

Aaliyah Nurideen

LCSW

Advocate | Therapist | Writer | Speaker

Media Kit

www.aaliyahnurideen.com



Meet **Aaliyah**



Aaliyah Nurideen, LCSW is a licensed clinical social worker, community mental health therapist, advocate, writer, speaker and creator of Connection Cards™. Aaliyah has a Bachelor's degree in Psychology from Spelman College and a Masters of Social Work degree from Rutgers University. Through her professional experience -- working directly with children, adolescents and adults diagnosed with mental illness -- she finds impactful purpose in providing: interventions, strategies and techniques that support healing individuals to become the best versions of themselves.

Aaliyah is dedicated to amplifying the voices of those who are marginalized and silenced by creating avenues for dialogue. A specific passion of hers collides at the intersection of race and gender. Understanding the unique set of circumstances that come with existing in the duality of being Black and woman, led Aaliyah to co-found Black Girls Blossom with her Spelman Sister. Together, they created a wellness-centered safe space curated for Black girls and women to collectively heal, connect and grow through exploring their shared lived experiences.

Aaliyah's favorite pastimes include critiquing television and movies as an entertainment enthusiast, writing on her blog, creating abstract canvas paintings and indulging in occasional retail therapy. She enjoys spending time with family and friends where laughter is their love language. She is thankful to her close-knit circle who always promote and encourage her growth, both, personally and professionally. Aaliyah hopes to continue aligning herself with opportunities which allow her to expand and share her vision alongside Black and allied communities.



Signature Topics

Black Pain: Racial Trauma + Mental Health

Inside The Pearly Gates: My HBCU Experience

Shoulding All Over Yourself: Managing Expectations of Self

The Art of Mindful Relationships:
Developing Connected Interactions

Prison of Perfectionism : How to Break Free from Anxiety



Workshop Topics

It's Okay to Not be Okay: Black Girls + Mental Health

#RelationshipGoals: What The Eye Doesn't See
Teen Dating Violence

No Quick Fixes: Unpacking Racial Implicit Bias in
Social Work Practice

When We See Us: Affirming Black Girls' Worth + Identities



Black Pain: Racial Trauma and Mental Health

- The importance of recognizing the pervasiveness of racism and racial trauma within the Black community
- How racism manifests within common mental health disorders
- The necessity of employing anti-racist practices/policies
- Coping strategies to manage effects of racial trauma

Inside The Pearly Gates: My HBCU Experience

- The importance of HBCU education
- My undergrad experience at Spelman College
- Strategies for success and expectations preparing for college

Prison of Perfection: How to Break Free from Anxiety

- How and why perfectionism shows up within our lives
- My personal experience of anxiety manifesting into perfectionism
- How perfectionism can be healthy and unhealthy
- Strategies to manage perfectionism

Signature Topics

Shoulding All Over Yourself: Managing Expectations of Self

- Why we create expectations
- Differences between healthy and unhealthy expectations of self
- My personal experience of creating limiting expectations of myself
- How our expectations can lead to negative beliefs about our capabilities
- How to manage our expectations

The Art of Mindful Relationships: Developing Connected Interactions

- The importance of empathy and understanding within our relationships
- Common barriers to building connections within relationships
- The benefits of developing connected relationships
- Strategies to create connected interactions



Workshop Topics

It's Okay to Not be Okay: Black Girls + Mental Health

This workshop will allow participants to:

- Understand the importance of mental health resources for Black girls
- Examine supporting research and statistics
- Understand implications and contributing factors leading to stressors faced by Black girls
- Identify strategies to offer support and resources for Black girls

#RelationshipGoals: What The Eye Doesn't See Teen Dating Violence

This workshop will allow participants to:

- Define dating violence
- Examine relationship spectrums
- Learn and identify the different stages of abuse
- Discuss safety planning
- Engage in open and honest dialogue regarding abuse and teen dating violence

No Quick Fixes: Unpacking Racial Implicit Bias in Social Work Practice

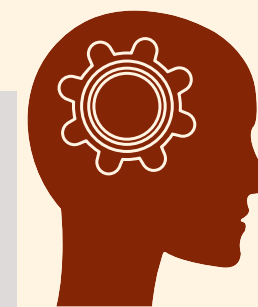
This workshop will allow participants to:

- Identify and examine overt and covert practices (i.e. learned behaviors, beliefs and language) of racism and racial biases within their varying roles as social workers
- Identify how historical practices of racism impacts the client and social worker respectively by better understanding implications of critical race theory
- Learn mindful practices to minimize racial biases within social worker and client relationship, thereby increasing anti-racist practices, equity and desirable outcomes for clients and communities being served

When We See Us: Affirming Black Girls' Worth + Identities

This workshop will allow participants to:

- Positively affirm their identities as a coping strategy to dismantle the biases and stereotypes that exist and empower their truth- "When We See Us" activity
- Examine research and history of prevalent biases about Black girls
- Examine the mental health effects of such biases
- Engage in open and honest dialogue centered around their experiences in the world



Press Features

As Featured In

Sesi
magazine

Women's Health

BUSTLE

Medium

POPSUGAR

The Lily

HUFFPOST

CHOOSING
therapy

COSMOPOLITAN



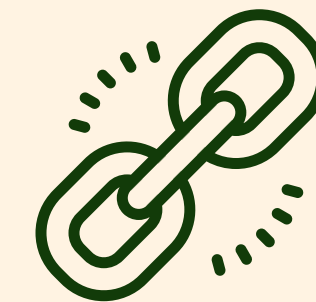
Past Speaking Engagements



- Black Girls Blossom Community Connect
- Malcolm-Bernard HBCU College Fair
- National Alumnae Association of Spelman College
- National Caucus for Black Girls and Women: & Girls Conference
- Say Her Name: Why Oluwatoyin Salau's Abuse Echoes A Reality For Black Women
- The State of Black Girls Virtual 3 Day Career Fair



Contact



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