



## BIOGRAPHY

**Vanessa Aryee** (*she/her*)  
Hero, Episode "Vanessa"

Vanessa, 21, is a recent graduate of New York University, a research assistant, and currently inspired to pursue a Ph.D. in clinical psychology. Vanessa immigrated from Ghana to the United States when she was young and has grown to be an avid advocate of mental health awareness. She is motivated to conduct research with individuals from marginalized communities, in particular those who have been historically neglected in the field of psychology. Currently, she's interested in research that explores race and identity or trauma-sensitive care in clinical, educational, and mental health settings. During her undergraduate journey, she joined the Culture, Families, and Early Development (CFD) lab and helped with its mission to center the voices of families from diverse cultural and linguistic backgrounds. She learned about the need to reframe (from a deficit to a strength-based perspective) how young children and families from marginalized communities are treated in psychological research. Her personal and professional goals involve advocating for equity and through her work, she wants to contribute to our understanding of the disparities in psychological research and mental health treatment of People of Color. She hopes that people who watch her growing up story realize that there is power and beauty in embracing their authentic selves and to prioritize their mental health.