



MERCEDES SAMUDIO



TARGET AUDIENCE

Any parent who wants to feel confident in their parenting, empowered in raising healthy children, and ready to be freed from the mess that being shamed for your parenting brings to your family. Mercedes supports parents to find the parenting strategies that actually work and leads to whole, healthy families.

BRIEF BIO

Mercedes Samudio, LCSW is a parent coach, speaker, and bestselling author who helps parents and children communicate with each other, manage emotional trauma, navigate social media and technology together, and develop healthy parent–child relationships. As a Licensed Clinical Social Worker with a private coaching practice, Mercedes has worked with adoptive families, foster families, teen parents, parents navigating the child protective services system, and children living with mental illness. Mercedes seeks to empower parents to believe that they are already great guides for raising healthy and happy children.

SUGGESTED INTERVIEW TOPICS AND QUESTIONS

- What does it mean to be a shame–proof parent?
- How can a parent manage their child’s behaviors when they’ve tried everything?
- What are some ways professionals can be supportive of the parents they help and/or work with?
- How do parents navigate the tween/teen years and still keep their sanity?
- Are we currently raising more entitled kids in this generation than ever before?
- Why does a parent need to get back to their humanness to be more effective as a parent?
- What are parenting defense mechanisms?
- What is a shame–proof village and how can a parent get one?

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SPEAKER TOPICS

Parent Coach Mercedes Samudio, LCSW does parenting workshops for both parents and professionals that shed light on common parenting issues and skills needed to be effective in working with families.

Mercedes has spoken at schools, conferences, online summits, and has been a guest on numerous podcasts. She is a dynamic speaker who uses a mix of life experience, academic expertise, and a vibrant personality to engage her audience.

Here are a list of topics that Mercedes can speak on:

USING NONVIOLENT COMMUNICATION IN FAMILIES: EFFECTIVE PARENTING TECHNIQUES FOR CREATING CONNECTION IN FAMILIES

In this workshop for parents and professionals we'll focus on what nonviolent communication is and how using it can build more connection and less disconnect in families.

HEALING THE BREAKS: REPAIRING THE PARENT-CHILD RELATIONSHIP

This parenting workshop, for both parents and professionals, will focus on what it takes to acknowledge and repair ruptures in the parent–child relationship through attachment based philosophies.

WORKING WITH FAMILIES: A COLLABORATIVE, EMPOWERING, AND SHAME-PROOF APPROACH

In this workshop for professionals, we will discuss the strategies and skills to be effective with families while doing field based services and create real change for the populations who need it most. The workshop focus on working with families, including a discussion on family systems theory, family therapy approaches, and creating therapeutic alliances with the whole family unit.

BECOMING A SHAME-PROOF PARENT

Shame–proof parenting focuses on helping parents connect to themselves and their families to keep external forces from breaking the family. In this workshop for parents and professionals, we discuss the six core areas needed to understand the shame–proof parenting framework.

PRAISE FOR MERCEDES' SPEAKING:



Mercedes is a pleasure to work with. She is professional and very organized. Her ability to engage parents and try to truly understand where they are coming from is a great skill set that she possesses. I look forward to continuing to work with her in the future.

Iman Turner
Mark Twain Middle School



Mercedes was our guest speaker for a Parent Education Night on Teen Stress at Diamond Bar High School. She was very relatable and humorous in her delivery to our audience while also providing valuable information to assist parents to better understand and manage their teens' stressful lives.

Sandy Davis
Diamond Bar High School Wellness Center Coordinator



I asked Mercedes Samudio to come and put on a family therapy training for my staff of therapists because I knew from her work that she would be the one that could inform and inspire. Mercedes did not disappoint. She was able to take a topic that often times makes therapist anxious and make it understandable and achievable. It was clear that she has a passion for working with families. I have had the privilege of also following her #endparentshaming campaign and have loved her approach to helping parents and families. I would definitely look to Mercedes for her expertise in family work and also parenting work.

Jasmine Adams,
LCSW, Clinical Director & Private Practice Provider

Please contact Mercedes at mercedes@shameproofparenting.com to inquire about speaking at your organization or your next event.



THE BOOK

SHAME PROOF PARENTING:

Find your unique parenting voice, feel empowered, and raise whole, healthy children

The #1 Amazon Bestselling Book

How do you know if you're doing this parenting thing right?



When your preschooler throws a tantrum, when your tween receives a crushing text message from her friend, when your teenager starts to act out in rebellion, what do you do? You worry your reaction is just going to make everything worse and drive a wedge between you and your child. And then your mother will call to say, “I told you so.”

Typical parenting advice doesn't help, either. Your child's behavior is still a problem, and you are still sinking in self-doubt. But you are not alone, and there is a way for you to rebuild a healthy relationship with your child.

In this book, you will:

- Learn how to communicate with your child, in a way you both feel understood,
- Manage behaviors so that both of you feel respected,
- Create your Unique Parenting Manual so that you and your child can grow together, rather than apart,
- Finally feel confident in your ability to raise a whole, healthy child.

With judgemental stares, off-hand comments, and outright intervention, our society shames parents, who are simply trying their best to raise children. In bearing that burden, parents pass the shame onto their own children. It's time to stop shaming each other. As you find your own parenting voice in the pages of this book, let's work together to #endparentshaming and to turn to each other for support in this difficult journey of raising beautiful, complicated children.

Publication Date: April 17, 2017

Available from Amazon, Barnes & Noble, and Apple iBooks in ebook, paperback, or hardcover editions.

PRAISE FOR SHAME PROOF PARENTING:

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I love this book! Mercedes Samudio is a vocal support for every parent who has felt inadequate, for every parent who has blamed themselves for their child's conduct, for every parent who has been blamed, and for every parent who second guesses their parenting decisions.

“

Smart, honest, real. This book gives clear guidance from an understanding that each of us, and each of our kids, are different.

“

Shame Proof Parenting is a thoughtful, heartfelt book. The people who find this book are going to feel so seen, heard and known. Samudio really models for parents what she wants for them—the recognition that we are all human, all imperfect and all on a journey—and that is so powerful. The real gift of this book is the author's own vulnerability in sharing her story, her shame, and her recovery from shame ruling her life.

“

Mercedes reaches deep into her own courage to talk about how shaming shaped her own childhood and then she delves into her professional bag of wisdom and learning to show us the way out.

“


Wow! I couldn't put it down. From Mercedes' personal story to the lessons we can apply to our own lives to release ourselves and our children from the heavy burden of our past, this book is refreshing, honest, and written in plain English (a rare thing with parenting books). This is going right to the top of my parenting book recommendations.



MEDIA PRESENCE

Mercedes Samudio, LCSW has a social media following that allows her to touch the hearts of parents and professionals from all over the world. Her engaging posts are shared by her fans and followers and spread awareness about important issues in the areas of parentings, family, self-care, and mental health. Mercedes even started the social media campaign, #endparentshaming, to bring awareness to ending parent shaming and supporting parents on their parenting journey.

Take a look at Mercedes' social media stats and reach:

 3.7k Fans and Followers // Posts reach 4k a month

 8k Followers // Posts reach 10k a week

 1.6k Followers // Posts reach 2k a month

Along with her social media following, Mercedes is as a major influencer and is a sought after expert for both print and online media, online summits and social media events.

Mercedes has been featured in the following media outlets:

Huffington Post
Kids In The House
CBS LA
LA Parent Magazine
Therapy Chat
Parenting OC Magazine
GoodTherapy.org

The New Social Worker Magazine
Your Teen for Parents Magazine
First5LA
PsychCentral
Family Confidential Podcast
Practice of Being Seen Podcast
MeTyme Network

