

SOMATIC PSYCHOTHERAPIST, MENTAL HEALTH  
EXPERT, MINDFULNESS TEACHER, KEYNOTE SPEAKER,  
POET & AUTHOR

# Francesca Maximé



ABOUT  
FRANCESCA  
MAXIMÉ

Francesca Marguerite Maximé is a Haitian-Dominican Italian-American Licensed Psychotherapist, Somatic Experiencing Practitioner, Certified Mindfulness Meditation Teacher, Relational Life Therapy Couples & Life Coach, Speaker and award-winning Poet/Author in Brooklyn, New York. She is also the host of the [#Rerooted Podcast](#) on the [Be Here Now Network](#).

Maximé integrates mindfulness and relational practices, Buddhist psychology, attachment styles, neuroscience research, positive neuroplasticity, Nonviolent Communication, Focusing, narrative expression and somatic “bottom-up” approaches in her private and group coaching and trainings with clients and students.

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## Long Bio

Francesca Maximé, LMSW graduated from Harvard University with a degree in English Literature and Fordham University with a Masters in Clinical Social Work. She has written two books; *Rooted: A Verse Memoir* was published by NYQ Books in 2012 and *ReRouted: Verse for the Human Animal* was published in 2013. She is the 2019 recipient of the International Society of Traumatic Stress Studies Outstanding Student Advocacy & Service Award, as well as the 2019 first prize winner of the Allen Ginsberg Poetry Awards. As the host of the #Rerooted Podcast on the Be Here Now Network, Maximé interviews renowned neuroscientists, trauma specialists, activists, psychotherapists, and Buddhist and mindfulness meditation teachers around the issues of systemic racism and oppression, gender identity, sexual orientation, trauma, mindfulness, and sustainable wellbeing.

Maximé's career began in working in Fortune 500 companies in Sales and Marketing, traveling around the country addressing Bank Presidents, CEO's, sales and marketing teams, and more. As a TV news personality, Maximé appeared on-air as a news anchor and correspondent for local, national, network and international television stations including PBS NewsHour, Bloomberg, NY1, WPIX, NBC and FOX. She interviewed countless celebrities and politicians alike (Mike Bloomberg, Mitt Romney, Chuck Schumer, George H.S. Bush, Ben Affleck, Matt Damon, Blake Lively, Zoe Saldana, Bill Murray, Jessica Simpson, Penn Badgley, James Franco, Janet Mock, Alicia Keys, Swiss Beatz, Chace Crawford, Ed Westwick, RHONY's Ramona Singer, Sonja Morgan, Oliver Stone, Richard Gere) while reporting 'live on scene' from some of the most groundbreaking and transformative domestic and international stories of our time, including 9/11, Occupy Wall Street, the Catholic Priest sex abuse scandal, the Syrian conflict, Book Haram Islamists, and more. She also got a chance to pilot an F-16 with the Air Force Thunderbirds and pull 9 G's, as well as fly with the Blue Angels, in addition to reporting from an aircraft carrier for Fleet Week. Experiences!

She has been mentored in mindfulness meditation practices by clinical psychologist and Insight Meditation Society co-founder and Spirit Rock Meditation Center founder Jack Kornfield, Ph.D. and has also been a mindfulness student of clinical psychologist and Insight Meditation Community of Washington, D.C. founder Tara Brach, Ph.D. Francesca has sat in silent retreat cumulatively for several months.

# Francesca Maximé

Francesca Maximé is a somatic psychotherapist, mental health expert, mindfulness teacher and anti-racism educator.

Providing quotes, on-air commentary, context and analysis around the culture's current stories in news, politics, mental health, relationships, and more.

- **Mental Health**

- Pandemic anxiety, social anxiety, grief and loss
- Mental health disparities by race, gender and orientation
- Mindfulness, coping skills, cultivating empathy
- The changing nature of work (virtual and in-office)
- Tolerating uncertainty in the face of world events
- Reclaiming joy and finding a workable new normal

- **Racial Equity**

- Racial tension, economic anxiety, modern policing
- Cultural sensitivity in a multi-racial world
- Navigating cancel culture, political correctness, and crisis communication

- **Relationships**

- Healthy relationships, communication strategies, modern dating, new relationship configurations (intentional non-monogamy, open relationships, etc.)
- Starting a family later in life and single motherhood
- Navigating LGBTQ-TGNC conversations with friends, family, and in the workplace
- Dating With Integrity/No Ghosting



# PODCAST HITS

The [#ReRooted Podcast](#) with Francesca Maximé explores approaches to transforming trauma with insights from psychology, neuroscience, spirituality, social justice and the creative arts.

## **Somatic Experiencing with Dr. Peter A. Levine**

14,006 Listens / Views [Listen to Episode 5](#)

Dr. Peter A. Levine, a pioneer in the field of psychology, talks with Francesca about healing trauma through Somatic Experiencing.

## **Polyvagal Theory with Dr. Stephen Porges**

14,655 Listens / Views [Watch on YouTube](#)

Francesca talks with Dr. Stephen Porges, the developer of Polyvagal Theory, about the autonomic nervous system, trauma, safety/intimacy, and mindfulness.

## **The Physiology of Belonging with Dr. Bruce Perry**

8,566 Listens / Views [Listen to Episode 38](#)

Dr. Bruce Perry and Francesca explore how the physiology of belonging heals the colonized traumas of cultural fragmentation and implicit bias.

[Download High Resolution Headshots Here](#)

## CONNECT



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# FRANCESCA MAXIMÉ, LMSW, SEP

SOMATIC EXPERIENCING PRACTITIONER  
& CERTIFIED MINDFULNESS TEACHER, PAGE 1  
[WWW.MAXIMECLARITY.COM](http://WWW.MAXIMECLARITY.COM)

## PERSONAL PROFILE

Somatic Experiencing Practitioner, Certified Mindfulness Meditation teacher, Couples & Life Coach, wellbeing guide, & Poet/Author. Former television news anchor. Current podcast host, #WiseGirl & #ReRooted on Ram Dass's Be Here Now Network: <https://beherenownetwork.com/category/francesca-maxime/> Emphasis on applied mindfulness, trauma resolution, & creative expression.  
[www.maximeclarity.com](http://www.maximeclarity.com)

-  Brooklyn, NY 11215
-  [info@francescamaxime.com](mailto:info@francescamaxime.com)
-  508.922.2004
-  <https://tinyurl.com/y726hxyx>

## SKILLS

- Exceptional trauma resolution, mindfulness, communication, social media, writing/editing, presenting & networking skills
- Clinical one on one & group work in person & online
- Successful working in a team environment as well as independently in person and online
- The ability to work under pressure and multi-task
- The ability to follow instructions and deliver quality results across teams and platforms internally & externally
- Emphasis on Diversity, Equity & Inclusion; racial & social injury

## WORK EXPERIENCE

**Maximé Clarity Somatic, Life, Couples, Executive & Organizational Coaching; Antiracism Educator, Mindfulness Meditation Teacher**  
JUNE 2015-PRESENT

- Teach & lead trauma resolution & mindfulness to groups & individuals privately & publicly, online & in-person
- Host of the #ReRooted podcast on the Be Here Now Network
- Create Social Media Marketing campaigns to promote mindfulness awareness and teachings

**Brooklyn Somatic Psychotherapy**  
2020-PRESENT

- Treat couples and adults using somatic psychotherapeutic modalities including somatic experiencing, focusing, indigenous focusing, relational life therapy, mindfulness, & more

**Psychotherapy & Spirituality Institute, MSW Intern**  
2019

- Recruit & treat 16 adults & couples under weekly Supervision
- Run public grief groups w/ Trinity Wall Street
- Create Staff In-Service Presentations & attend Peer Supervision
- Create Organizational Marketing Brochures, Job Descriptions

**Good Shepherd Services, MSW Intern**  
2019

- Conduct clinical trauma healing work one-on-one w/ court-involved youth in East New York, Brooklyn
- Create & administer staff support Mindfulness group
- Conduct clinical trauma work one on one for/with staff (EAP)



# FRANCESCA MAXIMÉ, SEP, CMT-P, IFOT, RLT

SOMATIC EXPERIENCING PRACTITIONER, CERTIFIED MINDFULNESS MEDITATION TEACHER, INDIGENOUS FOCUSING ORIENTED THERAPY PRACTITIONER & RELATIONAL LIFE THERAPY COUPLES COACH PAGE 2  
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## EDUCATION

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- Fordham University, Master of Social Work: MSW, May, 2020. 3.9 GPA; Phi Kappa Phi Honor Society
- Harvard University: A.B. English Literature & Languages
- U.C. Berkeley: Mindfulness Meditation Teacher Certification (2018)
- Journey Meditation Mindfulness Teacher Certification (2016)
- Justice Institute of British Columbia, Indigenous/Aboriginal Focusing Oriented Therapy Certification (2019)
- Somatic Experiencing Trauma Institute Certificate (2019)
- Focusing-Oriented Psychotherapy Certification (2020)
- Relational Life Therapy Couples Coaching Certification (2020)

## MEMBER

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- [www.maximeclarity.com/about](http://www.maximeclarity.com/about)
- International Mindfulness Teachers Association
- The National Association of Poetry Therapy
- U.S. Assn. for Body Psychotherapy

## WORK EXPERIENCE, CONT'D - JCCA, MSW INTERN

2018

- Conduct clinical trauma healing work w/ underserved
- mothers in Child-Parent Psychotherapy Preventive Care Model, including home site visits; Individual & Peer Supervision weekly
- Attend various trainings on trauma & attachment

## Elite Daily, Head Editor, Body and Mind

2017

- Managed a team of writers and editors for digital millennial site
- Worked with various divisions and teams on social media campaigns, videos, and copy creation
- Conducted interviews with various experts in field

## Journey Meditation, Meditation Teacher

AUGUST 2016-JANUARY 2017

- Mindfulness Meditation Practice in the Journey Method – secular meditation in New York & beyond; corporate, group & private settings. Yoga practitioner.

## PBS NewsHour, ARISE TV, EBRU TV, Bloomberg TV, NY1, WPIX-TV, Correspondent, News Anchor, Reporter, Writer

2011-2016

- Research, write, pitch, produce, field produce, appear on-air in stories for PBS NewsHour show, daily newscasts, international broadcasts, and more. Coordinate social media and manage team of field producers, editors, photographers/videographers, and more. Worked on tight deadlines to ensure smooth product delivery and on-air presentation

## AWARDS

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- 2019 First Prize Winner Allen Ginsberg Poetry Awards: "Pleather"
- 2019 recipient of the International Society of Traumatic Stress Studies Outstanding Student Advocacy & Service Award