

BIO MARIA MARTINEZ ALONSO



Maria Martinez Alonso, M.A., is a European licensed Psychologist FSP, Person-Centered Psychotherapist, Trauma Therapist and Mindfulness Teacher. She co-directs the NJ Center for Mindful Awareness facilitating MBSR-programs (Mindfulness-Based Stress Reduction), advanced Mindfulness classes, retreats, and workshops.

Maria works since 2016 as a Mental Health Consultant for the Staff Counsellor's Office (Medical Services Division) at United Nations Headquarters in NYC, developing and delivering live and on-line trainings for UN employees on topics related to Resilience, Wellness and Self-Care, Stress Reduction, Emotional Self-Regulation, Mindfulness, Yoga, Change Management, Psychological First Aid, and Pandemic Preparedness. She guides mindfulness meditation sessions for the employees on-site and on-line. Maria collaborates with Rutgers University and with the Middlesex County Center for Empowerment delivering workshops on Mindfulness and Self-Care in English and in Spanish. Through her international background and her knowledge of foreign languages, she integrates a multi-cultural comprehension in her work.

Maria obtained her license as a Psychologist in Madrid, Spain, in 1993. She is a certified pca.acp Psychotherapist since 2003. She has more than 25 years of clinical experience. Before moving to New Jersey in 2015, she maintained for 13 years a private practice in Lausanne as a licensed psychologist and humanistic psychotherapist, certified sex-therapist, and accredited EMDR-Europe consultant (trauma) integrating Mindfulness practices in her clinical work. She taught the first MBSR-programs in French and in English in her adopted Swiss town between 2011 and 2015. She's currently finalizing her Yoga Teacher Training in Princeton.