may strain parent-teen relationships. We are hear to support through the highs and lows of what can be one of the most formative stages of life.

## MEDICATION ASSESSMENT & MANAGEMENT

While talk therapy is an effective method of managing one's mental health, studies show that medication in conjunction with traditional therapy can increase positive outcomes. We are here to discuss and support you in making the best choice for you even it that decision is no medication.

\* Available to residents of Alabama only starting

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## TELEHEALTH/VIRTUAL THERAPY

Virtual sessions are held from the comfort of your own space at a time that is convenient for you. Telehealth saves travel time for individuals with busy schedules or those unable to travel to our office. Many patients use their lunch break and a quiet space such as an office or vehicle to have session, without having to take additional time from from your day.

