



Therapy of the Sun



# LUPITA MARTINEZ

BILINGUAL MENTAL HEALTH SPEAKER

## ABOUT

Lupita is a licensed bilingual therapist speaker that specializes in imposter syndrome, particularly with first generation professionals as well as females of color in the workplace. She also creates and facilitates workshops on imposter syndrome which provide skills to demystify imposter syndrome and develop a better sense of self to overcome imposter syndrome within academia and the workplace.

## TESTIMONIALS

"Lupita is a knowledgeable and enthusiastic presenter. She keeps her audience engaged"

-Janet Ambriz, Licensed Marriage and Family Therapist

"...I still remember how she explained belly breathing and it was helpful! I use that technique to this day!"

-Stephanie De Anda, High School Pipeline Program Supervisor

## PERSONAL SKILLS

Creative spirit  
Reliable and professional  
Organized  
Team player  
Motivated  
Passionate in Demystifying Imposter Syndrome  
Driven to Reduce Mental Health Stigma

## CONTACT

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## SOCIAL

facebook.com/therapyofthesun  
IG: @therapyofthesun

## OTHER TOPICS PRESENTED

- Stress and the Body: A Holistic Approach to Mental Health Needs
- Bold and Fierce Redefined: Emotional Intelligence in the Workplace
- Managing Emotions in the Day to Day
- Breaking Down Barriers: Complex Trauma and Self-Care in Undocumented Individuals
- Breaking Down Barriers: Demystifying Mental Health in Latinx Communities
- You, Stress, and Time: Your relationship redefined

...Feel free to reach out if you have a topic in mind that may not be listed to see if your goals align with Lupita's expertise

## EDUCATION

MASTER OF ARTS, CLINICAL PSYCHOLOGY  
CALIFORNIA STATE UNIVERSITY, DOMINGUEZ HILLS

BACHELOR OF ARTS, PSYCHOLOGY  
MINOR IN SPANISH LANGUAGE AND LITERATURE  
UNIVERSITY OF CALIFORNIA, BERKELEY

## APPEARANCES ON

