

Holistic Healing for Immigrant Undocumented Youth

This workshop will provide participants with insights into the experiences associated with immigrant/undocumented youth in the United States. Participants will learn about important policies, laws and relevant history which contribute to the broader social and political environment. In addition, participants will take away a spectrum of effective healing practices and frameworks for serving undocumented youth.

Jose Ivan Arreola-Torres was born in Durango, Mexico and came to the United States when he was three years old. Upon graduating from Santa Clara University, Jose was trained as a community organizer for racial and economic justice by the Center for Third World Organizing in Oakland, CA. Shortly after his organizing work in 2010, Jose joined Educators for Fair Consideration (E4FC)- a San Francisco non-profit organization dedicated to supporting and advocating for undocumented young people. Jose currently serves as that Director of Educational Equity Initiatives. In 2013, Jose was selected a Rockwood Fellow for a New California- a recognition given to some of the most influential immigrant rights leaders in the state of California. As an undocumented immigrant himself, Jose utilizes his experiences, training and skills to empower, mobilize and transform the lives of other undocumented young people all over the United States. Jose has trained hundreds of mental health professionals and community leaders about the emotional, mental and spiritual wellness of undocumented youth. He is a member of the executive planning committee for the Bay Area Healing Clinic Collective- an organization which brings healing to members of marginalized communities with a scared and politically-informed practice. Jose is also the founder of the Undocu-Healing Project, an initiative aimed at creating opportunities for holistic healing for undocumented young people throughout California.