

Vanessa Reiser, LCSW

Biography

Vanessa Reiser, LCSW, is a licensed clinical social worker, psychotherapist, narcissistic abuse expert, author, podcast host, and continuing education instructor for PESI. She is a leading voice on narcissistic abuse, coercive control, trauma bonding, cult dynamics, and recovery from toxic relationships, combining professional expertise with powerful lived experience to help individuals and organizations better understand the impact of psychological abuse and the path to healing. A survivor of narcissistic abuse herself, Vanessa transformed her personal experience into a clinical specialty and has dedicated her career to educating survivors, mental health professionals, and the public about the often-overlooked effects of emotional manipulation and coercive control. Her unique combination of clinical training and firsthand experience allows her to connect with audiences in a way that is both deeply authentic and evidence-based.

Vanessa is the author of *Narcissistic Abuse: A Therapist's Guide to Identifying, Escaping, and Healing from Toxic and Manipulative People* (Hachette Book Group, 2024), which has received widespread praise from leading experts and advocates, including Dr. Ramani Durvasula, Gretchen Carlson, Debra Newell, and Dr. Nadine Macaluso. Through her work as a therapist, educator, speaker, and host of the podcast *Narcissistic Abuse with Vanessa Reiser*, she has become a trusted resource for those seeking to understand the complexities of narcissistic abuse and reclaim their lives after trauma. As a continuing education instructor for PESI, Vanessa trains clinicians and mental health professionals on topics including narcissistic abuse, trauma bonding, cult recovery, and coercive control. She has been interviewed by and featured in major media outlets including *The New York Times*, *People*, *Fox News*, *MSN*, and *Psychology Today*, and regularly appears on podcasts and media platforms. She is also the founder of Tell A Therapist, a nonprofit organization dedicated to making mental health support more accessible and reducing barriers to care. 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.

Best known for her 285-mile run across the state of New York in a wedding dress, Vanessa combines her engaging presentation style, practical tools, and relatable approach to equip audiences with the tools to identify narcissistic abuse, recognize dangerous relationship patterns, spot manipulation tactics, safely navigate toxic dynamics, and recover from the psychological impact of emotional trauma. Whether speaking to healthcare professionals, universities, corporations, advocacy organizations, or community groups, she delivers actionable insights that leave audiences informed, inspired, and equipped for meaningful change. Vanessa is represented by All American Speakers Bureau for speaking engagements and by Serendipity Literary Agency for literary and select media opportunities.

