

**FRIDAY, MARCH 20, 2026  
WORKSHOPS**

**Pelo Bueno, Pelo Malo – Untangling Identity: Hair Narratives, Anti-Blackness, and Collective Healing**  
**Tamir Reyes, LCSW**

**\*1CE**

*Hair is often treated as a matter of style or preference, yet for Afro-Latinx individuals, it carries profound cultural, historical, and psychological meaning. Within many Latinx communities, narratives such as “pelo bueno” and “pelo malo” reflect deeply rooted histories of colonization, colorism, and anti-Blackness. These messages, transmitted across generations, shape how individuals understand themselves, how they are perceived by others, and how they navigate belonging within their families and communities. As a result, hair becomes a site where identity formation, internalized racism, and mental health intersect in powerful ways.*

*This workshop examines hair as both a personal narrative and a collective cultural story. Grounded in narrative therapy and culturally responsive healing practices, the session explores how racialized hair norms influence self-esteem, racial identity development, and emotional well-being among Afro-Latinx individuals. Participants will analyze the ways in which family, media, and social systems reinforce or challenge these narratives, and how such messages contribute to experiences of identity-based distress.*

*Through guided storytelling, reflection, and group dialogue, attendees will engage in a healing-centered approach to understanding and transforming inherited narratives. The workshop offers practical strategies for clinicians and community practitioners to create affirming spaces where clients can explore identity, confront internalized biases, and re-author stories rooted in dignity and cultural pride.*

*By naming and addressing the role of anti-Blackness within Latinx communities, this session aims to strengthen collective healing, deepen cross-cultural understanding, and support practices that move individuals and communities toward liberation and wholeness.*

**Holding Clinical Space Mientras Cuidamos el Cuerpo: Chronic Illness, Burnout, and Vicarious Trauma**  
**Grace S. Ardila, MSW, LCSW**

*Mental Health Clinicians routinely work in environments characterized by high emotional demand, repeated exposure to trauma, and sustained systemic pressure. These conditions increase risk for compassion fatigue, vicarious trauma, and burnout, particularly for clinicians managing chronic medical conditions. This presentation provides a clinically grounded examination of these distinct occupational stress responses and their impact on psychological and physiological functioning.*

*The session examines how prolonged stress affects emotional regulation, cognitive functioning, and somatic responses, highlighting the interplay between chronic illness and occupational stress. Participants will learn to recognize early indicators and differentiate among compassion fatigue, vicarious trauma, and burnout, distinct conditions requiring condition specific responses. The session highlights self advocacy, reflective practice, and ethical decision making to support sustainable and effective clinical work.*

*Attendees will explore a structured framework for identifying emotional, cognitive, behavioral, and physiological markers of these occupational stress responses, along with targeted interventions, including nervous system regulation, boundary setting, supervision and caseload management, and trauma informed organizational practices. Cultural responsiveness and systems level advocacy are emphasized as essential to clinician well being and effective client care.*

*This session is informed by a practicing Mental Health Clinician and Type 1 Diabetic, who navigates these stressors while managing a sometimes noisy insulin pump and occasional low blood sugar during therapy sessions. Clinically, participants will leave with tools to assess, prevent, and intervene in compassion fatigue,*

*vicarious trauma, and burnout; educationally, they will gain skills in reflective practice, ethical self advocacy, and integrating embodied awareness into clinical decision making.*

**Culturally Grounded Trauma Healing Through a Liberation Psychology Lens: Addressing Migration-Related Family Separation in Latiné Communities**  
**Debbie Padilla, M.A. (PsyD Candidate)**

*Migration-related family separation is a significant source of trauma within Latiné communities, inflicting long-term emotional, relational, and cultural impacts. While many studies examine the effects of migration-related separation, few interventions specifically target attachment disruptions, chronic stress, identity challenges, and intergenerational trauma.*

*This workshop applies liberation psychology principles to guide culturally grounded, trauma-informed approaches that integrate community strengths, collective resilience, and cultural identity in mental health support. Participants will explore how migration stress, reunification challenges, acculturative pressures, and systemic inequities shape emotional well-being. This workshop emphasizes culturally responsive frameworks that draw on narrative practices, collective care, and ancestral knowledge to promote empowerment, safety, and belonging.*

*Through interactive discussion, reflection, and a research-informed composite vignette, attendees will learn to identify the impacts of migration-related trauma and apply liberation-informed, culturally attuned strategies across clinical, school, and community contexts. This workshop highlights collective healing, cultural humility, and social justice, equipping providers with practical tools to foster resilience and well-being in Latiné individuals and families affected by migration-related separation.*

**From Classroom to Career: Building Your Professional Identity in the Mental Health Field**  
**\*For Students Only!**  
**Vanessa De Jesus Guzman, LPC, NCC**

*Transitioning from graduate training into the professional world can feel both exciting and uncertain. While emerging clinicians often leave the classroom with strong theoretical foundations, many struggle with professional clarity, imposter feelings, and navigating visibility in academic and clinical spaces. This workshop explores how professional identity is shaped not only by credentials, but by how we choose to show up.*

*Grounded in this year's theme, *Fuerza en Unidad: Intersections of Healing and Collective Action*, this session invites participants to examine the intersection of clinical training, cultural identity, humility, and leadership. Together, we will explore how cultural values can both strengthen and complicate professional confidence, particularly for those entering systems where they may not yet see themselves reflected.*

*Participants will engage in reflective and practical exercises designed to strengthen their professional presence and build confidence through intentional visibility. The workshop includes concrete strategies for networking in both digital and in-person spaces, crafting a professional identity statement, navigating early career realities, and stepping into leadership without waiting for a title. Participants will leave with a deeper understanding of how intentional visibility strengthens professional confidence and collective impact.*

**Burnout and Well-Being Among Latino Professionals and Caregivers**  
**Peter J Economou, PhD; Angélica M. Díaz-Martínez, Psy. D.; Gabriella Guzman, PsyD, CMPC**  
**\*1CE**

*Latino professionals and caregivers often navigate multiple roles that intersect with cultural, familial, and occupational expectations, placing them at elevated risk for burnout and diminished well-being. This workshop will explore the unique stressors affecting this population, including acculturative pressures,*

systemic inequities, and high caregiving demands, and examine how these factors contribute to emotional exhaustion, depersonalization, and reduced personal accomplishment (Maslach & Leiter, 2016). Attendees will learn to identify culturally relevant indicators of burnout and apply evidence-based strategies—including mindfulness, self-compassion, social support, and boundary-setting—to promote resilience and sustainable well-being (Gallegos et al., 2017; Killian, 2008). Through interactive exercises and case examples, attendees will develop actionable plans tailored to the lived experiences of Latino professionals and caregivers. This workshop aims to equip practitioners, supervisors, and organizational leaders with tools to recognize, prevent, and address burnout while fostering culturally responsive support structures.

**The Afro-Latino Experience: Stories of Resilience, Culture, and Collective Healing**  
**Gina Andrade, MSW, DSW Student**

*Afro-Latinos/as/x—individuals of African descent from Latin America and Spanish-speaking Caribbean nations—occupy a unique positionality at the intersection of race, ethnicity, and migration. Despite their presence across the Americas, Afro-Latinx populations remain underrepresented in scholarship, policy, and practice. Existing literature highlights the enduring impacts of colorism, racism, and colonization shaping their experiences across both Latin and non-Latin contexts (Sanchez, 2021; Hernández, 2022). As the population grows—now representing roughly 12% of the U.S. Latino adult population (Gonzalez-Barrera, 2022)—recognizing their racialized experiences becomes vital to fostering belonging and inclusion. This workshop explores how race, ethnicity, and immigration intersect to shape identity formation and access to social belonging for Afro-Latinx individuals, particularly through community reparative practices that center healing, recognition, and equity. Drawing on Critical Race Theory, Latino Critical Race Theory, and Bronfenbrenner’s Ecological Framework, the session highlights pathways to build inclusive frameworks that amplify Afro-Latinx voices in research, practice, and community-based settings. By situating this discussion within systems of structural inequality and anti-Blackness, the workshop models an interdisciplinary dialogue aimed at reimagining equity, representation, and belonging.*

**Play As a Healing Tool for the Latinx Community: Identifying Barriers & Ways to Play Across the Life Span**  
**Christine M. Valentín, LCSW, RPT**

*This workshop will delve into the significance of play as a healing instrument within the Latinx/Hispanic community. Participants will gain insights into the concept of play, the role of play therapy, and the challenges faced by this community. Additionally, we will discuss its contributions to healing across the lifespan.*

*This workshop will consist of a combination of lecture and experiential activities. Participants will be guided through a couple of exercises, enabling participants to learn and model the use of play as a means of healing. Additionally, practical suggestions for incorporating play-based activities with both children and adults will be provided. This workshop is particularly suited for mental health practitioners seeking to discover alternative methods for reducing burnout, enhancing self-care, and identifying effective tools to integrate into their practice with clients of all ages.*

**Tarot Imagery as a Projective and Archetypal Tool in Psychotherapy: Visual Meaning-Making and Culturally Responsive Practice with Latine Clients**  
**Alan Chirino, LPC ACS**

*The use of visual and symbolic imagery in psychotherapy has long been central to art therapy, projective methods, and depth-oriented frameworks. This workshop proposes tarot imagery as a legitimate, theory-driven clinical tool grounded in these established traditions—not as divination, but as a structured set of visual prompts that facilitate projection, meaning-making, and narrative exploration. Tarot cards contain rich symbolic scenes, archetypal themes, and emotionally evocative imagery that parallel the mechanisms through which visual art and symbolic forms have been shown to support insight, emotional expression, and*

*identity development in psychotherapy. Drawing from current research in visual/art-based therapy, symbolic/archetypal approaches, and spiritually integrated psychotherapy, this workshop outlines an applied model for incorporating tarot imagery into therapeutic dialogue, case conceptualization, and reflective practices.*

*Particular attention is given to the relevance of tarot imagery for Latine clients. Within many Latine communities, spiritual symbolism, storytelling, and intuitive forms of meaning-making are culturally familiar and often central to personal identity and coping. When approached with cultural humility and clear clinical framing, tarot imagery can offer a culturally resonant, non-pathologizing method for exploring emotions, personal narratives, spirituality, and self-understanding. The presentation will also address ethical considerations, boundaries, and limitations, emphasizing informed consent and the avoidance of imposing belief systems. By positioning tarot within the broader lineage of visual symbolism and archetypal psychology, this presentation argues that tarot imagery represents a promising applied modality for culturally responsive, projective, and meaning-centered psychotherapy.*

### **Holding the Circle: Ethics, Culture, and Collective Healing in Latine Mental Health**

**\*Panel (1 CE)**

**Panelists: Alan Chirino, LPC ACS; Yolanda Gonzalez, LCSW; Aida Hernandez, MA, LPC, NCC; Melissa Bada-Devers, LCSW**

*Across the mental health field, there is a growing movement toward collective healing spaces: retreats, circles, group-based experiences, and integrative practices that extend beyond the traditional therapy hour. Many clients are seeking opportunities for connection, community, and meaning-making that address healing on relational, emotional, and cultural levels. This panel brings together four Latine mental health practitioners who actively facilitate these kinds of spaces and are witnessing how this shift is reshaping both client needs and provider roles.*

*Grounded in clinical training and informed by somatic, experiential, and culturally responsive frameworks, the panel will examine how collective healing aligns with the Latine communities served. Panelists will discuss emerging trends in group work, experiential techniques, community-based practices, and spiritually integrated models, and explore how practitioners can ethically and effectively bridge these modalities with evidence-informed care. In addition, panelists will address the ethical complexities surrounding culturally rooted healing practice, particularly issues of appropriation, power, and cultural erasure, and offer considerations for aligning professional ethics with community-held values. Through dialogue, panelists will highlight the opportunities and challenges that arise when facilitating communal healing environments, including considerations around psychological safety, cultural authenticity, power sharing, and practitioner self-reflection.*

*Attendees will gain a deeper understanding of why collective healing formats are becoming more prominent in therapeutic work and how these approaches can expand access, belonging, and connection for the communities we serve. The conversation will offer practical guidance and critical questions for providers navigating this evolving landscape and incorporating collaborative, culturally grounded, and relational forms of healing into their professional practice.*

### **The Importance of the Immigration Story in Therapy**

**Veronica Corona-Barker, LPC**

*Immigration is a journey that shapes lives, identities, and generations. In a globalized world where movement across continents has become commonplace, the topic of immigration often carries political weight but remains fundamentally personal. This presentation explores the profound psychological and emotional effects of immigration, emphasizing how the process of arriving in a new place influences individual identity and mental health. Through the lens of therapy and human connection, we will discuss how immigration*

*engraves unique stories into those who experience it and impacts their descendants. By sharing insights gained from working closely with immigrants, we aim to highlight how migration changes lives, creates resilience, and fosters growth while addressing the challenges it poses to mental health. This workshop seeks to provide a deeper understanding of immigration's role in shaping individuals and communities, offering strategies for support and healing.*

**Soul-Repair and Grief as Resistance – Collective Care in Times of Crisis**  
**Annette Mendez, Founder of The Grief Comadre LLC**

*Latinx communities experience grief not only as an individual emotional response, but also as a collective condition shaped by migration, inequality, disrupted rituals, and intergenerational trauma. This session reframes grief as both a healing process and a form of resistance—an act of remembering, reclaiming, and restoring connection in the face of systemic pressures that isolate and silence grief. Grounded in culturally rooted practices, participants will explore how relational support, communal storytelling, and collective care rituals can strengthen emotional resilience among individuals, families, and practitioners.*

*This experiential workshop integrates research on communal coping, healing justice, and culturally responsive mental health care. Attendees will engage in interactive reflection and small-group dialogue and will practice a guided, take-home ritual designed to support ongoing grief processing through connection rather than isolation. Emphasis will be placed on how culturally centered tools—such as comadre support systems, storytelling as meaning-making, and small embodied grounding practices—can be ethically integrated into mental health settings.*

*The workshop will highlight practical strategies for recognizing culturally specific expressions of grief, reducing practitioner burden, strengthening community networks, and supporting clients whose grief is compounded by systemic inequities. Attendees will leave with skills to implement collective care micro-interventions that are aligned with both professional standards and Latinx cultural strengths.*

**SATURDAY, MARCH 21, 2026**  
**WORKSHOPS**

**Breathe to Remember – Breathwork & Sound Healing for the Latine Community**  
**Karla Levit Certified Fertility Coach | Certified Breathwork and Reiki Practitioner**

*This immersive workshop blends somatic breathwork, sound healing, and gentle nervous system regulation to support emotional wellbeing within the Latine community. Many carry generational pressure, silent grief, and chronic stress without accessible tools to process what the body holds. Research on therapeutic breathwork shows that structured breathing patterns can shift consciousness, support emotional expression, reduce anxiety, and improve mood.*

*Attendees will be guided through a three-part pranayama sequence paired with visualization and sound frequencies to promote safety, emotional release, and embodied clarity. Evidence suggests that breath-induced altered states can help suppressed emotions surface and reintegrate somatically, supporting nervous system balance and post-session relief. The workshop begins with grounding and intention-setting, followed by breathwork supported with tuning forks and curated music for autonomic attunement. It closes with somatic integration and optional sharing to foster community connection.*

*In a cultural context where many Latine individuals have been conditioned to endure, achieve, or remain silent, wellness becomes a form of resistance. Somatic breathwork and sound healing offer a shift from survival mode into regulated presence, where clarity, resilience, and purpose can emerge. This workshop provides a culturally attuned space for attendees to access evidence-informed tools for emotional regulation through breath, vibration, community, and guided somatic integration.*

## **Finding the Visionary: Role Expansion and Hope as an Anti-Burnout Framework for Latinx Clinicians and Clients**

**Aida Hernandez, MA, LPC, NCC, CP**

**\*1 CE**

*Latine clinicians and the clients they serve navigate sustained emotional labor, cultural responsibility, and systemic stressors that place ongoing demands on caregiving and helping roles. When burnout is not addressed, it can contribute to mental health concerns, including depression, emotional numbing, and diminished hope. For clinicians who are routinely holding, containing, and healing, maintaining access to imagination and possibility can become increasingly difficult over time.*

*Using Deepa Iyer's Social Change Ecosystem, this 60-minute interactive workshop introduces the Visionary role as a culturally grounded framework for responding to burnout in clinical and professional contexts. Psychodramatic role theory conceptualizes psychological functioning as the enactment of roles shaped by relational, cultural, and situational contexts, with well-being emerging from flexibility and access to a diverse range of roles. Drawing from this framework, the session explores how commonly inhabited roles among helping professionals, such as Healer and Caregiver, can become overextended. Rather than conceptualizing burnout as an individual shortcoming, the workshop situates it within relational, cultural, and role-based contexts, emphasizing role expansion as a pathway toward relief and agency.*

*Using structured reflection and action techniques, attendees will engage the Visionary role in a contained and accessible way. Clinical application will be emphasized, with attention to supporting Latine clients who feel constrained by survival-oriented patterns and who struggle to envision alternatives.*

*Attendees will leave with a role-based framework for addressing burnout, practical tools for clinical use, and an embodied understanding of how creativity and hope can remain accessible during periods of fatigue.*

## **El Camino Interior: A Guided Tarot Imagery Experience**

**Alan Chirino, LPC ACS**

*This experiential workshop invites participants to engage tarot as a symbolic and culturally rooted language that supports self-reflection, somatic awareness, and meaning-making within therapeutic and wellness-oriented contexts. Rather than presenting tarot as a predictive or fortune-telling practice, the workshop reframes tarot as a projective, narrative, and embodied tool grounded in archetypal imagery and personal association. Drawing from expressive arts therapy, depth psychology, and culturally responsive approaches, participants will explore how tarot imagery can facilitate insight, emotional attunement, and embodied reflection without requiring prior tarot knowledge.*

*The session begins with a brief grounding practice and conceptual framing of tarot as a symbolic system, followed by three guided experiential exercises. These include a one-card personal reflection, a two-card relational spread, and a somatic embodiment practice that invites participants to notice bodily responses and felt sense in relation to tarot imagery. Emphasis is placed on curiosity, personal meaning, and embodied awareness rather than fixed interpretations.*

*The workshop concludes with collective reflection and discussion focused on ethical considerations, cultural humility, and potential applications of tarot as a non-pathologizing, strengths-based reflective practice within clinical, educational, and community-based settings. This workshop is designed to introduce clinicians, educators, and healing practitioners to the ways tarot can honor client autonomy, spirituality, and embodied ways of knowing, while also offering participants an opportunity to experience these reflective and somatic processes firsthand.*

## **The Power of Narrative Storytelling: A Practice for Healers**

**Jessica Hoppe (Author of First in the Family & MFA, 2027 Columbia University)**

*What stops us from telling our story? Believing our stories carry weight and meaning? How can we use narrative to heal?*

*Experts in the field agree that stigma (particularly for Indigenous, Black, and people of color) is one of the biggest obstacles to treatment. And the most effective way to combat stigma is by telling our stories.*

*Narrative, whether written or spoken, enables us to isolate the issue from the self, identify a solution, and map a path toward it, with the patient as the victor rather than the victim.*

*Story allows us to participate in the making of meaning, and memory is an abundant source for our narratives. Too often, our truths are internalized as shame, codified into stigma, and therefore remain untreated and suppressed in marginalized communities. The goal of the workshop will be to work with healers, clinicians, and educators in the field of mental health to equip them with accessible, liberatory tools for narrative storytelling to support and empower ourselves and our communities.*

### **Healing in Community: Experiencing the EMDR Group Treatment Protocol** **Kathy Acosta, LCSW; Erika Hurtado, LCSW**

*Eye Movement Desensitization and Reprocessing (EMDR) is a well-established, evidence-based therapy that supports the brain and nervous system in processing traumatic and overwhelming experiences. This workshop will introduce participants to the foundations of EMDR, including the eight-phase model, the science behind bilateral stimulation, and an overview of the Adaptive Information Processing (AIP) model that explains how unprocessed traumatic memories contribute to present-day symptoms.*

*The presentation will then focus on the EMDR Integrative Group Treatment Protocol for Ongoing Traumatic Stress (EMDR-IGTP-OTS)—a structured approach used worldwide to support individuals and communities experiencing continuous, chronic, or compounding stress. Rather than serving as a training for clinical implementation, this workshop offers participants the opportunity to experience elements of EMDR-IGTP-OTS firsthand in a safe, guided, group format. This experiential practice allows attendees to notice their own internal responses and gain a felt sense of the protocol's grounding, stabilizing, and healing potential.*

*This session is designed for therapists interested in understanding the clinical principles behind EMDR and the unique strengths of group-based EMDR experiences. No prior EMDR training is required, and all content will be presented through a trauma-informed and culturally responsive lens.*

### **Fuerza en Comunidad: Healing Through Collective Care and Culturally Responsive Community Spaces** **Sara Diaz, LCSW, CFSW** **\*1 CE**

*Helping professionals within Latino communities are often taught to be resilient, self-sacrificing, and strong. Too often, this comes at the expense of their own well-being. Fuerza en Comunidad centers around the power of community as a culturally responsive approach to healing, sustainability, and collective care for those who consistently pour into others. Rooted in Latino values and shared responsibility, this interactive workshop reframes community as an essential form of care for helpers.*

*This workshop explores how intentionally cultivated community spaces can reduce burnout, normalize shared experiences, and restore connection for helping professionals navigating systemic inequities and cultural expectations. Attendees will engage in guided reflection and small-group dialogue to reflect on their own experiences. These activities will invite them to examine how community has supported them, or where it has been absent, throughout their professional journeys.*

*The workshop also offers practical strategies for building and sustaining culturally responsive support spaces within agencies, organizations, and informal networks. In alignment with Fuerza en Unidad, this workshop affirms that when helping professionals are held by community, healing becomes sustainable and collective action becomes possible.*

**Rooted in Who We Are: Cultivating Identity and Authenticity Through Horticultural Therapy**  
**DeManuel Edmondson, LMFT; Freddy Flores**

*Healing does not happen in isolation—it happens in relationship: with ourselves, our clients, our communities, and the environments we inhabit. This experiential, clinician-focused workshop explores horticultural therapy as a culturally grounded, evidence-informed approach that can enhance engagement, identity exploration, and whole-person healing within Latinx mental health practice.*

*Attendees will examine how plant-based interventions can be ethically and effectively integrated into clinical, school-based, and community settings as a complement to contemporary therapeutic frameworks. Drawing from systemic theory, culturally responsive practice, and lived experience, this workshop highlights how authenticity and accountability show up not only in clinical work, but in how we care for living systems over time.*

*Co-facilitated with professional gardener Freddy Flores of Abuela's Green Thumb, whose Puerto Rican heritage and ancestral knowledge inform his approach, the workshop models cross-disciplinary collaboration, integrating clinical mental health frameworks with horticultural expertise and culturally grounded practices that honor Latinx heritage and intergenerational wisdom. Freddy will share how working with plants became part of his own healing journey while grieving the loss of his abuela—illustrating how horticulture can support emotional regulation, meaning-making, and continuity of cultural identity during grief and transition.*

*Attendees will engage in a hands-on plant activity paired with guided reflection connecting plant care to identity, environment, cultural heritage, and professional role. Attendees will leave with practical strategies, reflective tools, and culturally congruent language they can adapt for use with clients, groups, and communities while remaining aligned with ethical standards and clinical scope of practice.*

**Relational Astrology in Psychotherapy: Integrating Holistic Meaning through the Stars**  
**Melissa Bada-Devers, LCSW, ACHT**

*Depth-oriented psychotherapy emphasizes the exploration of unconscious processes, relational patterns, and meaning-making across psychological, relational, and transpersonal dimensions of experience. Jungian, existential, and holistic approaches provide established frameworks for engaging symbolism, archetypal themes, and lived relational experience as pathways to insight and transformation. This experiential workshop presents esoteric and relational astrology as ethically integrated, meaning-centered adjuncts to psychotherapy, grounded in Jungian concepts of archetypes, the collective unconscious, and radical self-acceptance.*

*The workshop includes an overview of the historical development of astrology within diverse cultural contexts, situating it as a symbolic tool for understanding the self and others rather than a deterministic and predictive system. Attention is given to astrology's worldly contemporary cultural relevance and its role in identity affirmation, relational meaning-making, and culturally responsive care. The cultural significance of Walter Mercado is highlighted as an example of how affirming astrological language has supported hope, self-understanding, and relational insight within Latine communities.*

*Attendees will be introduced to esoteric astrology as a framework for supporting inner development, life purpose, and transpersonal orientation. Relational astrology, through the comparison of natal/birth charts, will be presented as a method for illuminating interpersonal dynamics, attachment patterns, communication*

*styles, and recurring relational themes. Clinical applications will demonstrate how these symbolic frameworks may support radical self-acceptance, facilitate the integration of shadow work, and foster nonjudgmental awareness of strengths and limitations. Relational astrology will also be explored in work with couples and families, including reframing perceived relational challenges, deepening mutual understanding, and supporting parents in attuning to children's temperament and emotional needs.*

*Case examples and guided experiential reflection show how relational astrology supports self-acceptance, enhances understanding in relationships, and can be ethically integrated into psychotherapy.*

**Fuerza en Colaboración: Cross-Disciplinary Strategies to Improve Access to Autism and ABA Services for Diverse Communities**

**Jennifer Lopez, MBA, MA, BCBA, LBA**

*Diverse families experience disproportionate delays in autism identification and reduced access to Applied Behavior Analysis (ABA) and related services due to cultural, linguistic, and structural barriers across healthcare, education, and community systems. This workshop presents an interdisciplinary model that strengthens access pathways by integrating ABA professionals, pediatricians, mental health clinicians, school teams, and community organizations to create unified, culturally aligned support systems. Grounded in Fuerza en Unidad, the session highlights collaborative referral frameworks, bilingual communication protocols, and family-centered navigation tools that improve early identification and increase service uptake. Attendees will learn practical strategies such as warm hand-offs, coordinated provider communication, culturally responsive caregiver training, and strengths-based screening approaches. Case vignettes will illustrate how cross-disciplinary partnerships enhance continuity of care, reduce caregiver burden, and support equitable outcomes. This workshop equips clinicians and allied professionals with evidence-informed tools to build sustainable, collaborative systems that honor cultural identity, elevate caregiver voice, and expand access to high-quality autism and ABA services across diverse communities.*