

ABOUT DR. ANA NOGALES



Ana Nogales, Ph.D. is a clinical psychologist, founder of Nogales Psychological Counseling, Inc., and Casa de la Familia, which she established for victims of trauma. She practices in Los Angeles, Orange and Riverside Counties, supervising a clinical staff of fifty five bicultural-bilingual mental health professionals and an outreach program for domestic violence and sexual assault.

Dr. Nogales is President of the Association for Latino Mental Health Awareness (ALMA) in Los Angeles & Orange County, Las Comadres para las Americas, and 2-1-1 Orange County.

She recently launched her magazine on health, psychology, and lifestyle: ***Doctora Ana, Salud Psicología y Vida***. The author of four books, Dr. Nogales' newest release is ***Latina Power: Using Your 7 Strengths to Say No to Abusive Relationships (a Latina Power Workbook)***. Her previous books include ***Parents Who Cheat: How Children and Adults Are Affected When Their Parents Are Unfaithful*** (HCI Books.); ***Latina Power! Using the 7***

Strengths You Already Have to Create the Success You Deserve (Simon & Schuster); and ***Dr. Ana Nogales' Book of Love, Sex and Relationships: A Guide for Latino Couples*** (Broadway Books).

Dr. Nogales' innovative curriculum for adolescents ***LaTEENa Power! - 7 Inner Strengths for Creating Success*** offered for schools and community groups throughout the country.

Featured regularly in the media, particularly on Univision and Telemundo, where she has hosted her own talk show, Dr. Nogales also writes a weekly column for *La Opinion* (Los Angeles) for seventeen years and continues to write for mainstream periodicals and blogs, including Psychology Today.com. She has been a featured speaker at numerous workshops and conferences throughout the U.S., including the Women, Power and Peace Conference at the Omega Institute and the Women's Foundation, as well as at conferences in Mexico City, Guadalajara, and Buenos Aires.

An accomplished playwright, Dr. Nogales' most recent play, ***Don't Call Me Baby!*** deals with the explosive issue of human trafficking. Her previous play, ***De Sabios y Locos***, helped raise awareness of mental health issues within the Latino community.

Her life and accomplishments were featured in the exhibit "Latinas: The Spirit of California" at the California Museum for History, Women, and the Arts, in Sacramento.

Also visit www.drnogales.com, www.casadelafamilia.org, www.DoctorAna.net.