

## ***Meet Dr. Mercedes Samudio, LCSW***

*Brainspotting Consultant*

[mercedes@shameproofparenting.com](mailto:mercedes@shameproofparenting.com) | 714-758-5988 | [Instagram](#) | [LinkedIn](#) | [Resources](#)

---

### **Who am I?**

I'm an African American cisgender heterosexual, able-bodied-facing woman residing on Tongva Land who is also a solo eclectic hedge witch, Hufflepuff, MCU mythologist who thinks she's Batman and is on her healing journey while also riding in the tail of the comet with folks on their healing journeys.



### **What do I do?**

My work spans guiding individuals through trauma healing, narrative rewriting, and rediscovering their true selves. This includes parent coaching with a trauma-informed approach, mentoring professionals, and indulging in my unique AfroNerd identity, celebrating my love for comic book heroes and horror films.

### **How did I come to Brainspotting?**

Initially trained in EMDR, my quest for deeper trauma-healing methods led me to Brainspotting (BSP) in December 2021. The approach's alignment with my goals of decolonizing my practice and integrating more body-centric and non-traditional modalities convinced me to pursue BSP certification, making it a core part of my therapeutic work.

### **What frameworks do I use in addition to BSP?**

I integrate a family systems perspective, acknowledging families' crucial role in healing. My toolkit also includes EMDR techniques, complementing BSP by addressing dissociation and accessing memory networks. Additionally, I offer training for mental health professionals in areas like parent engagement in healing, support for African American families, and professional development. I'm also an author, speaker, and professor, bringing those experiences to the work I do as well.

### **Who do you work with?**

I collaborate with parents, families, tweens (9-13 years old), and mental health professionals in need of supervision or consultation. My diverse experience includes community mental health, case management, private practice management, nonprofit development, and social media marketing. My engagement with geek culture and perspective as an AfroNerd further enriches my work.

### **How much are your consultation sessions?**

\$175 per 50 min session, and we usually meet once a month.

## **Full Bio**

Dr. Mercedes Samudio, DSW, LCSW (she/her/hers), resides on Tongva Land, currently recognized as Southern California. She is a visionary blend of academic rigor, pioneering entrepreneurship, and heartfelt compassion—a licensed clinical social worker distinguished by her impactful career as a media consultant, bestselling author, international speaker, and innovative African American mental health researcher. At the core of her work lies a commitment to nurturing a healthy parental identity across global communities, guided by her revolutionary [Parental Identity Development \(PID\) Model](#)©. This model is not just an academic framework but a transformative journey for parents striving to cultivate a nurturing and understanding relationship with their children, free from the shackles of societal expectations and personal past traumas.

Mercedes created [Shame Proof Parenting](#)™ as a response to the pervasive sense of inadequacy and guilt many parents experience, aiming to foster relationships built on empathy, understanding, and unconditional love. The framework is deeply rooted in Dr. Samudio's journey through the challenges of systemic racism and the childhood trauma she experienced. Her struggles with abuse and mental health issues during her formative years exposed the stark disparities and stigmatization that African American youth face. This philosophy, alongside the #EndParentShaming movement, is a testament to her commitment to decolonizing mental healthcare. It integrates trauma-informed support to empower parents to heal their past wounds, enabling them to raise whole, healthy children. By merging her personal experiences with Paulo Freire's ideas of transformative action, Mercedes has pioneered an approach that challenges oppressive structures and offers solace and guidance to thousands of parents seeking to navigate their parenting journey gracefully and confidently.

Her work is a relentless pursuit of equity and cultural sensitivity in mental healthcare, marked by her advocacy for challenging systemic barriers, developing cultural expansiveness (encompassing humility, awareness, and competence), diving into advocacy and awareness through research, and empowering communities to be their own healing space.

Beyond her professional endeavors, Mercedes cherishes her personal life, where she finds joy and solace in the company of her husband, best friend, and soulmate, alongside their beloved fur kids (two cats and a dog). Their home in sunny SoCal is a testament to the balance she maintains between her professional commitments and the peaceful family life she's created.

Dr. Samudio's career spans various facets of mental healthcare, including work with adoptive and foster families, teen parents, families navigating the child protective services system, and children living with mental illness. Her contributions have not gone unnoticed, earning her features on prestigious platforms like NPR, Studio 1A, Good Morning America, KQED's The Forum, The Times UK, and The Huffington Post.