

Susana García-Medrano

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Profile

I am a sociologist, psychotherapist, feminist educator and facilitator. My research interests are intersectional feminism, well-being, social justice, gender violence and migration. I have 20 years of experience in the design, teaching and evaluation of educational programs to very diverse populations: rural, urban and indigenous contexts, universities, non-governmental sector and government institutions. I have specialised in the treatment of survivors of sexual violence and promoting self-care using dance movement therapy tools, gestalt and body psychotherapy, person-centred approach and meaningful learning.

Education

Glasgow Clyde College - 2020
Addiction counselling, Scotland

Autonomous University of Barcelona – 2012
Masters Degree in Dance Movement Therapy, Spain

Humanist Institute in Gestalt Psychotherapy – 2008
Specialisation in Gestalt Psychotherapy, Mexico

Yollocalli Centre – 2005
Professional training in Biodynamic Body Psychotherapy, Mexico

Autonomous University Chapingo – 2002
Honours Degree in Sociology, Mexico

Voluntary and internships

Glasgow Clyde College - 2017- 2018
Spontaneous movement workshops with students of the College, most of which are migrants. Scotland. (Voluntary)

Vicki Bernadet Foundation - 2010-2011
Professional practice as a psychotherapist working with survivors of sexual abuse in childhood. Spain. (Internship)

Community Rehabilitation Center Martí i Julià, Spain — 2009-2010
Professional practice as a psychotherapist working with survivors of sexual abuse in childhood. Spain. (Internship)

Experience

Psychotherapist 2008 - Currently

Private practice working with young and adult women, some of them survivors of sexual assault and sexual abuse in childhood in Mexico. Internship in the Community Rehabilitation Day Center Martí i Julià in Spain. I carried out professional practices as a psychotherapist working with adults diagnosed with schizophrenia and other severe mental disorders. Internship at the Vicki Bernadet Foundation in Spain. I conducted professional practices as a psychotherapist working with survivors of sexual abuse in childhood. I have worked with people from Mexico, Latin America and Spain in on-line sessions in order to promote self-care. Since February 2017 I work in group and individual setting with migrant populations in Glasgow.

Consultant 2010-Currently

As a consultant I have delivered several workshops related with self-care of frontline staff. The workshops were requested both in Non- Governmental Organisations (NGOs) and government institutions in México. As a part of this work, I developed a strategy to support self-care with activist on 10 to 15 online session, it includes topics related with nutrition, sleep, meditation, movement, exercise, social activities, outdoor activities, massages and creative activities.

Guest Lecturer 2015-Currently

I have been lectured in the Masters Communication and Gender of the Autonomous University of Barcelona the follow topics: Violence against women and their recovery, Gender perspective in journalism and Self-care for journalists.

Head of training and group facilitator - Gender Equity: Citizenship, Work and Family, Mexico - 2003-2016

I was responsible for the development of training and educational materials such as manuals and informative brochures related to sexual and reproductive rights. Was my responsibility design and teach workshops, diplomas, seminary, courses and lectures. I coordinate the continuing education of more than 50 women leaders, more than 500 young promoters and a team of 15 facilitators related to rights and sexual and reproductive health throughout the country. I coordinated and imparted training online for 3 years for project leaders. I coordinated the implementation of the "Itinerant University – Mexico" project promoted by the Health Network of Women in Latin America and the Caribbean and University Program for Gender Studies of the National Autonomous University of Mexico. I was the one in charge of the continuing education of the staff and managers through the organisation of a permanent seminar in which invited experts from universities and government institutions.

Consultant - United Nations Development Programme, Mexico - 2008

I worked as a consultant to develop a diagnosis of citizen participation in Mexico.

MEMBERSHIP OF PROFESSIONAL BODIES

Association of Dance Movement Therapy of Spain - 2016 - present Registered professional member

Association of Dance Movement Psychotherapy - United Kingdom - 2016 - present Registered professional member

Publications

García, S. (2020). Mariposas, lirios y alebrijes. Molino de Letras. <https://molinodeletras.org/2020/07/07/mariposas-lirios-y-alebrijes/>

García, S. & Panhofer, H. (2020). Improving migrant well-being: spontaneous movement as a way to increase the creativity, spontaneity and welfare of migrants in Glasgow. *Body, Movement and Dance in Psychotherapy*. doi.org/10.1080/17432979.2020.1767208

García, S. & Panhofer, H. (2019). Contribuciones de la Danza Movimiento Terapia en el mejoramiento de la vida y salud de poblaciones migrantes. *Inclusiones*. Vol. 6 No. Especial. Pp. 97-116.

García, S. (2018). Tras-plantar: Aportes de la Danza Movimiento Terapia al proceso de integración de personas migrantes. In H. Panhofer, & M. Campo, *Con-muévete y mueve al mundo: Jornadas para la celebración del 15o Aniversario del Master en Danza Movimiento Terapia* (pp. 100-109). Universidad Autónoma de Barcelona. Spain

García, S. (2016). De regreso al cuerpo: danza movimiento terapia como alternativa en el cuidado de mujeres víctimas de violencia sexual. En: *Seminario internacional sobre la perspectiva de la igualdad de género en salud en el marco de los derechos humanos*. Secretaría de Salud, Mexico.

García, S. (2014). Promoción del autocuidado desde el cuerpo. La importancia del cuerpo en el autocuidado en equipos de profesionales. *Equidad de Género: Ciudadanía, Trabajo y Familia*, A.C. Mexico.

García, S. (2014). *Recuperemos las sonrisas. Intervención con víctimas de violencia sexual a través de la bionérgica y la danza movimiento terapia*. *Equidad de Género: Ciudadanía, Trabajo y Familia*, A.C. Mexico.

García, S. (2013). Importancia del trabajo psicoterapéutico del cuerpo en el tratamiento de mujeres víctimas de violencia sexual. En: *Encontrar, compartir, aprender. Jornadas del 10o aniversario de la Maestría en Danza Movimiento Terapia*. Universidad Autónoma de Barcelona. Spain.

García, S. (2010). Igualdad de género y derechos de las mujeres a una vida libre de violencia: Guía para el monitoreo ciudadano. Programa de las Naciones Unidas para el Desarrollo. Mexico.

García, S. (2010). Molt més enllà del feminicidi. Radiografia de la violència de gènere a Mèxic. Directa. Semanari de comunicació. Spain.

Languages

I am a native Spanish speaker, I have an advanced level of English.