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She holds a PhD in Social Anthropology (Institute of Anthropological Research; UNAM), an MSc in Social Psychology (London School of Economics and Political Science; University of London), an MFT in Systemic Family Therapy (CRISOL Institute), and a BA Hons in Political Studies and History (School of Oriental and African Studies, University of London). She also has a professional diploma in translation and interpreting (Institute of Linguists, UK; English and Spanish), and works with nine languages academically.

She lectures at undergraduate and postgraduate level in psychology, social sciences and humanities in public and private universities (National Autonomous University of Mexico, UNAM; Autonomous University of the State of Morelos, UAEM; University of the Valley of Mexico, UVM; Crisol Institute; Centre for Political and Social Studies, CEPS; Centre for Superior Naval Studies, CESNAV) and has led and worked in research projects for the National Council of Science and Technology (CONACyT) and the National Autonomous University of Mexico (UNAM). As specialized consultant at Scientific Innovation and Marketing (SIM), she has led national projects for the pharmaceutical industry, focusing on reproduction, women and vulnerable sectors.

She has more than thirty peer reviewed publications on gender, social representations, identities, peace, motherhood, regional development and migration. She has been organizer and has participated in over 70 national and 45 international congresses.

An active feminist and leader of young people from civil society, she is founder of the NGOs *Beenguna Bee* AC (Moon Woman) and *Tierra Joven* AC (Young Earth). She has actively engaged in peace negotiations and peace and security debates at the Latin American Council for Peace Research (CLAIP), and is currently vice-president of the Mexican Association of Regional Development (AMECIDER).