

Jesse Bernal, MA, LMFT, is a Licensed Marriage and Family Therapist and Infant and Early Childhood Mental Health Consultant based in Southern California. He holds a master's degree in Counseling Psychology, specialized certifications in Infant and Early Childhood Mental Health Consultation, Applied Behavior Analysis, and Reflective Practice, and is endorsed in California as an Infant-Family Early Childhood Mental Health Specialist and Reflective Practice Facilitator II. With almost 20 years of experience, Jesse has focused his work on supporting the social-emotional development of young children, promoting inclusive practices, and addressing the long-term impacts of early trauma through a trauma-informed and culturally responsive lens. He provides consultation and training to Head Start, Early Head Start, early education programs, and mental health organizations nationwide. Additionally, Jesse is an adjunct professor at Pacific Oaks College and has contributed to research alongside leaders in the field, including Dr. Daniel Siegel and Dr. Barbara Stroud. His work is rooted in the values of equity, inclusion, anti-racism, and social justice, with a passionate commitment to ending early childhood expulsion and supporting the wellbeing of children, families, and providers.