

Mari Alexander works as a licensed psychotherapist as well as a Family Medicine Physician Assistant. She has focused on the inter-relationships of mind, body, and culture in her educational and professional experiences. Mari completed her certificate in Interpersonal Neurobiology at Portland State University and her certification in Intercultural Communication at the Intercultural Communication Institute in Portland, Oregon. In addition, she has taken extensive training in Non-Violent Communication and Racism, Equity and Inclusion through the People's Institute and the Center for Equity and Inclusion. Mari is on the faculty of the Foundations of Interpersonal Neurobiology (IPNB) certificate program at Portland Community College focusing on Mutuality and Inclusion through an IPNB lens. She has also been a consultant and trainer in Cultural Competency, Unconscious Bias, Diversity, Equity and Inclusion, and Racism and White Supremacy Culture for health care and mental health providers and students for 15 years. Presently she is co-leading workshops on Embodied Liberation and Racial Justice.

Mari has worked internationally for development organizations in Central and Eastern Europe, and North, West and East African countries as a clinician, researcher and cross-cultural trainer. As president of "Safe Passage to Motherhood," a non-profit organization, she heads a group that focuses on decreasing maternal mortality utilizing a culturally resonant methodology of education in small community settings. She also serves on the Board of Directors for GAINS, leading their mutuality and equity team.

Mari is dedicated to the belief that all people need to have the opportunity to be their full selves and that until all of us are truly free, our work remains undone.

"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."