

# Jenny Wang, Ph.D.

## Biography

Dr. Jenny Wang is a Taiwanese American clinical psychologist licensed to practice in Texas and North Carolina. She earned her undergraduate degree with honors in finance and psychology at the University of Texas at Austin and her doctorate in Clinical Psychology at the University of Texas Southwestern Medical Center in Dallas. She is uniquely equipped to write about the intersection of Asian American identity and the field of mental health, as she has lived and studied it throughout her life and in her private practice. She completed her postdoctoral training at the Duke University Medical Center, where she was also on the faculty. Dr. Wang is currently in private practice in Houston, Texas, where she works exclusively with mental health issues across the lifespan, with a specific focus on Asian diaspora, racial identity and intergenerational trauma, and social justice. Dr. Wang is the creator of the Instagram account @asiansformentalhealth, which has garnered almost 100,000 followers since it was created in September 2019 and has become a gathering place for Asian Americans and other BIPOC and immigrant communities. Her first book, *Permission to Come Home*, was published by Grand Central Publishing in spring 2022. She is also a national speaker and consultant, and has made many media appearances on "Good Morning America", NBC News, Today, NPR, and more.

