

# Nanci Henderson

Instagram: @Henderson.Psychotherapy

LinkedIn: Nanci Henderson

## About Nanci

Nanci Henderson is a GenX psychotherapist, high school teacher, writer, advocate, activist, and survivor of many forms of childhood adversity. She scored a 9 on the Adverse Childhood Experience (ACE) metric. Nanci's story weaves the threads of trauma, substance abuse, grief, ambiguous loss, and post-traumatic growth into one inspiring story of resilience and survivorship. Humorous, animated, down-to-earth, and studied, Nanci hopes to inspire youth, young adults, and those in the helping professions to unite on a journey of healing, hope, transformation, and community.

Nanci grew up in southwestern Ontario with her younger sister Korin in a home fraught with intergenerational trauma, substance abuse, intimate partner violence, and sexual abuse. She juxtaposes her and her sister's experiences within their journey running and healing from trauma. Nanci shares some of the factors and influences that have contributed to her healing, as well as how she has created meaning from her painful past to help others on their journey.



## Expertise

- Ambiguous loss
- Burnout
- Compassion fatigue and caregiver fatigue
- "It's Never Too Late to Reset Your Life"
- Mental health, abuse, addictions, and recovery
- Overcoming adversity
- Post-suicide bereavement and survivor guilt
- Post-Traumatic Growth
- Resilience
- Trauma

## Book Nanci

Nanci is available for keynote speeches, workshops and panels.



[wisdom2action.org/booknanci](https://wisdom2action.org/booknanci)

Speakers  
Bureau

## Past Speaking Engagements

- Bounce Radio Podcast: How to Find a Therapist that Works for You
  - <https://www.iheartradio.ca/bounce/kitchener-waterloo/podcasts-more/nanci-henderson-psychoanalyst-1.19144376?mode=Article>
- Alcoholics Anonymous
- Homewood Youth Panel
- Ontario Secondary School Teachers Federation
- Waterloo Region District School Board

