



mind *speak* inc.



Nina  
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# Meet *Nina*

Nina Ythier is a dedicated mental health professional, advocate, and entrepreneur committed to transforming lives through accessible and personalized therapeutic care. As the founder and CEO of Mind Speak, Inc., she brings almost three decades of clinical experience to the forefront of mental health advocacy, specializing in trauma, intellectual and developmental disabilities, and crisis intervention.



# Professional *Background &* *Education*

Nina Ythier is a New York State Licensed Clinical Social Worker (LCSW) with extensive clinical and direct practice experience and administrative and executive leadership experience working across various populations and settings in the private and public social service sectors. Her career spans over 28 years, during which she has provided and directed essential mental health and human services to individuals and families facing complex challenges.

She earned her **Master of Social Work (MSW) degree** from the prestigious **Wurzweiler School of Social Work at Yeshiva University** in New York City.

Her academic foundation, combined with her hands-on experience, has shaped her ability to deliver, design and supervise effective therapeutic interventions and services for diverse populations.





# Areas of *Expertise*

Nina Ythier has built her career around advocating for and treating individuals facing some of the most challenging circumstances.

Her key areas of expertise include:



**Trauma and Crisis Intervention:** Providing support for individuals who have experienced traumatic events, including domestic violence, sexual assault, and life-threatening situations.



**Mental Illness & Disabilities:** Offering tailored therapeutic approaches to individuals with anxiety, depression, PTSD, and severe mental health disorders, with a specialised focus on those with intellectual and developmental disabilities.



**Substance Abuse Counseling:** Assisting individuals struggling with addiction, guiding them toward recovery through evidence-based interventions and long-term support strategies.



**Homelessness & Social Advocacy:** Working with individuals experiencing housing insecurity, providing both direct counselling services and advocacy for policy changes to support this vulnerable population.



**Psychosexual Assessments & Therapy:** Conducting evaluations and therapy sessions for individuals requiring psychosexual assessments, particularly those with developmental disabilities.



**Strategic Planning & Program Development:** Designing and implementing effective programs that address mental health, crisis intervention, and social advocacy, ensuring sustainable impact and measurable outcomes.



**Professional Development:** Mentoring and training emerging professionals in the mental health and social work fields, equipping them with the skills and knowledge to provide high-quality care.



**Executive Coaching:** Providing guidance to leaders and professionals in mental health, social services, and nonprofit sectors to enhance leadership effectiveness, organisational strategy, and service delivery.



**Quality Assurance:** Developing and overseeing systems to ensure compliance with industry standards, ethical guidelines, and best practices in clinical and social services.

Beyond her clinical work, Nina is passionate about mentoring new professionals in the field, sharing her knowledge and experience to help shape the next generation of social workers and mental health practitioners.

# About *Mind Speak Inc.*

Mind Speak, Inc. is a pioneering private psychotherapy practice dedicated to providing comprehensive mental health services to individuals, families, and communities. Founded in 2017 by Nina Ythier, a seasoned clinical social worker with almost three decades of experience, the organization has positioned itself as a leader in accessible and inclusive mental health care.



## *Mission & Vision*

Mind Speak, Inc. is committed to transforming lives through personalized therapeutic services. The organization aims to bridge the gap between traditional mental health care and the unique needs of individuals with intellectual and developmental disabilities, ensuring that every client receives tailored support in an environment where they feel seen, heard, and empowered.

# A New Take on *Mental Health*

Unlike conventional therapy practices, Mind Speak, Inc. prioritizes accessibility and flexibility by offering onsite services. Whether in personal residences, group homes, schools, or community centers, the organization ensures that clients receive care in settings that foster comfort and growth.

Mind Speak, Inc. employs evidence-based therapeutic methods while integrating advocacy and education to create lasting impact. Through a holistic, client-centered approach, the practice addresses not only mental health challenges but also the systemic barriers that often hinder individuals from receiving adequate care.



# Service Offerings

Mind Speak, Inc. provides a diverse range of therapeutic and advocacy services, including:

1

**Individual Psychotherapy:** One-on-one sessions tailored to personal mental health needs.

2

**Group Therapy:** Providing support networks for individuals with shared experiences.

3

**Advocacy and Support Services:** Assisting clients in accessing resources and navigating complex systems..

4

**Family and Couples Therapy:** Strengthening relationships through guided communication and problem-solving.

5

**Psychosexual Assessments:** Evaluations focusing on sexual development, behaviours, and attitudes..

6

**Professional Training and Development:** Educating mental health professionals and service providers on best practices in inclusive care.

# Notable *Achievements*

Mind Speak, Inc. has made a significant impact in the mental health sector, particularly in serving marginalized and underserved communities. Some of its key accomplishments include:

## **Community Outreach and Impact:**

Providing mental health support to individuals and families in NYC and Westchester, with a focus on developmental disabilities and mental health conditions.

## **Expanding Access to Mental Health Services:**

Increasing accessibility by offering therapy in various community settings, removing barriers to mental health support.

## **Recognition as a Leading Provider:**

Establishing itself as a trusted and reputable mental health service provider through years of dedicated advocacy and client-centered care.

## **Training and Development for Professionals:**

Conducting workshops and training programs to enhance the skills of human service professionals, ensuring high-quality care for diverse populations.



# Press & *Media Coverage*

Nina Ythier and Mind Speak, Inc. have been featured in some notable publications and media outlets. Here are some highlights:



**Forbes Magazine (June 2024)**  
[Featured in the “Future of Business in New York City” edition.](#)



**Fortune Magazine (June 2024)**  
[Also part of the “Future of Business in New York City” edition.](#)

**CITY &  
STATE**  
NEW YORK

**City & State New York**  
[2025 Trailblazers in Health  
Care](#)



### **GHP Mental Health Awards - 2025**

[Best Community-Focused Psychotherapy Practice 2025 - New York](#)



### **Founder's Story Podcast**

[She Was Told to Stay Quiet—Instead, She Rebuilt Mental Health From the Ground Up](#)



### **SUCCESS Magazine**

[How Nina Ythier Turned a 28-Year Experience Into a Fresh Approach to Mental Health Treatment](#)



### **AP News**

[Mind Speak, Inc. Meets People at the Intersection of Mental Health and Intellectual Disability](#)



### **The Village Voice**

[When Therapy is Most Effective: Insights From a Therapist Breaking Industry Norms](#)



### **CEO Weekly**

[Therapist Nina Ythier Brings Mental Health Care to Clients Directly](#)



### **GHP Mental Health Awards - 2025**

[Meeting People Where They Are: Nina Ythier's Path to Inclusive Mental Health Care](#)



### **Women's Journal**

[A Therapist's Mission: How Nina Ythier Brings Mental Health Care into Daily Life](#)



### **US Insider**

[Nina Ythier Builds Bridges Between Therapy and Everyday Experience](#)

# Visual Assets

## **Logos and Brand Bible**

High-resolution versions of the Mind Speak, Inc. logo and brand [are available here](#)