

Vanessa Reiser

Biography

Vanessa Reiser is a licensed clinical social worker (LCSW), licensed in New York, New Jersey, Massachusetts, and Florida. She is a psychotherapist and the founder of the nonprofit TellaTherapist.org. She is also a long-distance runner and two-time Ironman who is best known for running the state of New York (285 miles in 11 days) in a wedding dress to raise awareness for narcissistic abuse. As a survivor of narcissistic abuse and a psychotherapist in private practice, Vanessa now specializes in narcissistic personality disorder, and her practice focuses on treating victims and survivors of cults, narcissists, domestic violence, and narcissistic abuse. Her insights are both personal and professional, giving her a unique lens into this insidious form of domestic abuse.

Vanessa holds bachelor's degrees in political science and government from SUNY Empire State College and a Master of Social Work (MSW) from the University of Southern California. She is an activist who has sat on the board of Rockland County's "Center for Safety and Change" in New York, which is a victim-centered non-profit organization offering free programs and services to victims and survivors of domestic violence, sexual assault, human trafficking and other crimes. Vanessa has also served as a patient advocate at Global Healthy Living Foundation in Nyack, New York, where she sought to strengthen awareness around people living with chronic illness and worked to change legislation that would give chronically ill patients better access to care, education, support, advocacy, and patient-centered research.

Vanessa is a social media influencer, sharing life-changing information that is educational and accessible. She has acquired thousands of followers across various platforms, including Instagram, Twitter, Facebook, TikTok and Clubhouse. Vanessa has been interviewed by prestigious news and media outlets such as [People Magazine](#), [The New York Times](#), [Fox News](#), [MSN](#), and [The New York Post](#).

