

DEAN BOLAND, LSW



Specialties:

- LGBTQIA+
- Disabled clients

About: Dean is a licensed social worker who specializes in trauma, relationship issues, self-esteem, and anxiety. Their approach to therapy is grounded in harm reduction, mindfulness, and social justice, and they prioritize collaborating with clients to build safety, transparency, and trust. Dean's style is based in compassion, curiosity, humor, and acceptance, and they are passionate about providing affirming therapy for artists and performers, activists, and clients holding marginalized identities, particularly LGBTQIA+ and disabled clients. Dean helps clients learn to live in the present moment, manage painful emotions, develop self-compassion, and build stronger, more genuine relationships.