



Kenneth Winfrey, LCSW, RYT

1972: Born in St. Louis, Missouri (38 years, 5 months, 13 days old)

1982: Saw an Oscar Awards performance that inspired me to learn performance art, as had many members of my family which included instrumentalists and vocalists

1982: Parents gave me a Commodore 64 computer they had been given to attend a timeshare condo seminar. I used it to teach myself the BASIC programming language.

1985: Had a spiritual experience which contradicted the Missionary Baptist religious instruction in my home and inspired a transpersonal awareness which altered my worldview. (13 years old)

1987: Spent 6 days in foster care after “coming out” to my parents

1990: Graduated from the School of Visual and Performing Arts with a Major in Vocal Music and minors in Theater and Dance

1990 – 1998: Attended the University of Missouri at St. Louis Graduated with

a Bachelor of Arts in Psychology with an emphasis in Psychobiology. I worked as a freelance public relations consultant and professional temporary administrative support technology specialist while attending school.

1998 – 1999: Worked in public relations and advertising for Weber-Shandwick having been previously employed as a temporary employee. The Internet emerged as a mass marketing tool and basic PC software skills became of greater importance in the workplace.

1999 – 2002: Moved to Philadelphia for 3 years for work as a software instructor and consultant. Worked with a community school to help “bridge the digital divide” and with HR consulting firm Towers Perrin to develop online HR resource tools

2002: Moved to Albuquerque, NM after the economic wake of 9/11 I decided spontaneously on the 3rd of a four-day visit with a friend (and have no regrets)

2002 – 2003: Worked as a Small Groups Facilitator and HIV Educator in a program targeted at gay men 18-29 years old

2003: Had a near-death experience that both reaffirmed and reframed my inspiration to serve to elevate the consciousness of humanity

2003-Present: Providing freelance graphic design and media consulting working with Social Work and health promotion agencies

2004 – 2008: Served as a member of the Board of Directors for New Mexico AIDS Services

2005: Coordinated the first Black HIV Awareness (2/7) Conference to be held in the State of New Mexico

2005-2007: Wrote for kiethboykin.com as a Lifestyles contributor

2008: Partner and I adopted two children (girl 11, boy 15) who had experienced neglect, abuse and 3 years between group foster homes, precipitating a more intimate involvement with the social work profession

2009: Began the Master of Social Work Program at New Mexico State University

2009 – 2010: Master’s level internship at A New Day Youth and Family Services

2010 – 2011: Master’s level internship at Dragonfly Counseling Associates

2011 – 2017: Private practice mental health care, psychotherapy including work with families and individuals.

2017: Obtained a Registered Yoga Certificate license after 10 years of Kemeti Yoga practice.

2018 – Present: Owner and Founder of Umoja Behavioral Health, PC which provides Intensive Outpatient Programming using yoga and mindfulness as interventions.