

# Resume - CV

## Clinical Experience

2010 – Present Licensed in Arizona (0711), Private Clinical Practice  
2016 – 2021 Acupuncture Teaching Assistant  
2009 – 225 hours Acupuncture Graduate Externship, Hu Gi Acu-Herbs  
2008 – 153 hours Acupuncture Senior Intern Externship, Hu Gi Acu-Herbs

## Skills:

17+ years Acupuncture & Oriental Medicine and related therapies experience  
30+ years Hypnotherapy experience  
17+ years Esogetic Colorpuncture™ experience (Chromotherapy)  
17+ years Acutonics® Sound Therapy (Vibrational Healing)  
Other skills: Cold Laser Therapy, Microcurrent Therapy, Spiritual Counseling, Handwriting Analysis

## Professional/Business Experience

2010 – Present Dancing Bear Healing Center, Owner (A Division of ADBO LLC), Founder  
Website: www.DBHealingCenter.com, Cottonwood, AZ (initially in Chandler, AZ)  
2020 – Present Dancing Bear Enlightenment Academy, Founder (online Academy for meditation and holistic health)  
2016 – 2021 Southwest College of Naturopathic Medicine (SCNM), Teaching Assistant, Acupuncture Lab (5+ years)  
1997 – Present ADBO Consulting Owner (A Division of ADBO LLC), Founder ADBO.com  
1994 – 2010 Dancing Bear Alternative Healing Center, Hypnotherapy, Los Altos, CA, then Chandler, AZ  
Website: www.DancingBearWay.com

## Teaching/Lecturing Experience

2006 — Present Group Meditation Leader (Meetup.com)  
2020 — Present Workshop Leader/Guest Speaker, Cottonwood, AZ, and Online  
2016 — 2021 TA for Acupuncture Lab, SCNM, AZ  
1994 — 2002 Workshop Leader/Guest Speaker, Los Altos, CA  
1992 – 1994 Trainer & Group Facilitator, ESL Inc, a TRW Company

## Publications & Video

2022 – Present Host YouTube Channel and Podcast, *Holistic Spiritual Transformation*  
2021 – Present Host semi-annual summit, *Holistic Transformation & Healing Mastery*  
2022 – 2023 Articles written for PsycReg, an online psychology magazine in the UK  
2021 *Transcendence Trough Meditation: Overcoming 5 Common Barriers to Success* - eBook published online  
2019 — 2020 Blog Contributor for Dr. Carly Bell, NMD  
2006 — 2019 Occasional articles in Natural Awakenings on various healing topics  
1995 — Present Web site content and marketing content for many web sites, Research, books, presentations, and other marketing material via ADBO Consulting  
2019 *Meditation Demystified: A Workbook for Everyone* – second edition on various meditation techniques and when to use each style, first edition 1999.  
1999 *Meditation Demystified: A Workbook for Everyone* – first edition on various meditation techniques and when to use each style.

## Education

2016 — 2017 University of Metaphysical Sciences, Ph.D. (BMS and MMS in Metaphysical Science also completed) – dissertation focus on the combined use of various frequencies with specific acupuncture points for facilitate reduction in pain  
2016 — 2017 American Medical College of Homeopathy, Emergency Homeopathy  
2009 — 2010 Phoenix Institute of Herbal Medicine and Acupuncture, focus on Herbal Medicine

2006 — 2009 Phoenix Institute of Herbal Medicine and Acupuncture, M.Ac. in Acupuncture  
 2004 — 2006 Southwest College of Naturopathic Medicine, Doctoral candidate  
 2002 — 2004 Mesa Community College, AA focus in Science  
 1994 — 1996 Palo Alto School of Hypnotherapy, MH in Hypnotherapy  
 1980 — 1982 University of San Francisco, San Francisco, CA, BS in Organizational Behavior  
 1972 — 1974 San Mateo Community College, AA focus in Computer Science

**Community Service (since 1993 only):**

2023 – Present Cottonwood Square/Commons HOA Board Director at large  
 2019 — 2022 National Weather Service (NWS) volunteer  
 2018 — Present Mesa Community Emergency Response Team (CERT) volunteer for Mesa Fire and Medical  
 2008 — 2020 Capriana Home Owners Association Board Member (President), Webmaster, Committee Chair (Architectural)  
 2003 — 2004 Volunteer, Banner Samaritan Hospital, Oncology Department  
 2004 — 2005 Capriana Neighborhood Block Watch co-Captain  
 2002 — 2003 Capriana Neighborhood Block Watch Captain  
 2000 — 2002 Aids Research & Information Services (ARIS) – support giver, retreat volunteer and workshop presenter  
 1994 — 2002 American Business Women’s Association (ABWA): participated on many committees, Registration Committee Chair for the San Francisco Bay Area 2001 Spring Conference, committee chair for most chapter committees), participated in fundraisers for scholarships, and webmaster for three chapters.  
 1997 — 2002 Parkside Homeowners Association Board Member (Secretary), also on the parking committee founder and chair, and webmaster  
 1994 — 1996 Kiwanis International Board Member (Treasurer)  
 1993 — 1994 Principle for a Day (for two years), Cumberland Elementary School  
 1994 Santa Clara Water District: facilitated process improvements to reduce costs and cycle time for permits and permit signoff  
 1994 — 1995 Parents Without Partners (PWP): board member (Chapter President, Chapter VP of Publicity, and Regional VP of Publicity)  
 1993 Cumberland Elementary School Adoption Project: assistant to Psychologist teaching “at risk” fifth and sixth graders leadership skills.

**Elected Positions:**

2008 — 2020 President, Capriana Homeowners Association, Chandler, AZ  
 2010 — 2011 Board Member, Arizona Society of Oriental Medicine (AzSOMA)  
 1997 — 2002 Secretary, Parkside Homeowners Association  
 1994 — 2002 President, American Business Women’s Association (ABWA) - also Committee Chairperson (Chapter President for two years, Chapter Recording Secretary one year, Chapter Corresponding Secretary two years, Chapter Treasurer two years)  
 1994 — 1996 Treasurer, Kiwanis International, for Fremont Chapter  
 1992 — 1996 President, Parents Without Partners (PWP): also Chapter VP of Publicity, and Regional VP of Publicity

**Awards and Honors:**

- 2020 Top Doctor for Acupuncture in Cottonwood, AZ
- 2004 Life Science Student of the Year, Mesa Community College, Mesa, AZ
- 2004 Phi Theta Kappa, Mesa Community College, Mesa, AZ
- 1994 Appreciation Award from the Silicon Valley Joint Venture Regulatory Streamlining Council, for work done with the Santa Clara Water District
- 1993 & 1994 Several Recognition Awards from Cumberland Elementary School
- 1994 California Bronze Baldrige Award from the California Council for Quality Association for Process

#### Improvements at TRW

- 1992 Board Member of the Year, PWP
- 1991 Woman of the Year, ABWA, Dumbarton Bridge Chapter
- 1991 President's Award for Outstanding Service, Kiwanis

#### **Memberships & Certifications (current and past):**

- Ham Radio License – KI7QNJ
- CERT – Community Emergency Response Team certification in Mesa from FEMA
- NWS – National Weather Service
- NCCAOM – National Board-Certified Acupuncturist– 2010 - present
- AAAOM – American Association of Acupuncture and Oriental Medicine
- AzSOMA – Arizona Society of Oriental Medicine and Acupuncture (past)
- AWB – Acupuncturists Without Borders, certified
- National Acupuncture Detoxification Association (NADA) - Certified in Acudetox
- Colorpuncture® certified practitioner (CCP)
- SBA – Sound Healers Association (SHA1157)
- Acutonics® Sound Healing Practitioner level
- American Association of Professional Hypnotherapists – Clinical Hypnotherapist, P-L-236 (life member)
- National Board for Hypno and Hypnotic Anesthesiology – Certified Hypno-Anesthesia, 070599
- National League of Medical Hypnotherapists – Medical Hypnotherapist, MHO333
- American Board of Hypnotherapy (ABH) – Certified Hypnotherapist (2540)
- American Board of Hypnotherapy (ABH) – Certified Spiritual Counselor (CSC)
- TimeLine Therapy® Association, 2244, practitioner
- American Board of Neuro-Linguistic Programming, 0337, practitioner of NLP
- Institute of Integral Handwriting Analysis (IIHS) – Certified Handwriting Consultant
- CPR – (renewed in 2020)
- Reiki International RMA Professional Member
- Arizona Naturopathic Jurisprudence Board - passed
- Clean Needle Technique – Board Certified
- American Herbalist Guild (AHG)
- Wilson Learning Social Styles – certified instructor

#### **1990 – Present Other Training**

- Bleeding Control Basic Certificate (4-hour class)
- Ham Radio Technician Training
- FEMA CERT Training (in both Mesa and Chandler)
- Caregiver Services and Counseling as well as lectures on AIDS - Aids Research & Information Services (ARIS)
- Clinical, Advanced, Medical, and Masters in Hypnotherapy – Palo Alto School of Hypnotherapy
- Clinical, Advanced, Ericksonian, and Past Life Regression Hypnotherapy - American Institute of Hypnotherapy (AIH). Also attend many related workshops sponsored by AIH at their annual conventions including NLP, Timeline Therapy, Pranic Healing and other alternative practices.
- Past Life Regression Therapy – William Baldwin, DDS
- Spiritual Counseling I, II, and III – AIH, Doreen Virtue, PhD
- Medical Billing for the Adjunct Therapist – New Focus Institute
- Hypnotherapy, NLP, and TimeLine Therapy – Nancy Wood School of Hypnotherapy
- Completed the 3-Year Shamanic training – Foundation of Shamanic Studies, classes with Michael Harner, PhD, and Sandra Ingerman. Studied, Tuvan Shamanism, Celtic Shamanism and other related trainings. Over 400 hours of training in this field, of which nine weeks were residential.
- Reiki I, II, III, Advanced and Master Training – International Center for Reiki Training (William Rand), Lighten Your Way (Laurie Grant), and other teachers
- Over 800 hours of subtle energy healing and meditation training from various sources including the

- Institute of Soul Enlightenment, the Spiritual Unfoldment Network, Transcendental Meditation, Church of Devine Man, Barbara Brennen School of Healing, and Rosilyn Bruyere Crucible Training Program.
- Three-month nutrition class for the lay person – Camino Hospital EAP Program
  - Three-month Certification in Handwriting Analysis, Institute of Integral Handwriting Services (IIHS)
  - Personology (Face and Body Reading) by Naomi Tickle
  - Biology of Complimentary Medicine, Bruce Lipton, PhD (Stanford University Medical School Professor).
  - Six-month residential Executive Management Training Program presented by JMW
  - Wilson Learning Social Styles class and teacher training and certification
  - Meyers-Briggs Instrument - UC Santa Cruz Extension
  - Train the Trainer - UC San Diego Extension
  - Leadership Training and other classes – ABWA, over 20 CEU's
  - Covey's 7-Habits of Highly Successful People – presented at Cisco Systems

Continuing Education:

<i>Year</i>	<i>CEUs</i>	<i>Class Title</i>
2022	28	various topics including Microneedling, light therapies
2021	1	NCCAOM & ASA Weekly Townhall Meeting - Week 17
2021		Light Therapies: Incorporating Red & Infrared Devices into Practice
2021	2	ASA/ AMAAZ Acupuncture Medicine update & Post Covid 19 Treatments with TCM
2020		Managing Bias SDK Certificate of Completion for SCNM
2020	8	Control of Allergies & Common Cold Effectively with TCM
2020	14	NCCAOM & ASA Weekly Townhall Meeting - Week 2 – 13, 15
2020	1	NCCAOM/ASA COVID-19 Workforce Survey
2019	8	Body Mapping Acupuncture and Muscle Taping for Head/Neck Pain
2019	8	Body Mapping Acupuncture and Muscle Taping for Back/Hip Pain
2019	2	Protecting Human Participants Research (PHRP)
2019	1	Most Common Therapeutic Applications of CBD
2019		HIPPA Training level 1, 2, & 3 hosted by Optum for United Health Care
2019		CPR, First Aide, presented by MESA Fire & Medical
2019		NWS beginner and advanced weather spotting training
2018	4	Personal Injury Practice for Acupuncturists
2018	2	Ethical Mandatory Reporting
2018	2	Major Issues in Medical Ethics
2018	2	Ethical Considerations for Practitioners
2018		CPR, First Aid, and Blood Borne Pathogens course (no CEUs)
2018	1	Healthcare CPR/AED, First Aid, & Bloodborne Pathogens (BLS) (Renewal)
2018		Body Mapping Acupuncture & Herbs for Fast Pain Relief (8 hours, no CEUs)
2018	16	Neuropathy Treatment Protocols with Acupuncture & Herbs, Part I & II
2018	8	Reversing thyroid Conditions & Brain Inflammation with Acupuncture & Stem Cells
2018	8	New Breakthroughs in Treating Lung Gut Diseases with Acupuncture, Herbs, & Stem Cells
2018	55	CME – TA acupuncture at SCNM (110 hours)
2017	8	Dr. Tan's Acupuncture 1, 2, 3
2017	8	Integrating Chinese Herbology with Western Pharmacology: Clinical Applications and Safety Concerns, Part II
2017	16	Internal Pathologies: Master Tung Acupuncture, Part I & II
2017	8	PTSD Tx Using Cupping, Manual Therapy, & Moxibustion
2017	8	Intro to PTSD & Support with TCM
2017	55	CME – TA acupuncture at SCNM (110 hours)
2017	8	Cancer & Chemotherapy Support: Western & Chinese Medicine Practices with Giovanni Marciocia
2017	8	The Art of Herbal Preparation: Powders, Oils, Ointments & Plasters
2016	42	CME – TA acupuncture at SCNM
2016	1	CPR/AED, First Aid, & Bloodborne Pathogens Renewal
2016	8	Understanding Lab Tests & Functional Medicine for Acupuncturists
2016	16	The Fire Inside: A Practical Approach to Understanding and Treating Chronic

		Inflammation, Part I&II
2016	8	Ethics & Patient Management
2016	69	CME – TA acupuncture at SCNM
2016	8	Continuing Medical Education (CME) – Offsite Education
2015	8	TMC Tongue Diagnosis with Giovanni Maciocia
2015	16	The Successful Practice Pharmacy, Part III & Part IV: Jimmy Chang
2015	16	Orthopedic testing & Strategies: Elbow & Knee, & TMJ & Neck Pain
2015	8	Pulsenergy Made Easy, Part III
2015	16	Master Tung's Acupuncture & Balance Method for Pain Part 1 &II
2015	8	Herb-Drug Interactions for Collection Formulas, Part I
2014	8	Evolution of Chinese Herbs in Treatment of Modern Diseases
2014	8	Weight Loss for the Four Body Types
2014	2	CPR Renewal
2014	8	CD-10 Seminar-Acupuncture Insurance Billing & Coding
2013	8	Cardiovascular Success with TCM
2013	16	Advanced Tung's Acupuncture: Internal Med Part 1 & 2
2013	4	Weight Loss & Detoxification
2013	8	SCNM Field Observation Program
2013	2	Clinical Orthopedic Strategies: Arthritis & Bi Syndrome
2013	4	Clinical Orthopedic Strategies: Extremities
2013	8	Making Acupuncture Pay: Pt Mgt for Practice Success
2013	16	Five Element Qi Gong from Mt. Wudang Part 1 & 2
2013	12	Chronic Pain: Integrative Acu. Part 1 & 2
2013	8	The "Law" of Gyn: Menstrual Disorders & Infertility
2013	8	Top 50 Drugs & Their Herbal Alternatives
2013	8	Essential Tung's Acupuncture: Clinical Strategies for Pain
2013	8	Essential Tung's Acupuncture: Clinical Strategies for Internal Medicine
2013	2	Top 10 Master Tung's Dao Ma Points
2013	8	Pulsynergy Made Easy Part 2
2013	2	Top 50 Drugs & Their Herbal Alternatives (2013)
2013	3	NCCAOM Job Analysis Survey
2013	4	Internal Medicine: Herbal Alternatives to Drugs Part 1
2013	6	Comprehensive Examination & Treatment of TCM Internal Disorders
2013	8	Pulsynergy Made Easy Part 1
2013	8	Spirituality & TCM: Deep Meditation & Enlightenment
2012	4	Precognition & Prevention of Herb-Drug Interactions
2012	8	Streamlined Herbal Prescriptions
2012	4	Pros & Cons of Pharmaceutical Drugs & Chinese Medicine
2012	4	Immunology & Chinese Herbal Medicine
2012	4	TCM Endocrine Focus: Adrenal & Thyroid Health
2012	16	Auricular Diagnosis Part 1 & 2
2012	16	Chinese Vet Med for Dogs, Cats & Horses Part 1 & 2
2012	8	SCNM Field Observation Program
2012	24	SSQF Conference
2012	4	Internal Medicine: Herbal Alts to Drugs (Part II)
2012	2	Pharmacologic Actions & Contraindicated Herbs - Xue Yu
2012	8	Fang Jia Fang: The Art & Science of Herbal Combos (Part 1)
2012	3	AZ OM Vision 2012
2012	2	Food Therapy for Woman's Health
2012	8	The "Law" of Gynecology: Menstrual Disorders and Infertility
2012	8	Clinical and Historical Uses of Sexuality: An Oriental Medicine Perspective
2012	8	TCM Energetics of Love: Clinical and Practical Applications
2012	8	Top 50 Drugs and Their Herbal Alternatives
2012	16	Korean Hand Therapy (KHT): Clinical Applications for Relieving Pain
2011	2	NCCAOM Diplomate Webinar
2011	8	TCM Treatment of Irregular Menstruation and Menopausal Disorders

2011	8	Chronic Fatigue and Chinese Herbal Medicine
2011	6	Esogetic Colorpuncture for Facial Rejuvenation
2010	8	IAPAM training in Hcg Weight Management as adjunct to ND
2010	4	Blue Poppy CEU training in Herbs
2010	15	AAAOM Annual Conference, Albuquerque, NM
2009		Externship with Dr. Hu, MD, DOM (no CEUs)
2008	24	Esogetic Colorpuncture Advanced OGT Training
2008	200	Advanced Acutonics Training
2008	24	American Association of Acupuncture and Oriental Medicine Annual Conference, Chicago, IL
2008	8	Arizona Society of Oriental Medicine and Acupuncture, Phoenix, AZ
2007	104	Acutonics Sound Healing
2007	8	Arizona Society of Oriental Medicine and Acupuncture, Phoenix, AZ
2006	120	Esogetic Colorpuncture Training
2006	24	American Association of Acupuncture and Oriental Medicine Annual Conference, Phoenix, AZ
2003	8	HIPPA Training, Banner Desert Hospital, Mesa, AZ