MEDIA KIT

Ana Maria Serrano Fowlkes

Licensed Professional Counselor · Founder, Increase Your Bliss
Ph.D. candidate in mind-body medicine



THE QUESTION SHE ASKS

"What needs to change for you to enjoy the life you've built?"

A clinician helping accomplished Black women decide what no longer fits, give themselves permission to change it and prepare for the pushback.

AS FEATURED IN

Forbes • Auntie Magazine

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About Ana Maria

SHORT BIO

Ana Maria Serrano Fowlkes is a licensed professional counselor and the founder of Increase Your Bliss. She helps accomplished Black women decide what needs to change for them to enjoy the lives they've built, give themselves permission to make that change and prepare for the pushback that follows. Her work has been featured in Forbes and Auntie Magazine.

FULL BIO

Ana Maria Serrano Fowlkes is a Texas-based licensed professional counselor (LPC) and licensed clinical mental health counselor (LCMHC) with more than 10 years of clinical experience. She holds a Master of Counseling and a Master of Science from Long Island University's Brooklyn campus and is a Ph.D. candidate in mind-body medicine.

Through Increase Your Bliss, she works with accomplished Black women, particularly women in their forties through sixties, who are proud of the lives they've built and still want something to be different. Her Individual Bliss Intensives use EMDR and Brainspotting to help clients work through the one or two issues that keep returning, from a boundary that won't hold to a decision they keep postponing. She also offers couples intensives.

She calls the pattern behind much of this work "unsupported success": women who keep performing at a high level while too much of their lives still runs on their personal energy.

QUICK FACTS

CREDENTIALS
LPC, LCMHC

EDUCATION
MC and MS, Long Island University, Brooklyn; Ph.D. candidate, mind-body medicine

EXPERIENCE
10+ years in clinical practice

METHODS
EMDR, Brainspotting, trauma-informed yoga, mindfulness-based cognitive therapy, Gottman Method couples therapy

SERVES
Accomplished Black women in their 40s to 60s, and couples

AVAILABLE FOR
Podcasts, panels, keynotes, workshops, member events, expert commentary

ONLINE
increaseyourbliss.com
Instagram @increaseyourbliss

Conversations she leads

01 · Unsupported success

When competence hides distress, and why the woman who seems to need the least support is often carrying the most.

02 · Structural burnout

Why a vacation helps for three weeks, and what has to change in how a life is set up.

03 · Permission and pushback

Changing a life other people admire, and preparing for those who prefer the old arrangement.

04 · Beyond relief

Making room for pleasure, freedom, meaningful work and intellectual stimulation, not only rest.

05 · Why "just ask for help" fails

The Superwoman Schema, and what to try when asking feels impossible.

06 · The founder's hidden ledger

The unpaid labor that keeps a business looking profitable, and the decisions chronic stress quietly costs.

> *"Your capacity is not supposed to be the operating system for everyone and everything around you."*
>
> ANA MARIA SERRANO FOWLKES, IN AUNTIE MAGAZINE

SUGGESTED INTERVIEW QUESTIONS

1. What is "unsupported success," and how can a woman tell if she's living it?
2. Why doesn't more rest or self-care fix structural burnout?
3. Why is it hard to want something different from a life other people admire?
4. How should a woman prepare for pushback when she changes her availability?
5. What does "2027 is NOT 2026" ask women to do before the new year?
6. What is one change that costs nothing but a decision?

CURRENT CAMPAIGN

2027 is NOT 2026

An invitation for accomplished Black women to decide what they want to carry forward, what they're ready to reconsider and what they can begin doing differently. It moves through three steps across seven dimensions of happiness: emotional, physical, spiritual, social, environmental, occupational and intellectual.

NOTICE
What is actually happening, not the story that everything should be fine.

DECIDE
What she wants, and what she is willing to change.

DO
One practical next step, ready for the reactions it may bring.

WAYS TO WORK WITH HER

Free reflection
"2027 is NOT 2026: What Will Be Different for You?"

Personalized recorded feedback
A questionnaire, then video or voice feedback with next steps.

Individual Bliss Intensives
One- or two-day private work on one or two issues.

Couples intensives
Focused work on one or two relationship issues.

RECENT COVERAGE

Forbes
"Your Founder Is Fine. A Clinician Explains Why That Is The Problem"
Jasmine Browley

Auntie Magazine
"Architect of Bliss Ana Maria Serrano-Fowlkes: Why Self-Care Can't Fix Founder Burnout"
Keka Araújo

BOOKINGS AND MEDIA INQUIRIES

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Headshots, bio variations and interview availability on request.