



MALENA ARANÍBAR

Driven to promote a comprehensive approach to human mental health and well-being through art, culture, and therapy. Specialized in designing therapeutic assistance programs with an art therapy and mindfulness focus for vulnerable sectors in collaboration with civil society organizations. My interest in making a social impact is supported by my studies in Law and the clarity I have about it as a life purpose.

CONTACT

Cancun, Mexico

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📷 [danxica_dance](#)

📘 Fundación Danxica

🌐 Danxica.com

PROFESSIONAL EXPERIENCE

Work with non-governmental organizations

2017- present

Project Coordinator/Art therapy social programs designer

Fundación Danxica. National and international government funds. Cancun and Riviera Maya

- International Dance Festival Danxica.
- Performing arts production.
- Woman, Art and Resilience (social program).
- Mastery in the Art of Love (social program).

2023- present

Mindfulness Consultant

Instituto para la Seguridad y Democracia, A.C. (INSYDE). Remote. Chihuahua

Project: "Construction of an early mental health and comprehensive well-being care model for cadets, police officers, and their families with a human rights focus."

2015-2021

Therapeutic Direction

Clister, A.C. Cancun

Individual and group therapy for people with codependency, depression, and anxiety. Holistic approach with art therapy, organic body movement, and mindfulness.

Work as a psychotherapist

2011 to present

Director/Founder. SER Y SANARTE

- Individual and group psychotherapy (in-person and online). Mindfulness-based cognitive therapy.
- Theoretical and practical Mindfulness classes.
- Active meditations sessions (involving body movement or dance).
- Meditation sessions in natural settings.
- Acupuncture for psychological support.
- Conducting talks and workshops on reflection and self-awareness.

ADDITIONAL EXPERIENCE

2010-2013

Director of the Urban Image and Public Spaces Municipal Department. Cancun

- Zoning and advertising permits.
- Internal audit.
- Citizen Council member.
- Regulation reforms proposals.

2004-2009

Law Degree Program Coordinator. Universidad Magna. Cancun

Responsibilities include curriculum design (syllabus), program reopening, and recruitment and selection."

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EDUCATION

2019-2021

Master's in General Psychology with a focus on Clinical and Health Psychology

ISEB Instituto Superior Europeo de Barcelona.

2013-2017

Certified in Acupuncture and Moxibustion. Psychiatry-focused. Training in Mindfulness and Qi Gong

Escuela de Formación en Técnicas Orientales Neijing, A.C. y la Asociación Hispano-Americana de Acupuntura Beijing '84 (España).

1998-2003

Bachelor's Degree in Law

Universidad La Salle. Campus Cancún, México.

SPECIALIZED TRAINING

- **Chile, 2016.** Design of therapeutic assistance programs.
- **Mexico City, 2016-2018.** Biodanza.
- **Puebla, Mexico 2017.** Healing Humanism Course, Traditional Chinese Medicine. Escuela de Formación en Técnicas Orientales Neijing, A.C.
- **Mexico City, 2016.** Clinical Qigong Course, Traditional Chinese Medicine. Escuela de Formación en Técnicas Orientales, A.C..
- **India, 2008.** Osho Active Meditations Certifications. Osho Center.
- **Mexico City, 2016.** Osho Active Meditations Certifications. Osho Center.
- **Mexico City 2014-2016.** Mindfulness Courses Levels 1-5. Yoga Espacio.

LANGUAGES

Fluent in both oral and written English and Spanish.

SKILLS

- Team Coordination
- Teamwork
- Effective Communication
- Results-driven
- Self-development
- Strategic Thinking
- Inspiring and Advising Others
- Managing Change and Ambiguity
- Resource Management
- Creative Writing

INTERESTS

- Meditation
- Yoga
- Dance
- Creative Writing
- Music
- Reading