

The Hidden Dimensions of Women's Empowerment: Latina Perspectives

Dr. Patricia Arredondo

Description: The purpose of this retreat is to examine historic literature and contemporary research about the strengths and contributions of Latinas to families, communities, and to women's psychological empowerment. The concepts of *Mujerismo*, empowerment, and the power of intersecting identities are visible themes. Four historic and ground-breaking figures will be highlighted—Sor Juana Inés de la Cruz, Antonieta Rivas Mercado, Julia de Burgos, and Frida Kahlo. Their hidden dimensions of personal worth and leadership that have informed Latina feminist perspectives and values will be discussed. Contemporary U.S.-based research about women's persistence and their expressions of empowerment in different contexts and roles will be discussed. Participants will prepare a roadmap to inform their personal careers as well as their work with Latinas.

The retreat

This is a residential program to be held in Mexico City over a four-day period and is limited to 15 attendees.

The Program will be offered twice in 2025!

Select the program dates that suit you best:

March 26–30, 2025

or

July 2–5, 2025

Wednesday, July 2nd, 2025

Arrive no later than 12 noon

4:00pm - Depart hotel

5:00pm - Bienvenidas: Personal Dimensions of Empowerment and how these inform one's work.

6:00pm - Ceremonía de Cacao

7:00pm - Welcome Dinner

Thursday, July 3rd, 2025

8:00am - Breakfast at hotel

9:00am - Personal Dimensions of Empowerment and how these inform one's cultural worldview

10:15am - Depart Hotel to Universidad de Londres

Afternoon

Depart for Coyoacan

Visit la Casa Azul of Frida Kahlo and Mercado de Coyoacán, Jardín Hidalgo and Iglesia de San Juan Bautista.

Debrief at Centro Cultural Coyoacan

Dinner

Friday, July 4th, 2025

8:00am - Breakfast

9:00am - Themes from historic women's practices of empowerment on behalf of themselves and others.

Visit to La Casa Rivas Mercado

Visit El Claustro de Sor Juana

3:00pm - Lunch at **IDENTIFY A RESTAURANT NEAR ZOCALO**

4:00pm - Explore Centro Historico, Bellas Artes, El Zócalo and the National Cathedral.

Dinner - Dinner on your own

Saturday, July 5th, 2025

8:00am - Breakfast at hotel

9:00am - 11:00am - Closing session: Mujerista theory—mindset for personal and professional empowerment and next steps for participants

Visit to Chapultepec Park and Museo de Arte Moderno

Free Time

6:30pm - Depart for Mux

7:00pm - Final Dinner!

Sunday, July 6th, 2025

Departures - Time as needed

Contact Dr. Jason Platt at jasonplattcdmx@gmail.com for more information.

PARTICIPANT FEEDBACK from Summer 2024

Thank you for the wonderful opportunity to join in community with you, Patricia, and the group. I loved every minute.

The experience was excellent at all levels.

I give a 5 to all your items in the assessment. A few points:

- *The information provided prior to the retreat was perfect.*
- *I appreciated having Rudy pick me up at the airport. It made me feel safer.*
- *The cocoa ritual was lovely*
- *The readings were super useful. I might send them a little earlier for those traveling before the retreat.*
- **Lectures**
 - *The lectures Dr. Arredondo were excellent in time and engagement.*
 - *The content was very useful and hearing the group's narratives was very powerful*
 - *i enjoyed the SAT with the community. We all gained tremendous insights.*
 - *The one by the philosopher - Dr. Rivero was too long.*

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- His delivery style did not help although he was very enthusiastic and knowledgeable.
 - I really enjoyed the tour and the details he knew
- The visits to Mercado's and Frida's home were a tremendous treat. They really helped in putting the content together as learners.
- The hotel was great as was their food.
 - It would be lovely if the rooms had small refrigerators for those of us with medicine
- Meals outside the hotel were delicious - all of them!
- Leisure time was good for me but I know some of the women wanted a little more time.
 - I loved the balance between going out with the group and enjoying CDMX and our time learning
- Length of the retreat was perfect for me. The date also worked very well given UCI's schedule.
 - I also liked coming home and then having the holiday to help me settled back to work.

What else to do:

- Maybe do a half day of community service in the local community
- Invite young girls to the talk from high school if there is access
 - Could do a short lecture at a school - empowering the younger generations
- Explore if El Claustro has a group of female students in psychology to meet and engage
 - They might join the presentation and maybe Dr. Arredondo splits the time and presents to the group
 - Students can be sponsored

Possible Locations

- Puerto Rico
- Dominican Republic
- Costa Rica
- Madrid
- Peru

People to invite for this lovely retreat:

- Melanie Domenech <melanie.domenech@usu.edu>
- Miville, Marie <miville@exchange.tc.columbia.edu>
- Flores, Lisa Y. <floresly@missouri.edu>
- Lisa Johnson, Ph.D
- Veronica Franco - vfrn16@gmail.com - just completed post DOC
- Karen Godinez <dra.karengodinez@gmail.com> - just finished 1.5 years ago

- Michelle Argelis Thomas <mathoma2@uci.edu> - in a Ph.D.
- Kristin Peterson <kris@uci.edu> - Anthro Professor - UCI
- Julie Figueroa - https://scholars.csus.edu/esploro/profile/julie_figueroa/overview

I look forward to our next retiro.

Mil gracias - abrazos,

Jeanett