

DEANNA ENGLISH, R.N. CMT, RYT

Mindfulness Based Stress Reduction • Yoga • Massage • Integrative Health Consultation Services • Wellness/Integrative Program Development

EDUCATION, CERTIFICATIONS AND AFFILIATIONS

Mindfulness Based Stress Reduction. Professional Training (2001), Teacher Development Intensive (2004), pending continuing certification processes in Mindfulness Based Stress Reduction at Gaia House, Devon, England (2006).

Yoga. 200-hour certification from Living Yoga Program/Austin Texas, and Yoga Alliance; Yoga for Heart Disease and Cancer certification, 2005. Member of Yoga Alliance since 2003. Member of International Association for Yoga Therapists. 2005.

Massage. Austrian Connective Tissue Therapy, Reiki, Sports massage, Maternal and Infant massage, beginning Trager, and Positional Release therapy.

Registered Nurse. Licensed in Idaho and California. Continuing education emphasis on grief, hospice, palliative care, maternal/child health, and integrative medicine. See Continuing Education for dates.

WORK EXPERIENCE

June 2004-Present: Owner/Principal of Emergence. Services include:

- Therapeutic Massage
- Integrative Health Counseling, emphasis on pain management, nutrition, mind/body awareness and client involvement.
- Instruction in Mindfulness-Based Stress Reduction 8-week course; Gentle Yoga; yoga therapy; Yoga for Chronic Pain, Heart Disease, and Cancer; nutrition, exercise and lifestyle choices.
- Facilitated retreats on Yoga and Meditation, and Loving-kindness.
- Corporate and women's retreats on river trips focusing on yoga, massage and Mindfulness Based Stress Reduction.
- Referrals, consultations and instruction services in acupuncture, osteopathy/manipulative medicine, herbal nutrition, and medical intuition.
- Consulting services for clinic- and hospital-based integrative health and wellness program development.
- Speaker/Facilitator for many educational venues, support groups, corporate wellness programs and communities interested in mind/body awareness and integrative programs.

January 2005-November 2005: Contracted Counselor and Wellness Coordinator for Nimpuu Health Service Integrative Health Program. Nez Perce Tribe. Lapwai, ID.

- Created and set up the Wellness Center's Integrative Health Program.
- Developed Integrative Health/Massage/Exercise policies and procedures.
- Developed job description for and provided oversight in the hiring of the exercise coordinator.
- Instructed and mentored staff in massage therapy, yoga programs, and *Mindfulness Based Stress Reduction*.
- Coordinated the physical plant.
- Provided expertise to hospital administration to establish criteria and set up physical therapy services.
- Coordinated with tribal/clinic committees for wellness services and referrals.



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September 2002- December 2004: Massage Services Coordinator and Integrative Health Coordinator for Gritman Medical Center, Moscow, ID.

- Developed program of massage and integrative health services within the hospital.
- Coordinated outpatient/inpatient massage.
- Instructed staff, corporation, and school, university, and community classes in Mindfulness Based Stress Reduction 8-week course, and Gentle Yoga.
- Instructed Stress Management and helped develop and institute a 50-hour Medical Massage module at local massage school.
- Served as speaker to raise community awareness and market the hospital's Integrative Health program.
- Developed adjunct therapy, acupuncture, and massage modalities for the program.
- Researched ongoing grant opportunities to facilitate program growth and was awarded American Cancer Society grant to facilitate free services to those living with cancer and their primary care givers.
- Provided input for the development of Hospice and Palliative Care programs.

Thirty-five year history as Registered Nurse in Idaho, Utah, California and the Hopi and Navajo Tribes in Arizona. Experience in general duty, obstetrics, orthopedics, neurology and rehabilitation. Instructor for childbirth, Lamaze education, and EMS.

VOLUNTEER EXPERIENCE

- Grangeville Chamber of Commerce: President 1991, Board of Directors 1989-1994, Gala Auction fundraising committee, Tourism Committee.
- Volunteer organizer and worker: community events and festivals (10 years): Camas Prairie Triathlon; Mud, Sweat & Gears mountain bike race; Oktubberfest; Syringa Hospital Foundation Festival of Trees fundraiser.

PERSONAL INTERESTS

- Meditation and Buddhism: Mindfulness, Insight/Vipassana meditation, yoga, and yoga therapy.
- Massage innovation, empowering personal health, integrative health counseling.
- Horse breeding and training, member APHA.
- Exercise and healthful lifestyle: mountain biking, rafting, running, gardening, nutrition, cooking, recipe development, herbs.
- Member of Camas Prairie Book Club.
- International travel and study (recently Mexico, Thailand, Vietnam, Tibet, China)
- Crafts: making of herbal remedies, stained glass, embroidery.
- Interested in women, children, and family issues such as health, hunger and sustainable work.
- Native American history, culture and health.

References available on request.



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CONTINUING EDUCATION

- 2005 Yoga of the Heart, Yoga for Heart Disease and Cancer. CEU 108 hours.
Therapeutic Yoga certification. Sivananda Yoga retreat, Bahamas.
Qi Qong, Basic, Morning WakeUp . Daoist Hermitage, Genesee ID. CEU 2 hours.
- 2004 Integrative Medicine for Healthcare Organizations. San Francisco, CA. CEU 13 hours.
Teachers Devel. Intensive. Center for Mindfulness, Worcester, MA. CEU 92 hours.
- 2003 Yoga Teachers Intensive, Barshan Dham, Austin, TX.
200-hour certification. Yoga Alliance.
Passion & Transformation in Accompanying the Dying, Frank Ostaseski. CEU 14.4 hours.
A Journey through Grief, Alan Wolfelt PhD. 1-day workshop.
Positional Release Therapy for the Neck. CEU 5 hours.
Pain Management Seminar, Chris Pasero, RN. CEU 6 hours.
End of Life Care and Pain Management. CEU 1 hour.
Palliative Care. 1 day workshop.
Yoga, Donna Farhi. Seattle, WA. 3-day workshop.
Texas Yoga Retreat, Barshan Dham. Austin, TX. 4-day retreat.
Yoga Rx. Larry Payne. 1-day workshop.
Cardiac Yoga, Mala Cunningham.
- 2002 Heart of Happiness, Omega Institute, Austin, TX. 3 day conference.
Structural Analysis, Massage. CEU 7 hours.
- 2001 Spanish Language Intensive. Becari Institute, Oaxaca Mexico. 10 days.
Mindfulness Based Stress Reduction, Jon Kabat Zinn & Saki Santorelli,
Omega Institute. CEU 48 hours.
The Essential Tao Qi Qong workshop, David Branscomb, Cloud Mountain
Retreat Center. 3-day retreat.
Loving Kindness Silent Retreat, Daeja Napier. Cloud Mountain Retreat Center.
- 2000 The Foundation Course, Hendricks Institute (relationship/communication). 3-day training.
Relationship Yoga Retreat, The Last Resort, 4-day training.
Self Esteem and Health. CEU 6 hours.
- 1999 Leadership, Somatics and Horses, Rancho Strozzi Institute. 1-day workshop.
- 1998 Beginning Trager Body Work, Massage. 48-hour training.
Journey to the Heart of Nursing; the Holistic Approach. CEU 18 hours.
Alternative Medicine; an Objective View. CEU 7 hours.
- 1997 Pre Event-Sports Massage. CEU 17 hours.
- 1996 Reiki Energy Healing, First and Second Degree.
- 1995 Maternal and Infant Massage Certification, Somatic Learning Institute. CEU 32 hours.
- 1994 Vietnam Overview Writing. Lewis and Clark State College. Lewiston, ID. 3 credits.
- 1992 Austrian Connective Tissue Therapy Massage Therapy Course. CEU 150 hours.
- 1988 Emergency Room Procedures Workshop. CEU 6 hours.
- 1982 Perinatal course, St. Josephs Hospital, Lewiston, ID. CEU 43 hours.
- 1981 Perinatal Regional Seminar. CEU 7.5 hours.
- 1980 The Grief Process. CEU 4 hours.
Resuscitation of the Newborn, CEU 4 hours.
- 1978 Child Bearing Year (3 month program) University of Utah.
- 1972 Song of the Plains Indians, University of California, Berkeley, CA.
- 1970 Understanding the Dying Person and his Family, Elizabeth Kubler Ross,
Arizona State University.



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