

Bio. Kate Reynolds MA, LPCC

Kate Reynolds has been a licensed psychotherapist in Santa Fe, N.M. for 15 years. She has taught Mindfulness Based Cognitive Therapy for the prevention of relapse of major depression and anxiety and currently teaches Mindfulness Based Stress Reduction at the New Mexico Heart Institute. In her private practice she integrates family/individual therapy with the practices of mindfulness meditation. Kate was a former Clinical Director of the SKY Center, a mental health clinic of the N.M. Suicide Intervention Project. She created the curriculum and taught the course *The Joy of Mindful Parenting*. Kate has studied with leaders in the field and has a long term, dedicated meditation practice.