

TimelyTalks.com presents:

Cultural Perspectives on Mexican Women in the US: Mindfulness Inside and Out

August 27, 2011 Saturday 10am- 4:30pm

Creekside Center Conference Room, 7 Mt. Lassen Dr, San Rafael CA

**\$99 tuition includes – Lunch, all materials and 6 Continuing Education hours
for MFT's & LCSW's.**

Participants will increase their ability to:

- Utilize mindful approaches to cultural understanding
- Understand cultural differences and how they impact social and work relations between Americans and Latin Americans
- Understand cultural implications of internalized judgments
- Recognize the impact of language on cultural identity
- Identify stereotypes and value systems underlying perceptions

Instructors:

Bertha L. Santana, (Betty), Mexican-Canadian intercultural consultant, university instructor, author and songwriter has more than twenty years of experience. Having lived in all three countries, Betty has dedicated her life and her powerful voice to bridging cultures between Mexico and the United States, and between Mexico and Canada. An *interculturalista* and international business consultant, she has published articles on: Mexican identity, and Immigration issues and Integration into the Canadian Society. Her books include a text, ***Negotiating Cultural Barriers: "The Geo-Context"***, as well as a highly acclaimed novel and accompanying CD.

Betty's novel, ***Las Hijas de Maíz***, combines all her voices in one book: the songwriter, the cross-cultural consultant, and an irreverent intelligence mixed with humor. The novel deals with the journey of seven Mexican women as they navigate through their cultural conditioning, their issues with The Conquest, and the myth of La Malinche. In trying to find their own voices within the myriad voices of Mexico's schizophrenia, they explore the creation of different personas through a new language and a new voice.

Sheryl Morgan, PhD is a Marriage and Family therapist in private practice in Marin County, specializing in brief, solution focused consultations regarding stress, parenting and other relationship issues, as well as Mindfulness Based Stress Reduction (MBSR) and iRest Yoga Nidra. Sheryl has worked in culturally diverse educational settings for over 20 years.

To register or for more information: Sheryl ([415\) 491-1963](tel:4154911963) drsmorgan@gmail.com <http://timelytalks.com>

Course meets the qualifications for hours of continuing education credit for MFT's and LCSW's as required by the California Board of Behavioral Sciences. PCE 4710 Sheryl Morgan, PhD MFT. Cancellations/Refunds made earlier than 2 wks, 75% of the fee will be refunded.