

Mariana García Quintana || Professional Profile

To move hearts, change minds and transform behaviors; these are the goals of Mariana García Quintana. With a Bachelor's degree in Psychology and a Masters in Gestalt Psychotherapy, Ms. Garcia Quintana is a renowned professional with certifications in Mind Body Medicine and Meditation and Psychotherapy from Harvard Medical School, over 10 certifications in the areas of Parenthood, Adolescence and the Science of Emotions from the Neufeld Institute in México and studies in Depth Psychology.



With over two decades of working with patients on their growth and personal development, Mariana García Quintana has one of the most broad and diverse professional profiles among her peers. Her main goal is to guide individuals, parents, schools and society in general to identify and act more adequately with respect to the abilities and talents displayed by Highly Sensitive people; two out of every ten individuals, men or women, who display a different neuro-sensory system than the average person.

Through her work on the Highly Sensitive profile with her program **Insight**, which aims to create awareness on neurological diversity, she has become one of the most recognized psychotherapists and sought after experts in the area of parenting education and individual adult psychotherapy.

Ms. García Quintana's area of expertise extends into the field of mind-body medicine and mindfulness, as well as the Neufeld model of nurturing and teaching. Inspired by her own personal story and the stories of those around her, she has set her sights on making sense of the feelings of anguish and shame that many often endure.

Ms. García Quintana offers counseling, psychotherapy, training and conferences on Highly Sensitive profile, The Power to Parent and topics related to anxiety. Among her most popular materials are her 2016 series on The Vital Conexión, Helping Children Grow Up, Common Childhood Challenges, Making Sense of Adolescence, Adolescence and Sexuality, Alpha Children, Making Sense of Aggression and Making Sense of Discipline, as well as her parenting 2017 conferences at the Monteverde and Colegio Del Bosque schools.

In 2018 she will be offering the following courses as well: Making Sense of Sensibility and Highly Sensitive People, The Science of Emotion, Making Sense of Anxiety, and

Making Sense of Meltdowns. Naturally empathetic and creative, Mariana's life mission is to help those diagnosed with a neurological and/or mood disorders discover their potential

And understand that the way they feel and the way they act have a reason and a purpose. This is the driver behind her daily work not only through her courses, therapy and published work, but also through her blog and her web page updates at www.marianagarciaquintana.com.mx



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