

## PRACTITIONER PROFILE

### *An Interview with Nikiya Spence*

*Nikiya Spence, LCSW is a licensed psychotherapist and Certified Money Coach with over seventeen years of clinical experience. Throughout the years, Nikiya has had an innate interest in money education and exploring the relationship that people have with money. As a therapist, it became obvious to Nikiya that although many of her clients did not specifically seek help related to their money issues, many of their problems and causes of stress were rooted in their relationship with money. In fact, their money problems often impacted their work, relationships, and families. It became apparent to Nikiya that it wasn't the lack of money that created stress and anxiety, but how people mismanaged their finances.*

*For years it has been a burning desire for Nikiya to educate and mentor others on financial literacy and empowerment. Nikiya decided to pursue further training in the areas of financial therapy and coaching and has the education, credentials, and experience to transform clients' negative money patterns and beliefs. Nikiya has been debt free and living a money conscious lifestyle for several years. She received training with the Money Coaching Institute and specializes in helping individuals and couples transform their relationship, habits, and behavior with money to increase their wealth and financial peace.*



**Q. Define what you do professionally.**

A. I work with individuals and couples to explore and process underlying issues and beliefs that may impact their overall relationship with their finances. I assist the individuals and couples that I work with to shift their money mindset to one that is healthy and productive.

**Q. What activities encompass your professional responsibilities?**

A. The activities involved in my professional responsibilities include conducting clinical assessments, treatment planning, and facilitating

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clinical interventions that promote healthy learning and growth.

### **Q. How long have you been engaged in your professional activity?**

A. I have been working as a therapist for over seventeen years. I have been offering financial therapy as a part of my clinical practice for over eight years now.

### **Q. What led you to your professional calling?**

A. From as early as childhood, I had an innate interest in helping others sort through the dilemmas and challenges that often come up in life. I have never doubted the career path that I ultimately decided to take as a psychotherapist.

It was later in life that I discovered a passion for financial literacy. I noticed the overall need for financial literacy in my practice. It also became clear to me that many of the financial challenges my clients were having were deeply rooted and often a result of beliefs and patterns derived from childhood. It was this revelation that led me to explore how I could integrate my two passions into one.

### **Q. How are you paid?**

A. My clients pay me on an hourly basis.



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**Q. Do you work alone or do you have a team?**

A. I work primarily alone.

**Q. What theoretical framework guides your work when dealing with clients?**

A. Cognitive Behavioral Therapy is the primary theoretical framework that often guides me in my work with my clients.

**Q. What needs to happen so that 10 years from now we can say that financial therapy is a respected field of study?**

A. I find that many people are still not aware of this field of study, therefore more exposure to the general public would be a great place to start. I also believe that more research should be generated to highlight the overall benefits.

**Q. What benefits can the financial therapy association provide to others doing work that is similar to your professional activities?**

A. The Financial Therapy Association can offer more training and networking events.

**Q. If others are interested in finding out more about you personally and professionally, where can they obtain this information?**

A. My website is [www.solutionsoflife.com](http://www.solutionsoflife.com).

