



- **Overcoming Racism 2019: Dismantling White Supremacy - Its Power, Structures and Culture**

- November 15-16, 2019, Metropolitan State University, St. Paul, MN

The Mindful Genogram
The Examination of Ancestral Bias
Drs. Carol Penn and Kathy Farah

Objectives

- The participants will be guided in mindful examination of generational family history to identify patterns of racism, bias, 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.

Carol Penn, DO
Pronouns She/her/hers

- Dually Board Certified in Family Medicine and Obesity Medicine
- Master Movement, Meditation, and Mindset Coach
- Speaker
- Author of Best Selling Book, MEDITATION IN A TIME OF MADNESS
- Founder and Chief Visionary Officer of Penn Global Visions, LLC
- Medical Correspondent/Podcaster for WURD RADIO
- Clinical Faculty, Rowan University School of Osteopathic Medicine, NJ
- Faculty, Center for Mind Body Medicine, Washington DC
- Staff Physician, CentraState Family Practice, Freehold, NJ
- Co-Founder, Director/Choreographer Core of Fire Interfaith Dance Ensemble
- URL: www.drcarolpenn.com
- Email: info@drcarolpenn.com
- Office phone: 732-842-3932

Kathy Farah, MD
Pronouns She/her/hers

- American Board of Family Medicine
- American Board of Integrative Medicine
- Diplomate Academy of Integrative Health and Medicine
- Family Medicine in Western Wisconsin for over 30 years, now at Western WI Health
- 2007-2018, Mayo Clinic Health Systems, Red Cedar, Glenwood City, WI
- Consultant in Integrative Medicine at Children's MN, Minneapolis (Pain Palliative Care and Integrative Medicine) for 15 years
- Center for Mind Body Medicine (www.cmbm.org), US and Global Trauma Relief , Senior Faculty , Clinical Lead Native American Program, Clinical Lead VISN 8 combined curriculum with Whole Health Coaching
- CranioSacral and Visceral Therapy Training
- Speaker
- URL: www.kathyfarahmd.com
- Email: Kathy@kathyfarahmd.com

Resources

- Carol Penn, DO info@drcarolpenn.com
- Kathy Farah, MD
Kathy@kathyfarahmd.com
- Center for Mind Body
Medicine www.cmbm.org
 - Professional Training , Minneapolis,
July 17-21,2020
 - The Transformation- James
Gordon, MD

Resources

- Dutch Famine Studies-DNA methylation as a mediator of the association between prenatal adversity and risk factors for metabolic disease in adulthood
 - Elmar W. Tobi et al, *Science Advances* 31 Jan 2018:Vol. 4, no. 1
- Adverse Childhood Experience Study
 - Felitti VJ, et al The Adverse Childhood Experiences (ACE) Study. *Am J Prev Med.* 1998 May;14(4):245-58.