



Hi! My name is Adriana and I use she/her pronouns.

I earned my bachelor's in Psychology here at Cal Poly Humboldt and I am currently a graduate student in the Counseling Psychology program. I have a background and experience in working with children and young adults with ASD, developmental and intellectual disabilities. I am interested in using a trauma-focused integration of therapy to help us heal and feel safe in our own skin and environments.

My hobbies include reading, dancing, and exploring nature and new towns!

Hello! My name is Kelsey and I go by she/her pronouns. In my graduate studies I hope to learn more about trauma, social justice and multicultural informed care. I strive to create a safe, inclusive space where you can feel supported and empowered in your journey. I got my undergraduate degree in psychology at Cal Poly Humboldt, but before that was studying music therapy at Cal State Northridge. Music and art therapy are still important and intriguing to me and I hope to incorporate them into my practice when applicable! In my free time I enjoy singing, dancing, consuming all kinds of art forms, cooking, board games, being outdoors and being in community. I also volunteer as a mediator at Humboldt Mediation Services and with Food Not Bombs. I look forward to meeting you!





Hello, my name is Andrea Contreras and I use she/her pronouns. Chicana, born and raised in Santa Ana, California. I completed my undergraduate work here at Cal Poly Humboldt. Since graduating, I have been working with families and foster youths in the community focusing on trauma-informed care. I view mental health as a key component to one's ability to flourish throughout life as it affects the emotional, physical, and social well-being of an individual. I am passionate about addressing the stigma of mental health and I want to remind the value each person has and to help find resources to cope with everyday adversities. I work from a client-centered and integrative approach, using evidence based interventions to tailor to the unique needs of the client. Hobbies of mine include mushroom foraging, reading, crocheting, aerial silks, fishing, and finding new recipes to cook. I look forward to meeting and hearing your story!



Hi, my name is Amiyah and I use she/her pronouns. I am working towards my graduate degree in counseling here at Cal Poly Humboldt. Originally from Eureka, I completed my bachelor's degree in psychology at Southern Oregon University before returning to Humboldt County. Most of my professional experience has involved supporting children, teens, and their families by providing intervention at home and in school. In my work now, I incorporate a person-centered approach and aim to create a compassionate, non-judgmental space that allows for open expression and collaboration. Going forward in my education, I hope to continue learning about mindfulness-based techniques like acceptance and commitment therapy (ACT) and other behavior therapies. Outside of school and work, I enjoy listening to music, being outdoors, and spending time with family and friends.

I, Amiyah Owen, consent to CAPS using my bio and picture for the website.

Hello! My name is Cat Eknow, and I use she/her pronouns. After receiving a B.A. in environmental studies, I went on to work for California State Parks, running junior ranger programs and guided nature walks. Despite initially being driven to Parks by my passion for the natural world, I found myself finding a great deal of fulfillment through interacting with the families I worked with. This inspired me to enter the field of psychology, and I spent the next few years working with children with Autism Spectrum Disorder, as well as foster youth. My journey continued onward to pursuing my Masters in Counseling Psychology. Some of the therapeutic techniques I'm passionate about include Person centered therapy, cognitive behavioral therapy, and mindfulness practices. I would also love to incorporate my enthusiasm for the natural world into my practice, by providing nature therapy services. In my free time, I enjoy reading novels, lifting weights, and spending time outdoors.



Hello, my name is Shermyn Swanson, my preferred pronouns are (they/them/theirs) and I am an avid gardener and dog parent. I received my bachelor's in psychology from Cal Poly Humboldt and am currently working on completing a master's in psychology here at Cal Poly Humboldt. I am originally from Oakland California and have lived here in Humboldt County for 3 years. I look forward to working with students here on campus and helping to destigmatize approaching and working on one's mental health. I am interested in working with an affirmative care model with LGBTQIA+ people here in Humboldt County and spent a year volunteering as a crisis line operator for North Coast Rape Crisis Team here in Humboldt. I look forward to meeting you!





Hi! My name is Cora, and I use she/her/hers pronouns. I'm originally from Southern California, but moved here to pursue my B.A. in Psychology at Humboldt State University graduating in 2019 and now am currently a graduate student in the Cal Poly Humboldt Counseling Program. During my undergraduate years I spent some time on the developmental psychology research team exploring the relationship between transfer students and motivation. As a transfer student myself, I know that change is hard but you do not have to be on this journey alone. I believe every person deserves a safe, unbiased, and meaningful space to process each thought and feeling that comes with the human experience. I have a passion for painting and take a creative approach to therapy by integrating therapeutic art techniques.

S=consent



Hi! My name is Corinne and I use she/her pronouns. After taking several years off of school to travel, work, and live abroad, I made my way to Humboldt to complete my bachelor's degree. Currently, I'm on the path to earning my Master's in Counseling here at Cal Poly Humboldt and am excited to embark on my practicum journey. I'm committed to creating a space where clients can find healing, growth, and self-acceptance. I'm looking forward to developing an integrative counseling approach, drawing from a range of approaches along with mindfulness-based techniques. I firmly believe in the power of a strong therapeutic relationship to provide support. Outside of my studies, you'll find me out in nature, enjoying a run, caring for my plants, playing with my cat, or practicing meditation. Looking forward to supporting you on your path to personal growth.

I approve CAPS to use my bio and pic for our website.



Gabriel (Gabe) Vasquez, He/him pronouns

I have an associates and bachelor's degree in Psychology from College of the Redwoods and Cal Poly Humboldt, respectively. I have experience in the academic domains of social psychology and personality theory. My interests in the vocation of psychology are existential theory, CBT theory, and EFT theory, and my populations that I have a strength working with are the LGBTQ and homeless populations. Outside of psychology, I love to skateboard and mountain bike. I am vegan and love to cook, and occasionally express myself with photography.



Hello, my name is Jesus Cisneros (he/him). I have attended Cal Poly Humboldt and have graduated from this University with both a B.A. in Spanish and a teaching credential in Spanish education. I became interested in Psychology because of the approach of helping kids through my work experience as an educator, and now hope to apply that same dedication in working with college students and community members. I am interested in working with premarital couples, families, and young adults with the focus of therapy as CBT, ACT, existentialism, and possibly Adlerian approach. During my free time I enjoy making pizza, being outside in the community and reading non-fiction literature.