Meet the Speaker

The Intersection of Mental Health and Chronic Illness

May 21, 2024
6:00-7:00 pm EST

Erica Smith, MSW, LCSW
Whole Mentality PLLC

Erica K. Smith, MSW, LCSW owns a private practice, Whole Mentality, PLLC in Raleigh North Carolina. She also owns her professional consulting business Erica Kendra, LLC. She has her Master of Social Work from NC State University, and her B.A. in Psychology from the University of North Carolina at Chapel Hill. Erica had a double minor in African-American Studies and Social & Economic Justice which ultimately led her to her graduate education in social work.

Erica's original professional background is in non-profit work, supporting survivors of interpersonal violence. She began practicing as a therapist in community mental health where she remained for 4 years and eventually moved to a group practice for 5 and ½ years and served as their Clinical Director for Child and Adolescent Therapy Services before transitioning to their Clinical Director for Trauma Therapy Services. She specializes in serving school aged children, adolescents, and adults who have experienced interpersonal violence, oppression, complex trauma, and/or live with chronic illness. She also supports birthing people who are living with chronic illness and/or have experienced interpersonal violence.
Erica loves utilizing EMDR Therapy, but is also trained in DBT, Pain Reprocessing Therapy, Flash, Progressive Counting, and Expressive Arts Therapy. Erica integrates all of these into her EMDR Therapy practice. Erica is a clinical supervisor to provisionally licensed clinical social workers, and an EMDR Therapy Approved Consultant.

Erica was originally diagnosed with Juvenile Rheumatoid Arthritis when she was 12, and was diagnosed with Systemic Lupus Erythematosus a couple of months later. As an adult she was additionally diagnosed with Interstitial Lung Disease and is very open about her 20+ years experience living with multiple chronic illnesses. Erica’s focus is serving and those often marginalized by systems of oppression. She also emphasizes the importance of making mental health therapy accessible to all identities, orientations, bodies, ages, and abilities and prioritizes creating accessible spaces mindful of these realities. She’s also overly caffeinated and mildly obsessed with her dog named Toast.