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AYRE CLINIC FOR CONTEMPORARY MEDICINE
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Curriculum Vitae

Primary Areas of Interest

Environmental illness. Family Systems approach to bodies-visual/aural fields & limbic webs of connection. Sound's effects on body and brain. Trauma and the body. Chaos theory and the body. Differently-abled bodies and mapping their physiological dynamics. Feminist process model. Trust of symptom. Witness and augmentation of subjective. Physiology dependent on place/geography, gestures of culture, architecture, community relationships and their context. Medicine as art/craft. Rolf Method with horses & dogs.

Education

Bachelor of Science, Nursing. Summa Cum Laude, University of Cincinnati, Ohio, 1980. Sigma Theta Tau, nursing honors society. Licensed RN, State of Illinois, 1992-2017; State of Ohio, 1980-2017.

Advanced Training in Archetypal Psychology. Psychophysical integration incorporating transpersonal, Jungian, and humanistic psychologies. Jean Houston, Phd and Gay Gaer Luce, Phd. New York, Jan./ 84- Dec./85.

Certification, Rolf Method of Structural Integration. Guild for Structural Integration, Boulder, Colorado. June/94-Aug./94; Jan./95-March/95.

Certification, Equine Myofascial Release. Jim Pascucci, Advanced Rolfer. Longmont, Colorado. Sept./19-25/2007.

Certification, Audio-Psycho-Phonologie by Alfred Tomatis. Wolfram Linn, MD and Jozef Vervoort, Mozart-Brain-Lab, Sint Truiden, Belgium. February /11-29/ 2008; April /7-24/2008.

BodySoul Rhythms. Jungian training in somatic realities--body as Psychology and Process. Marion Woodman, Phd and Jungian Analyst; Mary Hamilton, dance instructor; Ann Skinner, voice instructor for the Stratford Shakespeare Festival; Paula Reeves, Phd. Hendersonville, NC. Dec./4-11/96; London, Ontario, Canada, Nov./3-10/99; Gabriola, Island, British Columbia, Canada, April/9-16/99, April 1-8/2000 March/24-31/01. Grand Bend, Ontario, February/2-9/02, Oct./16-23/03 (apprenticeship), Oct./ 21-29/04.

Leadership Training/Jung-Nietzche Seminars. Biannual lecture series on Jung's lectures of Nietzche's Zarathustra and leadership training. Marion Woodman Phd, JA, Ann Skinner, Mary Hamilton, Ross Woodman, Phd. London, Ontario, Canada. Feb.17-21/01, May/9-14/01, Feb./11-15/02, Sept./11-15/02, Oct./16-23/02, Jan./ 26-30/03, Dec./2-6/03.

Board Certification in Integrative Pediatrics. American Association of Integrative Medicine. June 3, 2016.

Trainings

Psychotherapy

2000-2017

- "Understanding and Treating Post-Traumatic Stress Disorder"**. John D. Preston, Psy.D.; Institute for Brain Potential. August 23, 2013.
- "New Advanced Family Constellations"**. Bert and Sophie Hellinger. Pichl, Austria. July/1-8/07.
- "The Feminine As Prophetic Vision"**. Ross Woodman, Phd., London, Ontario, Canada. May/28-29/07.
- "Taking Heart in Tough Times/ World as Lover, World as Self"**. Joanna Macy. May 8-15.2007.
- "Hellinger Group Work"**. Center for Holistic Medicine, Deerfield, IL. Jan./ 7-8 / 06.
- "Psychological Trauma: Attachment, Neuroscience, & Body Experience-16th Annual International Trauma Conference"**. Boston University School of Medicine, Division of Psychiatry, Seaport World Trade Center, Boston, MA. June/2-4/05.
- "Dream Seminar"**. Marion Woodman, Phd. Oct./29-Nov./2/05.

1990-2000

- "Narrative Therapy"**. Jill Freeman, MA and Gene Combs, MA. University of Illinois, Urbana, IL. March/5/99.
- "Intergenerational Healing"**. David Grove, MA . St. Louis, MO, March/5-7/99; July/5-10/ 99.
- "Character, Fate and Destiny: A Celebration of Ideas with James Hillman and Michael Meade"**. Chicago Historical Society, Chicago, IL. Sept./7-8/96.
- " Hakomi Integrative Somatics"**. Pat Ogden. Great Lakes Hakomi, Evanston,IL April/95.
- "Childhood Trauma and Its Effects on Adult Psychology"**. Lenore Terr, MD. Urbana, IL, Oct./22/93.

1981-1990

- "Brief Course in Infant Mental Health"**. Michael Trout, Director, Infant Parent Institute. Champaign, IL. Aug./24-27/87.

"The Near Death Experience". College of Arts and Sciences, Miami University, Oxford, Ohio. April/14/ 84.

"Training and Support Program for Families of the Aged: As Parents Grow Older-Intervention Model and Techniques". University of Michigan, AnnArbor,MI. June/1-3/81.

"Single-Contact Psychotherapy". University of Cincinnati College of Medicine, Cincinnati, Ohio. Sept./16/81.

Nursing

1990-2017

" 2016 International Summit on Mycotoxin Treatment". University of Oklahoma College of Medicine. June 3-5, 2016 Plano, Texas; 10.75 AMA PRA Category I Credits.

"AutismOne". Missouri State Medical Association/Institute for International Medicine; Chicago, ILL. 20 CME credits. May 26-28, 2016.

"Humor in Healthcare: The Laughter Prescription, 2nd Edition". Western Schools. 8/20/15.

"Traumatic Brain Injury". Western Schools. 8/20/15.

"Ohio Nursing Laws and Rules: Implications for your Practice" Western Schools. 8/20/16.

"Understanding the Gut-Brain: Stress, Appetite, Digestion, & Mood" Merrily Kuhn, CCRN(r), Ph.D., ND, Ph.D.; Institute for Brain Potential. Champaign, IL. Feb. 27, 2014.

"High School and College Athletes: Understanding Cardiac Events and Concussions". Elite Continuing Education. 9/24/13.

"Ohio Nursing Laws and Standards". Western Schools. N1569.8/20/15.

"Ohio Nursing Laws and Standards". Elite Continuing Education. 9/23/13.

"Exploring the Art and Science of Holistic Nursing, Path to Certification". Deborah Shields; Capital University. Dublin, Ohio. Oct. 18-19, 2012.

"State of Ohio Laws and Standards for Nurses".Elite Continuing Education8/18/11.

"GeriatricAssessment" Elite Continuing Education. 8/18/11.

"Human Gross Anatomy-Contents of the Thorax". (dissection) St. Louis University, School of Medicine. March /17/07.

"Hormones and Health".Virginia Hammarlund, PhD, RD. Champaign,Ill. Dec./03/08.

"Fifth Annual Heart Failure Symposium". Bluhm Cardiovascular Institute's Center for Heart Failure, Northwestern Memorial Hospital, Northwestern University's Feinberg School of Medicine. Dec. 4-5/09.

"AIDS Update-FTS: Gynecology, Obstetrics, and Perinatal Transmission and Treatment". Chicago, IL. Dec./16/96.

"Physical Assessment: From Head to Toe and From Young to Old". Barbara Bancroft, MSN, PHd. Northwestern Memorial. Feb./21/94.

"Multi-System Organ Failure". Barbara Bancroft, MSN, PHd. Northwestern Memorial Hospital, Chicago, IL. Jan/24/94.

"Nursing Care of the Patient Requiring Long-Term Mechanical Ventilation" Northwestern Memorial Hospital, Chicago, IL. Oct./25/93.

"Orthopedic Credentialing" Sarasota Memorial Hospital, Sarasota, FL.Feb.12/92.

1981-1990

"Psychiatric Rehabilitation Through Skill Development". Southwestern Ohio Rehab Association. Nov./3/80.

"Confusion in the Aged: Causes, Assessment, and Management". University of Cincinnati College of Nursing, Cincinnati, Ohio. Oct./30/81.

"Cincinnati Cancer Care Conference II :GI Malignancies". Bethesda Hospital, Cincinnati, Ohio. Nov./4/83.

"Hospice Care Workshop". Dept. of Staff Development and Nursing Research of Bethesda Hospital. Cincinnati, Ohio. Nov./8-12/83.

"Power,Influence and Authority in Nursing". Champaign, IL. Nov./9/86.

"AIDS Update Seminar". Educational Development Dept., Sarasota Memorial Hospital, Sarasota, FL. June/10/89.

Manual Therapies

1988-2017

"Ethics: NCBTMB Standard V": Sharon Burch. The Institute for Integrative Healthcare Studies. January 4, 2017.

" The Science of Bodywork: Unfolding Evolution: "1-4. Presented by Thomas Myers. Sponsored by Kinesis Inc. Walpole, ME. Jan. 5, 2017.

"The Science of Bodywork: The Embryology of Fascia 1-6. Presented by Thomas Myers. Sponsored by Kinesis Inc Walpole, ME. Jan. 3, 2017.

"The Three Shoulder Joints- Advanced Fascial Release for the Shoulder Girdle". Tom Myers, Anatomy Trains, Damariscotta, Maine; June 18-21, 2012.

"The Hand-Advanced Fascial Release for the Hand". Tom Myers, Anatomy Trains, Damariscotta, Maine; June 21, 2012.

"Certification, Equine Myofascial Release". Jim Pascucci, Advanced Rolfer. Longmont, Colorado. Sept./19-25/2007.

"Certification, Rolf Method of Structural Integration". Guild for Structural Integration, Boulder, Colorado. June/94-Aug./94; Jan./95-March/95.

"Pediatric Tutorial in CranioSacral Therapy". Cranial Therapy Center, Toronto, Ontario, Canada. Sept./5-6/97.

"CranioSacral Therapy and Visceral Manipulation". Upledger Institute, West Palm Beach, FL. **CranioSacral: Level I June/90; Level II Jan./91; Advanced Sept./93. Visceral Manipulation IA March/97; IB April/2000; II Dec./2000; Practical Integration July/01.** Upledger Institute, Florida.

"St. John Neuromuscular Therapy, Levels I-IV" Paul St. John Neuromuscular Seminars, St. Petersburg, FL. March/90-March/91.

"Present-Centered Awareness". Lee Joseph, MS and Paul Linn. Florida Institute of Natural Health, Gainesville, FL. May/12-13/90.

"Structural Bodywork and Awareness". Lee Joseph, MS. Sarasota School of Massage Therapy, Sarasota, FL. Dec./3-4/88.

Professional Work Experience

Private Practice in Manual Therapies:

Burr Ridge, IL: Ayre Clinic for Contemporary Medicine. February 2017-present.

Aurora, IL.; Prairie Trails Family Medicine. August 2011-2017.

Richfield, OH : ACTIV Physical Therapy. September 2010- present

Champaign, IL : 1992-present.

Chicago, IL : consultant with Center for Muscle Therapy and Dr. Tessa Fischer, MD, 6/93-3/2000: CranioSacral therapy with chronically ill, emotional trauma/PTSD, and infants and families.

Sarasota, FL: 9/88-5/92. Developed initial program at Sarasota Palms Hospital for use of touch-based therapies with inpatient adult population to assess effectiveness in decreasing use of pain medications and subjective complaints of anxiety. 6/91-8/91.

Primary Nurse:

- Northwestern Memorial Hospital, Chicago, IL. Adult Medical Unit, 1/93-2/95.
- Sarasota Memorial Hospital, Sarasota, FL. Healthcare Personnel Div., 1/90-5/92. Medical, surgical, cardiac rehab, and orthopedic units.
- Sarasota Palms Hospital, Sarasota, FL. 10/88-1/90. Primary-care psychiatric nursing adolescent, child, and adult units.
- Champaign County Mental Health Center, Champaign, IL. 10/86-6/88. Clinician, Intensive Services. Individual and family counseling with chronic mentally ill and varied emotional illnesses. Liason to local and state psychiatric hospitals.
- Carle Hospital, Champaign, IL. 9/85-5/86. Medical Unit.
- Hospice of Cincinnati, Cincinnati, OH. 10/82-8/85. Inpatient Unit.
- Central Community Health Board, Cincinnati, OH. Psychiatric Nurse, Geriatrics. Counseling, assessments, assisting with socio-environmental needs. Consultation and group therapy at senior centers. Supervision of senior nursing students in psychiatric field placement.

Teaching Experience

"Alfred Tomatis: Listening and the Brain". Urbana Free Library, Urbana, ILL. June 23, 2013; July 1, 2013.

"Alfred Tomatis' Audio-Psycho-Phonology". Center for Hope and Healing/ Dr. Dorothy Sprecher, MD, Novelty, Ohio. February 24, 2011.

"Listening for the Dialect of the Body", Dr. Dorothy Sprecher, MD, Novelty, Ohio Sept. 2009.

"Listening Therapy: Alfred Tomatis' Audio-Psycho-Phonology". Richfield Library, Richfield, Ohio. January 27, 2011,

"Alfred Tomatis and An Expanded Sensorium". Presentation to LEAP (Linking Educators and Parents), Champaign, Illinois, April 27/ 2010. (pro bono).

"Assessing and Assisting the Newborn Infant with CranioSacral Therapy". Neonatal ICU, Provena Medical Center, Champaign, IL. Oct./21/99. (pro bono)

"Listening with CranioSacral Therapy in the Territory of Transition: Training of Ritual Elders of The Phoenix Project". Chicago, IL. March/Sept./98. (4 sessions)

"Dare We Listen to the Body ?" Presentation and Exchange of Ideas ". Circolo della Rosa, Verona, Italy. Oct./25/96

"CranioSacral Therapy Tutorial". Center For Muscle Therapy, Evanston, IL March/96 --April/96 (5 sessions)

"CranioSacral Therapy and BodyMind Work". Presentation and Practicum. Center For Muscle Therapy. Evanston, IL. Feb./23/96

"How Touch is Therapeutic and Can be Used by Nurses in an Inpatient Setting". Inservice, 8W Wesley, Northwestern Memorial Hospital, Chicago, IL. May/94.

"Beyond Allopathic Medicine". Paper presentation, panel discussion at The Midwest Conference of the American Medical Women's Association. Rush Medical College,

Chicago,IL. Sept./24-25/94. (pro bono)

"What is CranioSacral Therapy ?". Presentation to The Healing Circle,
Champaign,IL. Oct./92. (pro bono).

Teaching Assistant :

Upledger Institute. CranioSacral I-II, 5/93, 10/94, 5/96.

Further Ideas:

Art informs much of what I perceive and how I interact in the world. My skills in sketching and watercolor inform me along with experience from friends in the music and theater worlds. I have grown to know these as activities vital to myself and the community of which we are a part. As I am allowed into the myriad and paradoxical worlds of matter in and surrounding the body, I appreciate the nature of it to be as much art as of science--perhaps moreso. From 1978 to 1981 I worked in the inner city in Cleveland, Ohio, and helped to found a community based on the writings of Charles de Foucauld. Contemplative prayer and matters of social justice continue to rudder life choices.