

A circular portrait of Erika Nanes, a woman with long brown hair and blue eyes, smiling slightly. The background of the portrait is dark. The portrait is set against a larger background of a yellow and white architectural structure, possibly a building facade, with a yellow diagonal stripe in the top left corner.

# Erika Nanes, *LMFT*

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## USC Gould School of Law

### *Tell us a bit about yourself.*

I received my LMFT degree from Cal State University, Fullerton. I used to be an educator but also felt drawn to help others through therapy.

I am passionate about social justice, civic engagement, and the importance of art and nature in a balanced life.

### *What interests you about working with USC Gould School of Law students?*

I am interested in working with the School of Law students because law school is a pressure cooker. Pressure cookers can make it hard for us to hold onto our values--and to remember our inherent value.

### *Do you have a favorite quote that keeps you motivated?*

I am not big on motivational quotes, but I recently discovered a line from the Nap Ministry that I keep coming back to. "Rest is productive."

### *What do you do to de-stress?*

Anything that changes the channel in my brain - exercise, listening to music, reading, watching TV, and getting out in nature.