

ISMETA Board Training  
June 18, 2021  
12:30-2:00PM EDT

### The Mindful Genogram: The Examination of Ancestral Bias

- The participants will be guided in mindful examination of intergenerational family history to identify patterns of racism, bias, and white supremacy.
- Participants will examine their history through the internal work of the Mindful Genogram.
- Mindfulness practice and Mind-Body skills will be used to shift physiologic responses as needed.

#### Facilitators:

**Dr. Kathy Farah**, certified with the American Board of Family Medicine and the American Board of Integrative Medicine, has practiced family medicine in Western Wisconsin for over 30 years. She is Senior Faculty with the Center for Mind Body Medicine and Clinical Lead for the VISN 8 program incorporating Mind-Body Medicine and the Whole Health Program in Florida, South Georgia and Puerto Rico, and for the Native American and Indigenous programs. Dr. Farah has extensive experience in individual, community, historical and global trauma including in communities devastated by unnatural disasters and racism. She is the co-creator and presenter of Unpacking Racism courses with Carol Penn, DO combining evidenced based Neurobiology, Meditation, Movement, and Mind-Body Medicine.

**Dr. Carol Penn**, D.O., M.A., FCOFP, Dipl. ABOM, Founder and CEO of Penn Global Visions LLC, is a doubly board-certified physician in Family Medicine and Obesity Medicine, a Master movement, meditation and mindset coach as well as a two-time bestselling author and a highly sought-after international speaker. Additionally, Dr. Penn is a *Medical Correspondent* for WURD Radio Station in Philadelphia; host and content creator of her show and podcast: *Weightless in Mind, Body, and Spirit*; Clinical Faculty, Rowan University School of Osteopathic Medicine; Faculty, Center for Mind Body Medicine; Certified Health, Wellness, and Fitness Coach and Founder/Artistic Director of Core of Fire Interfaith Dance Ministry.