

Mari has been a healer for 40 years both as a family medicine Physician Assistant with marginalized people and immigrants and as a psychotherapist serving those impacted by issues of multiculturalism, diversity, equity and trauma. Lastly for the last 15 years Mari has offered trainings in cultural competency, unconscious bias, diversity/equity/inclusion, the impact of white supremacy culture and racial trauma.

Beyond her formal university and post-graduate training she has completed certification programs in Non-Violent Communication, Intercultural Communication and Interpersonal Neurobiology (IPNB), She went on to become faculty in the Portland Community College IPNB program where she taught Diversity and Difference through an IPNB lens.

Mari draws from her life experiences including her time overseas in Africa, Europe and SE Asia and from her mindfulness practice which is integral to all she does. She is humbled and honored by the opportunity to explore and work with others in this quest to create a community where everyone can be visible and truly support the light in us all.

“When I was introduced to IPNB I felt like I had come home! IPNB validated the strength of relationship, of presence and the importance of being seen and loved. This gave me confidence in how I showed up with my clients, my patients, even my own family. IPNB can help me understand my suffering and protectiveness and find spaciousness to “be” in new ways. It is the mortar that holds my truths and it supports my belief that we can change - that we can create new ways of acting and responding in the world.”