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General Objective

- To play a role in making the world a better place by assisting others to achieve their overall wellness and life goals through education, self empowerment and energy balancing. To reach an exponentially broader audience by teaching others to be effective practitioners and accomplish similar goals for themselves and others.

Qualifications

Extensive knowledge of human anatomy, physiology, neurology and energy systems:

- Integration of physical and metaphysical systems and aspects of the body, past, present & future, to empower self healing models on all levels.
- Integration of all levels of human experience – physical, emotional, mental and energetic, with extensive training and experience in each of these areas.
- Extensive knowledge and experience of the meridians, 5 elements, 8 extra meridians, point location and related models of Chinese Medicine.

Private Practice Specializing in Energy Kinesiology and related healing arts modalities for the past 28 years:

- Applied Kinesiology (AK), Touch for Health (TFH), Applied Physiology (AP), Total Body Modification (TBM), Neural Organizational Technique (N.O.T.), Learning Enhancement Acupressure Program (LEAP), Stress Indicator Points System (SIPS), etc.
- HeartMath Certified Trainer and Practitioner. Completed Advanced Level + HeartBlueprints Level of HeartMastery.com
- Certified to present HeartMath Global Coherence Presentation by Rollin McCraty.
- Swedish and Shiatsu Massage therapy

Instructor of several modalities of Energy Kinesiology and related healing art forms

- Certified instructor of the entire Applied Physiology program, encompassing several hundred hours of workshop trainings. I have taught and continue to teach this program worldwide, including the U.S, Canada, Europe, Australia, Japan and Norway.
- Due to the relationship of Energy Kinesiology with Eastern Philosophies and particularly Chinese Medicine, workshops I teach include background and theory of Chinese 5 Elements, 8 Extra Meridians, Point location, and other related systems and models.

Sole proprietor/owner of the Institute of BioEnergetic Arts & Sciences:

- Specializing in Energy Kinesiology consultations and education, inclusive of many healing arts modalities, such as acupressure, reflex systems, sound and color balancing methods, chakra and Figure 8s system balancing, nutrition, homeopathy, flower essences, somatic emotional balancing, HeartMath, etc.

Published author, author of training support manuals and conference papers:

- Chapter 14 of The Marriage of Sexuality and Spirit, Elite Books, 2006; supplementary information and procedure manuals for the Applied Physiology education program; Papers for conference journals for annual Touch for Health, EnKA, IKC and IASK conferences. Learning and the Brain Conference.

Developer and researcher of several Energy Kinesiology techniques and workshops:

- Acu-K Series Originator, Become a BioLinguist Training Originator, Magneto-electric technique, Bonding Balance, Living Matrix Balance, 5 Element Counseling Method, Coherence Balance, etc.
- Holographic Touch for Health. Originator. Taught in 5 countries, each of which now have Certified Instructors. Approved by the International Kinesiology College (IKC). Level 2 workshop now completed and includes ½ day HeartMath Resilience Advantage Training. Level 3 in production

Developer and Host of Health Matters Radio Show, KSVY, Sonoma, CA.

- Performed dozens of interviews with leaders in the field of Energy Medicine and related health fields, such as Bruce Lipton, Anodea Judith, Dawson Church, Janae & Barry Weinhold, etc.

Relevant Clinical Experience

I have worked as a massage therapist (in New York City) and mostly as an Energy Kinesiologist in clinics in Australia, had my own clinic in Berkeley, California, and have a clinic currently in Sonoma, California. I have taught and continue to teach workshops in the U.S., Canada, Europe, Australia and Japan, both privately and for educational institutions involved in the healing arts.

Institute of BioEnergetic Arts & Sciences. 2002-Present

Owner, Director, Practitioner, Instructor. www.kinesiohealth.com

Energy Kinesiology Awareness Council (Non-profit 501(c)(3)). 2000-Present

Founder, President. www.awarenesscouncil.com

Berkeley Center of KinesioHealth. 1991-2002 Owner, Director, Practitioner, Instructor

Kinesiology Centre, Box Hill, Australia. 1990 Practitioner, Instructor/presenter

Melbourne Applied Physiology, Melbourne, Australia. 1989-90 Apprenticeship

Private Practice, New York City. 1988-89. Massage and Kinesiology

Education (Highlights)

1988-Present (Generalized) thousands of hours of private and certificated workshop trainings in multiple disciplines of Energy Kinesiology, Anatomy/Physiology, Neurology, Biochemistry, Herbology/ Nutrition, Energy Systems and Medicine, Emotional development and processing, HeartMath. All instructor certifications imply significant training in each discipline prior to instructor certification. Most trainings unlisted due to no instructor training and space limitations.

2016 Certified HeartMath Practitioner having completed HeartMath Interventions Online Training and required case study. HeartMath Institute, Boulder Creek, CA

2015-Present Ongoing Training in Tree of Life Kaballah, Private Instruction and Group. Maggy Whitehouse. Skype from UK.

2015 **Certified Presenter for Global Coherence Initiative.** Dr. Rollin McCraty, HeartMath Institute.

2015 **Certified HeartMath Trainer.** HeartMath Institute. Boulder Creek, CA

2014 **HeartMath Retreat in Mexico.** Howard Martin, Rollin McCraty, et. al.

2013 **HeartMastery.com.** HeartMath training. 4 Modules (Beginner, Intermediate, Advanced & Heart Blueprint) of 4 classes each, web-based training.

2012 **Quintessential Applications.** Dr. Walter Schmitt & Dr. Kerry McCord. 6 modules (full weekend trainings) of DVD training based on Applied Kinesiology. 1 Year of supplemental webinars.

2011 **Acugraph Training.** Measuring meridians and treatment protocols.

2011 **Acutron Training,** Phoenix, AZ. Use of Acutron in clinic environment.

2005-06 **Chris Astill-Smith.** Several workshops of Biochemistry and applications using Metabolics nutritional products.

2003 **Hugo Tobar.** Certified Instructor of Heavenly Hologram, Brain Hologram 1 & 2, NeuroEmotional Points System (NEPS) 1 & 2.

2002 **Learning Enhancement Acupressure Program (LEAP).** Certified Instructor Level 1.

2001 **Applied Physiology. Certified Advanced Instructor and Instructor Trainer. International Instructor Trainer.**

2000 **PKP Instructor Certification**

1999 **Applied Physiology Instructor Certification**

1994 **Jake Fratkin.** NutriWest Chinese Herbology and use of Classic Formulas, Levels 1 & 2.

1993 **Total Body Modification (TBM) Environmental Stress Management Consultant Certification**
Culmination of 4 levels of training with Dr. Victor Frank, D.C. 90 hours total.

1993 **Clayton School of Natural therapies: Doctor of Naturopathy Diploma**

1991 **Internship at Advanced Kinesiology Centre, Melbourne, Australia.**
Supervisor: Andrew Verity, N.D., Homeopath, Iridologist. In that time, had a practice at the centre, taught classes, shared in and did own research.

1990 **Touch For Health Instructor Training,** San Diego, Ca. Touch For Health Foundation. 60 hours. Certified to teach all levels of Touch for Health.

1990 **Applied Physiology,** Melbourne, Australia. 500 hours. Included Anatomy & Physiology, clinic.

1988 **3 in 1 Concepts' Facilitator Training,** Burbank, Ca. 35 hours. Certified to teach 3 in 1 Concepts' programs Tools of the Trade through Structure Neurology.

1988 **Licensed by New York State as Massage Practitioner.** Current Status: Inactive.

1987 **the Swedish Institute for Massage therapy and Allied Health Sciences.** Diploma. Graduated in top 5%. 680 Hours, including Anatomy & Physiology, Pathology, Shiatsu, Swedish Massage, Medical Massage and Clinic.

Licensure/Certification

Certified HeartMath Practitioner. HeartMath Interventions. 2015/16.

Certified HeartMath Trainer. The Resilience Advantage. 2015.

Certified Presenter, Global Coherence Initiative (HeartMath Institute). 2015
Graduate of Swedish Institute of Massage therapy. Diploma. 1988.
National Board Certified (ANMA), N.D., 1992.
Graduate of Clayton School of Naturopathy (N.D.), Alabama. 1992.
Touch for Health Program Instructor Complete (Levels 1-4).
Certified Touch for Health Instructor (current with updates). 1990.
3 in 1 Concepts One Brain Program (many certificates). Certified 3 in 1 Concepts One Brain Program Facilitator (Instructor) current with updates. 1990.
Professional Kinesiology Practitioner Program (PKP) Complete (Levels 1-4). 1989.
Certified PKP 1 Instructor and subsequent BKP 101 Program Instructor certificate. 1990, 1995.
Applied Physiology Complete Program and Supervised Clinic (6 month intensive). 1989 and subsequent many certificated trainings.
Certified Applied Physiology Instructor, International Advanced Instructor, Complete Program Instructor, International Instructor Trainer. 1999-present.
Total Body Modification Stress Observation Specialist Complete Program (Levels 1-4), 1993
Neural Organizational Technique Complete Program (Levels 1-3), 1993
Learning Enhancement Acupressure Program Complete Program (various formats complete 3 times)
Certified Learning Enhancement Acupressure Program Level 1 Instructor
Neural Emotional Points System Instructor
Many other individual certificate programs with originators and leaders in the field such as George Goodheart, Wally Schmitt, etc.

Awards

2005 KSVY Call-In Show of the Year, Health Matters. Host/Interviewer.

Professional Membership

Touch for Health Kinesiology Association (TFHKA) - Professional Member/Instructor

Energy Kinesiology Association (EnKA) - Professional Member

International Association of Specialized Kinesiology (IASK) - Professional Member

American Massage Therapy Association (AMTA) – former member of 13 years.

Presentations (each accompanied by published journal paper. Samples available on request)

2016 AGM Conference, Cambridge, England. Keynote Speaker.

TFH Conference, Salt Lake City, UT. Keynote Speaker.

EnKA Conference, Chicago, IL. Keynote Speaker.

2015 IKC Conference, Banff, Canada. Keynote Speaker

2015 Touch for Health Annual Conference. Keynote Speaker.

2015 Science Cafe, Sebastopol, CA. Speaker. (HeartMath GCI Presentation)

2015 IONS Community Group, Petaluma, CA. Speaker. (HeartMath GCI Presentation)

- 2014 IONS Community Group, Petaluma, CA. Speaker.
- 2014 IKC Kinesiology Conference, The Netherlands. Keynote Speaker.
- 2014 IASK Kinesiology Conference, Copenhagen. Speaker.
- 2012-14 Touch for Health Annual Conference. Speaker.
- 2010 IKC/TFH Conference, Kyoto, Japan. Speaker.
- 2009 Kinesiology Conference, Holland. Speaker.
- 2008-09 International Touch For Health Conference, Switzerland. Speaker.
- 2006-09 Energy Kinesiology Association (EnKA, formerly ASK-US) Conferences. Speaker.
(2007-09 presented in conjunction with Touch for Health Conference)
- 2006 Learning and the Brain Conference. Boston. Speaker.
- 2005 IASK Conference, Denmark. Speaker.
- 2005 Kinesiology Conference, Ireland. Speaker.
- 2005, '08 International Kinesiology College (IKC) Conferences. Conference locations: England, Italy.
- 2000-05, '10 Touch for Health Conference. Speaker. (3 presentations in '02. Keynote '02, '10). Note: 2007-09 was combined with EnKA Conference.
- 2001-03 Association of Specialized Kinesiology US (ASK-US) Conference. Speaker.
- 2000 Applied Physiology Conference. Speaker.
- 2000-2002 Leadership Vision Conference. Conference Leader in '01/'02. An International meeting of leaders in the field of Energy Kinesiology. Malibu, CA.