

Kate Reynolds – Bio

Kate Reynolds, MA, LPCC, has been a licensed psychotherapist in Santa Fe, NM for eighteen years. In her private practice she integrates family therapy with the practices of mindfulness meditation.

Kate is the co-founder of The Santa Fe Center for Mindfulness, an organization dedicated to bringing mindfulness learning opportunities to children, teens, and adults. Through the center she has taught MBSR (mindfulness based stress reduction), MBCT (Mindfulness Based Cognitive Therapy) and partnered with UNM and the CDC on family based mindful eating research to prevent adolescent diabetes and obesity. She created the curriculum, *The Joy of Mindful Parenting*, and is the lead teacher for the Santa Fe Family Sangha.

Recently Kate became an mPEAK mindfulness and peak performance coach after taking a six month training with UCSanDiego. Kate has a long term, dedicated mindfulness practice, and has studied under known leaders in the field.