



SINCERE PRACTICE

SPEAKING & TRAINING

Helen Bass, LCSW

Licensed Clinical Social Worker · California LCSW #126303 · Host, *Sincere Practice* podcast

Talks that make the room feel safer to be honest in.

Helen grew up the eldest daughter in an Asian immigrant family. Today she is a trauma-informed, somatic, culturally affirming therapist and the founder of Sincere Practice in Arcadia, California. She brings clinical depth and lived experience to warm, plain-spoken talks on family, culture, faith, and the cost of always being “fine.”

7+

years in practice

4,732+

sessions held

Featured

Los Angeles Times

Talk topics

- **Culturally affirming care**
What it looks like when people don't have to translate themselves to be understood.
- **Childhood trauma & attachment**
How growing up shapes adult anxiety, people-pleasing, and relationships.
- **Burnout in high-achievers**
Why the “strong, capable one” burns out quietly, and how to recover.
- **Boundaries & family pressure**
Honoring family while honoring yourself, with real scripts people can use.
- **Faith & mental health**
Room for belief, doubt, and church hurt in the same conversation.

Formats

Keynotes Workshops Panels Q&As
In person or virtual

Where Helen has shared

Chapman University · University of San Diego · Mental Health America · Oscar Health · Department of Mental Health · CalAsian Foundation · Asian Mental Health Project · AARP · Glendale Library · Ethera

Great fit for

Universities, community organizations, healthcare groups, and workplace teams, including Asian American & Pacific Islander Heritage Month events.

“People open up faster in a room that already sounds like them.”

Book Helen to speak

Every talk is scoped to your audience, format, and length.

sincerepractice.com/training
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