



DORLIE BANBANASTE
Program Director & MBSR Facilitator
Mindful Kids Miami
Miami, FL



Dorlie began her journey with Mindful Kids Miami in 2015 when she attended her first mindfulness training, the Mindfulness-Stress Reduction (MBSR) program. She immediately knew mindfulness would be an essential part of her life and work. At that time, she was working with children, teens, and adults as a mental health therapist and witnessed the therapeutic benefits of combining therapy practice with mindfulness.

In the past 8 years, Dorlie has grown to become a principal member of the organization as its program director and lead mindfulness trainer. She created the MBSR modified program, The Compassionate-Choice (MBSR), emphasizing trauma-sensitive practice for staff members who work with vulnerable populations. She holds a degree in Music Theory and Performance and a master's degree in Mental Health Counseling. Dorlie values being an agent of support and advocacy for research-based well-being and healing practices.