
Tina Marie Therapy, Inc.

A Group Practice

Amanda Silvers, Life Coach/ACSW

Native to Los Angeles, Amanda was captivated from a young age by the stark discrepancies in mental health services available to marginalized communities compared to the surrounding populations living only just next door. Frustrated by a lack of meaningful social impact, Amanda was driven to commit her life to seeking clinical solutions to broad societal issues. Being awarded her B.A. in Sociology from the University of California in San Diego and Masters in Social Work at University of Southern California, Amanda sought to elevate her reach by learning from the preeminent minds in her field.

Amanda developed a hands-on approach towards facilitating individual and group therapy while working directly with adults, teens, and families. Driven by the urgency to support individuals with their mental health needs, Amanda sought to engage directly vulnerable populations such as foster/adoption, LGBTQIAP2+, and CSEC. There she built a significant and impactful platform of expertise in supporting her clients with their repeated exposure to historical trauma, PTSD, grief/loss and implementing appropriate treatment plans for the unique demands of each.

When tailoring her therapeutic style, Amanda does so with a highly personalized approach, utilizing cognitive behavioral therapy practices with overtones of psychodynamic influences. Most recently, she has become increasingly invested in modalities such as ACT and EFT. Amanda knows that environment significantly influences the way individuals feel, which drives her to provide an open and encouraging space where her clients can be empowered to grow and heal, and to be guided safely in the resolutions they seek.