

# COVINGTON TRAINING INSTITUTE

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**Certified Trainer**  
**Vanessa Carlisle**



Dr. Vanessa Carlisle (they/them) holds an MFA in Creative Writing from Emerson College, a PhD in Creative Writing, Literature, and Gender Studies from the University of Southern California, and a black belt in Danzan Ryu Jujitsu. They are also a NEDA-certified death doula.

After fifteen years of university teaching in Queer, Gender, and Women's Studies, Vanessa now facilitates community and continuing education workshops in partnership with grassroots organizations, nonprofits, colleges/universities, and values-driven companies. These include survivor-centered self-defense, de-escalation for frontline workers, conflict management for leadership teams, and nonviolent communication techniques for relational safety. As one of a handful of scholars with lived experience in sex work, Vanessa has published several articles on sex worker issues and regularly lectures on the current movements for sex workers/LGBTQ+ rights.

Vanessa's writing has appeared in literary magazines including *n+1*, *PRISM*, *Juked*, *NinthLetter*, *Other Weapons*, and *WordRiot*, and their work has been anthologized in several collections including *#WeToo: Essays on Sex Work and Survival* (Feminist Press 2021), a special issue of *South Atlantic Quarterly* (July 2021), and *Whorephobia* (Seven Stories, 2022).

Vanessa authored the award-winning novel *Take Me With You* (Running Wild, 2022) and co-authored *Awaken Your Sexuality: A Guide to Intimacy and Connection after Addiction and Trauma* and the *Awaken Your Sexuality Workbook* with Dr. Stephanie Covington (Hazelden, 2025).