

CURRICULUM VITAE

General Information:

Name: LIC. HELEN ELIZABETH MARTINEZ

Age: 68 years old

Date of birth: SEPTEMBER 18, 1957

Place of birth: MONTREAL, QUEBEC, CANADA

Marital status: MARRIED

R.F.C.: MAHE570918G9A

Professional license: 11467200 Libro 1146 Foja 401 Número 1 Tipo C1

Languages: Native written and spoken ENGLISH and native written and spoken SPANISH (100%)

Mobile (National Network): +52 (818)287-8366

Website: www.helenmtz.com

Profession:

- CHILD AND ADOLESCENT PSYCHOTHERAPIST
- GROUP PSYCHOTHERAPIST
- TEACHER AND SUPERVISOR IN CHILD AND ADOLESCENT PSYCHOTHERAPY SPECIALIZATION
- CERTIFIED KUNDALINI YOGA INSTRUCTOR
- SECOND LEVEL REIKI THERAPIST
- CREATOR OF "VITA YOGA BY HELEN"
- SPEAKER
- CERTIFIED ADVANCED RESONANCE REPATTERNING PRACTITIONER
- CREATOR AND FACILITATOR OF THE "SENSIBILIZACIÓN CORPORAL, UN VIAJE POR LAS CHAKRAS" WORKSHOP AND THE "DE CORAZÓN A CORAZÓN" WORKSHOP.
- CERTIFIED SCALAR HEART CONNECTION PRACTITIONER AND INSTRUCTOR.

Motto: "To contain, to carry with care, to hold with balance and to ensure your Soul does not break.... This is my mission."

Professional Experience:

Activity:

- Child and Adolescent Psychotherapist
- Diagnosis of children and adolescents with learning and/or emotional problems.
- Individual psychotherapy for children and adolescents with a psychoanalytic approach.
- Parental guidance
- Simultaneous Interpreter for external Supervisors

Location: Instituto de Salud Mental de Monterrey.

Private practice

Date: 1979-1995

1982 to present

Activity:

- Supervisor and teacher in the specialization of child and adolescent psychotherapy
- Case supervisor for diagnosis and treatment, in post-graduate training of individual and group psychotherapy.
- Teacher of psycho-diagnostic integration with psychological tests.
- Teacher of individual psychotherapy technique.

Location: Instituto de Salud Mental de Monterrey
Unidad de Psiquiatría de la U.A.N.L.

Date: 1981-1995
September 1983 - Julio 1984

Activity:

- Certified Kundalini Yoga Instructor

Location: Cortijo San Felipe
Maries (dance school)
O. Spa
Sport City
Private classes

Date: 1997-1999
2000-2004
2003-2004
2003-2004
2000-2012

Activity:

- Second Level Certified Reiki Therapist

Location: Private practice

Date: 1992 to present

Activity:

- Instructor and creator of "VITA YOGA BY HELEN"

Location: Maries (dance school)
Private classes

Date: 2004
2004-2012
January 2016 to Present

Activity:

- Speaker

- Location:** Instituto de Salud Mental de Monterrey.
Club Rotario, San Nicolás de los Garza.
- Date:** October, 1980,
Mayo, 1981
- Topic:** Understanding the origin of fear: anxiety and fear in children
- Location:** Colegio Laurens de Monterrey.
- Date:** 1987
- Topic:** Between teacher and student: lecture for teaching staff on better student management
- Location:** Colegio Laurens de Monterrey
Instituto Americano de Monterrey.
- Date:** 1987
1988
- Topic:** Sex education for eighth-grade students
- Location:** Deportivo San Agustín, A.C.
- Date:** July 19, 1990
- Topic:** Back in control: lecture for parents on better child management.
- Location:** Congreso nacional "EL HUMANISMO Y LA TECNOLOGÍA POR LA SALUD MENTAL FRENTE AL SIGLO XXI, Sociedad Mexicana de Neurología y Psiquiatría A.C. Monterrey, N.L. Ponente.
- Date:** February 2, 1991
- Topic:** Masturbación anal en un adolescente, consideraciones dinámicas
- Location:** VIII Congreso Psicoanalítico Regiomontano, Monterrey, N.L.
- Date:** February 21 and 22, 1992 Speaker
- Topic:** "Me vale y qué!" sexualidad femenina vista en una niña de 6 años
- Location:** Instituto Tecnológico Y De Estudios Superiores De Monterrey
- Date:** October, 2001
- Topic:** Awaken the power of your mind (for teachers' wives)
- Location:** Comité De Damas Club Rotario Monterrey, A.C. (2002-2003)
- Date:** May 28, 2003.
- Topic:** The health benefits of different types of yoga.
- Location:** American School Foundation Of Monterrey
- Date:** 2005, 2006
- Topic:** Participation in the "health fair", with yoga dynamics and kriyas for middle school and high school.
- Location:** Tecnológico De Monterrey, EGADE
- Date:** March, 2006
- Topic:** Integral health seminar through dynamics, breathing exercises, and play.

Location: American School Foundation Of Monterrey
Date: 2007
Topic: Conference for all middle school and high school, “how to keep your center, serenity in the midst of turbulence, learn to be in the eye of the hurricane.”

Location: Asociación De Fibromialgia, A.C.
Date: 2008
Topic: Kriyas específicas para asegurar la salud mental, emocional, física y del espíritu.

Location: Colegio Puerto Aventuras
Date: 2012-2014
Topic: Conferences for parents, adolescents and teaching staff:
- Violencia familiar
- Límites en la familia
- Conscious education of the preschool-age child
- Cyber-bullying
- Sexo consciente
- Integración de grupo dirigido al personal docente, a través de Resonance Repatterning

Location: Deportivo Contry
Date: 2015
Topic: Conference for Couples and Parents
-Salud Sexual y Relaciones de Pareja Óptimas
-“Me Rindo al Sueño” Conference for Living Instead of Just Existing

Location: Zoom to several countries
Date: April 6, 2020
Topic: Conference-Workshop “Pasando el Túnel” for the Multi-medios group on Bienestar en tiempos de encierro por COVID.

Location: Zinnia Gardening and Culture Club in Monterrey, N.L.
Date: September 3, 2020
Topic: Conference-Workshop on the Science of Happiness

Location: Zoom for the mothers of San Roberto International School, Campus San Agustín, Monterrey, N.L.
Date: September 11, 2020
Topic: Wellness Conference-Workshop with stress management techniques.

- Certified Advanced Resonance Repatterning Facilitator and Simultaneous Interpreter for Cloe Faith Wordsworth

Location: Private practice
Date: 2007 to 2019

- Body Awareness Workshop, a Journey Through the Chakras

Location: Various
Date: 2000 to present

- Heart to Heart Workshop

Location: Varios
Date: 2011 to present

- Workshop to Heal the Family Tree

Location: Various
Date: 2011 to present

ACTUALIZACIONES Y EDUCACIÓN CONTINUÁ

- Instituto de Salud Mental de Monterrey, First International Meeting on Education and Mental Health, Monterrey., N.L. "PERSPECTIVAS ACTUALES EN PSICOANÁLISIS Y SALUD MENTAL", May 28, 29 1982
- Instituto de Salud Mental de Monterrey, Second International Meeting on Education and Mental Health, Monterrey, N.L. "CONTRIBUCIONES PSICOANALÍTICAS" November 28, 29, 1986
- Sociedad de Psiquiatría y Psicoterapia de Monterrey, A.C. XII Northern Psychiatric Week. "PSICOLOGÍA GRUPAL" October 23, 24, 1987
- Instituto de Salud Mental de Monterrey, Third International Meeting on Education and Mental Health, Monterrey, N.L. "TRASTORNOS DE LA IDENTIDAD SEXUAL, PERVERSIONES Y OTRAS CONTRIBUCIONES PSICOANALÍTICAS" May, 1989
- Congreso Nacional de Neurología, Neurocirugía y Psiquiatría, "HUMANISM AND TECHNOLOGY FOR MENTAL HEALTH FACING THE 21ST CENTURY", January 29 to February 2, 1991.
- VIII Congreso Psicoanalítico Regiomontano, "FEMININITY", February 21 and 22, 1992
- Hospital Infantil de Monterrey, SYMPOSIUM ON NEURODEVELOPMENT PROBLEMS, May 13, 1993
- X Congreso Psicoanalítico Regiomontano, "PSYCHOANALYSIS OF THE PARENTAL FUNCTION", February 18 and 19, 1994
- Instituto de Salud Mental de Monterrey: Workshop on John E. Exner Jr.'s scoring system for the Rorschach psycho-diagnostic test, October 28, 1995 36 hours
- Universidad Autónoma de Nuevo León. workshop "TYPES AND DYNAMICS OF FAMILY VIOLENCE" February 16, 1996 5 hours.
- K.R.I. International Teacher Training Certification, Level I "THE MASTER'S TOUCH" July 16 to July 30, 1997 Española, New Mexico
- Instituto Tecnológico y de Estudios Superiores de Monterrey, IV Neuro-Linguistic Programming Seminar, October 4, 5, 6, 2001
- Wellness, seminar "ÁMATE Y SANA TU VIDA", February 2, 2003 16 hours
- Certificate Program in Executive and Entrepreneurial Women's Leadership, Tecnológico de Monterrey, EGADE, 2005-2006 cycle
- Humanae, family guidance, refresher course "WISC IV SPANISH", January 28, 2006 4 hours

- Universidad Autónoma de Nuevo León., Workshop “SEXUAL ABUSE: GUILT OR INNOCENCE?” October, 2006
- Manifest Your Power with RR February 23, 2007
- RR Fundamentals, February 24, 25, 2007
- RR Primordial Patterns, April 28-29, 2007
- RR Unconscious Patterns May 23, 24, 2007
- RR Chakra Patterns October 20-23, 2007
- RR Meridian Patterns November 10-12, 2007
- RR Relationship Principles April 25-27, 2008 / RR A New Vision August 29-31, 2008
- Instituto de Salud Mental de Monterrey, Seminar “THE PRACTICE OF PSYCHOANALYSIS: INFLUENCE ON CONTEMPORARY SOCIETY”, October 10 and 11, 2008 14 hours
- RR Energetics of Relationships, November 28-30, 2008
- RR Healing the Family System, February 6-8, 2009
- RR Relationship Principles August 28-30, 2009
- RR Meridians Deepening Nov-Dec. 2009
- RR A New Vision August 20-22, 2010
- Second World Meeting on Values and Culture of Legality, September 30, October 1 and 2, 2010
- RR Meridians Deepening, May 27-29, 2011
- Third World Meeting on Values, October 2011.
- First Resonance Repatterning International Congress “THE UNIVERSE OF BIRTH AND ITS TRANSCENDENCE”, February 2012. Querétaro, Qro.
- Fourth World Meeting on Values, October, 2012.
- RR Relationship Principles, August, 2013
- Fifth World Meeting on Values, October, 2013.
- ZhiNeng QiGong: First Level Deepening Course and Three Centers Merge May 29-31, 2015
- RR Relationship Principles, January, 2017
- RR Energetics of Relationships May 2017
- Mindfulness-Based Stress Reduction Course, May 6, 2017, 27 hours
- RR Living in Harmony with Your Heart, January 2018
- Instituto de Salud Mental, Certificate for Attendance at the Workshop: “Integración del Exner-Rorschach y TAT”, January 26, 2018
- RR Inner Development through the 12 Meridians June 1-3 and 8-10, 2018
- RR Living in Harmony with Your Life, September, 2018
- Secretaría de Educación del Edo. De Nuevo León, Certificate for Lecture Series and Round Table: “El fin de la infancia y la adolescencia?” November 9, 2018
- RR Energetics of Relationships, May 2019
- Member of the Honor and Justice Committee for Resonance Repatterning México August, 2019 - December 2022.
- Coursera: “The Science of Well-being”, The Happiness Lab March 2020 to June 2020.
- RR Vista-Visión October 2021.
- “Scalar Heart Connection Certified Practitioner”. March 2022.
- Scalar Heart Connection Instructor. April 2023.
- “Certified Advanced Resonance Repatterning Practitioner” (CertAdvPrdip)-Premier. April 2023.
- Trauma to Transcendence: Breaking the hold of the Childhood Brain on your Adult self. September - October 2023

- “Change Your Brain, Change Your Pain”, 30 Day Challenge with Dr. Daniel Amen, November 2024.
- “Mentally Strong” 10 Day Challenge with Dr. Daniel Amen, February 2024.
- Havening with Steven Ruden, March 1, 2025
- Intensive Anger Management Training: Mindfulness-Based tools for Impulse Control, Reduced Emotional Reactivity and Long-Lasting Change August 25, 26 2025 8:00 am - 4:00 pm
- Pavel Somov, PhD (speaker)
- Suicide Assessment and intervention con Sally Spencer Thomas February 11, 2026 (8 horas)
- Big Behaviors in All Containers con Paris Goodyear Brown February 23, 2026 (8 horas)