

# Mary Ann Wallace MD, MA

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## **Professional Experience:**

### **Description of most recent position**

As Medical Director for the Division of Integrative Medicine for Samaritan Health Services (SHS) in Corvallis, Oregon, I fostered acceptance for what could have been a controversial clinic by developing liaisons with medical staff and ascertaining needs for both staff and their patients. In turn, the reputation of the clinic generated interest from those seeking employment, facilitating good hires for positions to meet the needs of the practitioners in the SHS system.

I spearheaded the growth of the Integrative Medicine Program over the course of nine years from the initial one-and-a-half practitioners to its current size: two fully functioning outpatient clinics, each of which include MDs, DO, LAcs (acupuncturists), Nutritionists, Mindbody Counselors, LMTs (massage therapists) and Movement Specialists (to include yoga, tai chi, feldenkrais, qigong). We have in-hospital programs as well as outpatient services and healthy liaisons with other hospital departments system-wide, to include the Regional Cancer Center, Cardiac Center, and Primary Care clinics, as well as local regional entities such as the Linus Pauling Institute, Oregon State University and others. HeartSpring Wellness Center has the distinction of being one of the few clinics in the nation which is doing well with no outside donation funds to support its function.

In addition to developing the program, I taught extensively as enumerated later in this C.V. I also performed mediation services between individuals and groups and served as a consultant on a variety of issues such as healing gardens development, research projects and integrating alternative practices into different programs within the entire SHS system and elsewhere.

Since resigning from my 8 year post as Medical Director for this every-growing, dynamic program in the fall of 2009, I have focused on teaching engagements, writing, and promoting my most recent book, *Mindful Eating: Mindful Life*.

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## Summary of Positions

2/04 to 8/09	Medical Director of Samaritan Division of Integrative Medicine, Corvallis, OR
8/02 to 8/08	Medical Director of Heartspring Wellness Center, Good Samaritan, Regional Medical Center (GSRMC) Corvallis, Oregon
4/2002 to 8/02	Chief of Program Development for Samaritan Integrative Medicine, Corvallis, OR.
2000 to 2002	Internal Medicine Physician, Samaritan Internal Medicine, Corvallis, OR.
1997 to 2000	Internal Medicine Resident Physician, Oregon Health Sciences University Portland, Oregon
1990 to 1994	TB Program Manager / Epidemiologist, Oregon Health Division, Portland, Oregon
1989 to 1990	Supervisor / Case Manager, Metropolitan Family Service, Portland, Oregon
1985 to 1989	Director / Lecturer / Counselor, Center for Choice and Change, Spokane, Washington
1983 to 1987	Owner / Manager, Open Door Bookstore, Spokane, Washington
1980 to 1983	Program Coordinator / Epidemiologist, Linn County Health Department Albany, Oregon
1977 to 1980	Registered Nurse, Mesa Lutheran Hospital- Mesa, Arizona and Maricopa Co. Health Dept. - Phoenix, Arizona

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## **Licensure**

Internal Medicine Board Certification

Medical Doctor License in Oregon

Registered Counselor License (lapsed)

Jin Shin Do Trademark License (lapsed)

## **Professional Affiliations**

2003 to 2010	American Holistic Medical Association
2000 to 2004	Society of General Internal Medicine
1996 to present	Alpha Omega Alpha Honor Society
1995 to 2009	American College of Physicians and American Society of Internal Medicine
1993 to 1997	American Academy of Family Physicians
2004 to 2008	MD/Healers Network

## **Education**

### **Degrees**

1997	M.D. Oregon Health Sciences University, Portland, OR
1984	M.A. in Psychology, Antioch University, Seattle, WA
1977	B.S. in Nursing, Arizona State University, Tempe, AZ

## **Conferences/Certificates/CME's related to Integrative Medicine\***

2009	<ul style="list-style-type: none"><li>American Holistic Medical Association annual conference, Cleveland, OH</li></ul>
2008	<ul style="list-style-type: none"><li>American Holistic Medical Association annual conference, Phoenix, AZ</li></ul>
2007	<ul style="list-style-type: none"><li>American Holistic Medical Association annual conference, Portland, OR</li></ul>

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- 2006
  - American Holistic Medical Association annual conference, Holism in Action, St Paul, MN
- 2005
  - Kaiser Institute 2005 Annual Gathering with Leland Kaiser, PhD in Leadership
  - Mind/Body Medicine, with Anne Webster, PhD, from Harvard, at Silverton, OR,
  - Integrative Medicine for Healthcare Organizations – InnoVision Communications, Phoenix, AZ.
- 2004
  - Medical Staff Leadership – GSRMC, Corvallis, OR.
  - The Human Factor: Critical Importance of Teamwork - GSRMC
  - Principles of Integrative Medicine – GSRMC
  - The Soul of Medicine: The Forces that Shape our Practice, American Holistic Medical Association, Albuquerque, NM.
- 2003
  - Medicine and the Planet, The Coming Age of Ecological Medicine – InnoVision Communications, Seattle, WA.
- 2001
  - Healing Ourselves Meditation Retreat, Silver Falls Conference Center, SHS
- 2000
  - Anxiety Disorders – GSRMC
- 1992
  - The Core Curriculum for Oregon State Supervisors, Oregon Department of Human Resources, Portland, OR
- 1983
  - Jin Shin Do Acupressure, The Jin Shin Do Foundation, Idyllwild, CA
- 1981
  - Principles of Epidemiology, Centers for Disease Control home study, Atlanta, GA.

\*List of additional CME's, conferences and training available upon request

### **Additional Training**

- Certified senior Jin Shin Do Acupressure Practitioner and Instructor
- Meditation:
  - Tibetan
  - Vipassana (6 - Ten day silent, formal retreats with Goenke and staff)
  - Zen practices
- Visualization and Imagery
- Psychodrama
- Vision Quests and other Western American Indian spiritual/ medicinal practices
- Dreamwork
- Interactive Imagery
- Gestalt therapy

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- Tai Chi Chin
- Journaling
- Therapeutic Touch (with Delores Krueger)
- Arica Institute exercises (Oscar Ichazo)
- Neurolinguistic Programming
- Yoga
- Reflexology
- Iridology
- Herbology
- Chi Kung

### **Integrative Medicine Experience:**

#### **Recent Presentations Given**

- 2010:**
- “Basics of Meditation” weekly ongoing group
  - “Inner Circle” monthly ongoing healing group
  - “How to Change the Eating Habits that Sabotage Your Health” Voice America radio internet talk show (hour), Ontario, Canada
  - “Mindful Eating” classes (series of six classes, repeated 2 times so far this year), Albany, OR
  - “Mindful Eating” weekend workshop, Yachats, OR
  - “Mindful Eating” weekend workshop, Newport, OR
- 2009:**
- “Staying Centered” talk for Unity church, Corvallis, OR
  - Day-long retreat for regrouping for Corvallis Heartspring Wellness Center, OR
  - “Dealing with Chronic Pain” for cancer patients and their families, Samaritan Albany Cancer Resource Center, OR
  - “Mindful Eating” classes (series of six classes, repeated 2 times through the year), Heartspring Wellness Center, Corvallis, OR
  - “The Making of Heartspring and Mindbody Medicine” Donor lunch meeting, SHS, Corvallis, OR
  - “How to Meditate” for the City of Corvallis employees, Benton Co Library, OR
  - “Stress Management” half day workshop for Community Colleges Consortium, LaSells Stewart Center, Corvallis, OR
  - “Mindbody Medicine” for the Altrusa Club, Corvallis, OR
  - “The Development of Heartspring Wellness Center” for PEO (Philanthropic and Educational Organization for Women), Corvallis, OR
- 2008:**
- “How to Stay Buoyant in a World that is Determined to Flatten You” – talk/interview on KGAL radio talk show
  - “Service from Center” – lecture for Corvallis Unity Church
  - “Mindful Eating” classes (series of six classes, repeated 4 times through the year), Heartspring Wellness Center, Corvallis, OR
  - “Wholistic Pain Control” Women’s Health Fair, for Health Care Professionals, annual

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conference, Corvallis OR

- “Healing Group” for those with trauma, (series of 4 classes/groups; repeated 3 times in year) SHS, Corvallis, OR
- “Mindbody Healing” for Benton Co. Hospice, Corvallis, OR
- “Energizing” for Heartspring Wellness Center, Corvallis, OR
- “Integrative Medicine” talk/interview for KCUP radio, Newport, OR
- “Giving Your Illness a Voice”, half day workshop/seminar on Meditative Journaling, for Medicine, Writing, and Humanities 3 day Conference (The Visiting Writers Series), Oregon State University in collaboration with Benton Co. Library
- “Clearing for Healing”, talk for Cancer patients, Regional Cancer Center, Corvallis, OR
- “Mindbody Medicine” KGAL radio talk show, Albany, OR
- “Forgiveness” talk at conference commemorating Mahatma Gandhi at Unitarian Fellowship, Corvallis, OR

### 2007:

- “Mindful Eating” classes (series of six classes, repeated 4 times through the year), Heartspring Wellness Center, SHS, Corvallis, OR
- “Methods beyond Medication to Help Ease Chronic Pain”, Senior Expo, Division of Senior Services, Albany, OR
- “WHEE and Imagery for health care professionals”, Heartspring Wellness Center, cotaught with Dan Benor, MD – half day workshop, OR
- “Wholistic Wellness” talk for Women of Samaritan Health (WISH) foundation.
- “Complementary Therapies for the Treatment of Pain”, (half day talk/workshop) for State Physicians Assistant annual conference, Oregon City, OR
- “Energy Medicine”, Heartspring Wellness Center, Corvallis, OR
- “Mindbody Medicine” for the Presbyterian Women’s group, Corvallis, OR
- “Mindbody Medicine” keynote address to Albany General Hospital, OR
- “Mindbody Methods for Pain Relief” – training for Health Professionals to earn CME credits, half day conference, Lebanon, OR
- “Imagery/Meditation” for Leadership Corvallis, OR
- “Emotions as Energy” Corvallis Women’s group, OR
- Half day “Healing Retreat” for SHS employees, Newport, OR

### 2006:

- “How to be Present” presentation at conference for men, “Experiencing the Cauldron of Emotion”, run by Hal Darst, CADCI, Eugene, OR
- “How to Deal with Fear, Anxiety and Approval” for men’s group, run by Hal Darst, Eugene, OR
- “Dream Workshop: Training the Trainer”, Heartspring Wellness Center, SHS, Corvallis, OR
- “The Language of Pain”, full-day conference for Providence Medford Medical Center, Medford, OR (CME credits earned)
- “Forgiveness meditation” for Interfaith group, United Methodist Church, Corvallis, OR
- “The Healing Heart” for PEO (Philanthropic and Educational Org. for Women), Albany, OR
- Daylong “Healing Retreat” for Samaritan Health Serv. employees, Corvallis, OR

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- “Pain Conference (day-long training) for Health Professionals”, Lebanon Health and Career Training Center, SHS, OR (CME credits earned)
- “Taking Care of One’s Self”, OSU Extension Service Annual Conference: “Life Balance”, OSU, Corvallis, OR
- “How the Language of the Mind Speaks through the Body”, DaVinci Day talk, city of Corvallis, OR
- “Dealing with Change in the Workplace”, Oregon Health Sciences Library Association annual conference, Silver Creek Falls, OR (full day retreat)
- “Mindbody Medicine”, GSH Foundation Board dinner, Corvallis, OR
- “Creating an Integrative Clinic with the Integrity of the Healing Self”, (half day lecture/talk)
- American Holistic Medical Association annual conference, Holism in Action, St Paul, MN (CME credits earned)
- “The Making of Heartspring Wellness Center”, talk to the American Association of University Women, Corvallis, OR
- Daylong “Retreat for Rejuvenation”, Heartspring Wellness Center, Corvallis, OR
- “Mind/Body Workshop” (half day training for health care professionals), Samaritan Health Services, Corvallis, OR
- “Guided and Interactive Imagery for health care professionals”, Regional Cancer Center, Corvallis, OR
- Retreat for the Newport Hospice Advisory Committee, (half day) Newport, OR

### 2005:

- “Energy Healing for Health Professionals”, Samaritan Health Services, Corvallis, OR
- “Mind-Body Medicine”, Linn Benton Community College and Benton Co. Library talk series, Corvallis, OR
- “Guided and Interactive Imagery training”, Heartspring Wellness Center, Corvallis, OR
- “Being in Touch with the Healing Heart”, Oregon Association of Hospital Volunteers 50<sup>th</sup> Annual conference, Eugene, OR
- “Forgiveness as a Healing Power”, Healing Ourselves, Healing Our World conference Interfaith Community, Corvallis, OR
- “Pathways to Healing”, keynote speaker, Cancer Coalition, Corvallis, OR
- “Loss and Transitions Workshop”, Heartspring Wellness Center
- “Mind/Body Medicine, Hospitalists, Good Samaritan Regional Medical Center, Corvallis
  
- “Mind/Body Medicine” to Physicians’ Advisory Board, Lebanon Community Hospital
- “Healing Imagery”, Oregon Cancer Registrars seminar, Corvallis, OR
- “Wholistic Health for Women with Cancer”, Soroptomists International, Corvallis, OR
- “Mind/Body Medicine, Auxiliary Group, Lebanon Community Hospital
- “A Time for Reflection” at Heartspring Wellness Center
- “Mind-body Medicine” - American Association of Women in Community Colleges, Linn-Benton Community College, OR
- “Professional Burnout” to clergy and physicians, Lebanon Community Hospital, Lebanon, OR.

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- 2004:**
- “Mind-body Interaction in Pain Management” for State of Oregon Pain Management Program
  - “The Mind-Body Connection and Women’s Health” at Breast Cancer seminar
  - Oasis of Hope film interview
- 2003:**
- “Meditation as the Path to Wholeness” – Heartspring Wellness Center
  - “How to Maintain Wellness in a Driven Environment” – Oregon State University
  - “Life Balance” for Oregon Council of Healthcare Educators
  - “Minding the Spirit in Caring For the Elderly” - Oregon State University Gerontology Conference
  - “Physician Wellbeing” – GSRMC Family Practice Physicians
  - “Music and the Healing Arts” – Staying Young through the Spirit of Music and the Healing Arts”. SHS Albany Hospital Auxiliary and Community Health Ministries
  - “The Value of Creativity and How It Helps Individuals to Stay Young” – SHS
  - “Mind-Body Medicine – What Is It and Why Does It Matter?” Beyond Cancer, Nourishing Life seminar.
- 2002:**
- “Emerging Healthcare Trends” – panelist for Good Samaritan Hospital, Leadership Corvallis seminar.
  - “What is Mind-Body Medicine” – Nurses Day Seminar, Linn-Benton Community College
  - “Mind-Body Medicine” – SHS staff
  - “Chakra Meditation” – Heartspring Wellness Center
  - Mind-Body series - Heartspring Wellness Center
  - “Acupressure for Headaches” – Nurses of SHS
  - “Staying Well in a Driven Environment” - Oregon State University
  - Mind-Body workshops – Nursing and Social work staff, SHS
- 1992:**
- “Missing Opportunities for Tuberculosis Prevention, Oregon, 1991-1992”. Presented at the American Lung Association National Conference in San Francisco (peer-reviewed acceptance for presentation).
- 1990:**
- “Drug-resistant TB in Oregon”. Presented at the American Lung Association National Conference in Los Angeles (peer-reviewed acceptance for presentation).

**Additional Lectures Given:** Over 300 Lectures on complementary/alternative/integrative medicine, mind-body healing and spiritual topics including:

- Self Esteem
- Choices and Changes
- Communication Skills
- Dreamwork-play shops
- Stress Management
- Holistic Health
- Spiritual Psychology
- Visualization and Imagery
- Attitudinal Healing
- Therapeutic Touch
- The Drama of Life
- Vision Quests (week-long, in



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- The Emotional Kaleidoscope of the Body
- Forgiveness as Healing
- Jin Shin Do Acupressure (qualified as instructor by Foundation to teach and certify Basics, Intermediate and Advanced levels of training).
- the wilderness)

## Ongoing Classes Taught

- Healing Groups for those with trauma
- Guided and Interactive Imagery
- Process-oriented Psychotherapy
- Energy Healing
- Meditative Journaling
- Insomnia Classes
- Mentoring for Mindbody Skills for Health Care Professionals
- Multiple talks about the formation of Heartspring Wellness Center(s) throughout the community and region
- Mindful Eating
- Meditation and Process
- The Seasons of the Psyche
- The Mind-body Connection and Health
- Relaxation and Mindfulness
- Transformational Workshops
- Self Reflection Series

## Interviews with

- KVAL TV, Eugene (2008, 2010)
- KGAL radio, Lebanon (2008)
- KGAL radio, Albany (2008)
- KLCC radio, Eugene (2010)
- KCUP radio, Newport (2008)
- Corvallis Gazette Times newspaper - numerous

## Contracts/Collaborations Have Included:

- Division of Senior Services, Albany, OR
- Samaritan Health Services, OR for Mediation Services and for Training Services
- Group Health, Spokane Falls Community College, WA.
- Exodus II Foundation, OR
- Holy Names Hospital, Becoming Program, WA
- Take V Talent Studio, WA
- Body-Mind Institute, WA
- Oregon State University, OR
- OSU Extension Services, Corvallis, OR
- Linus Pauling Institute, OR
- Linn-Benton Community College, OR
- Nurses Advisory Committee on Perinatal Education, WA
- YWCA, WA
- Washington Mutual, WA
- Jin Shin Do Foundation, CA
- Samaritan Health Services, OR

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- Regional Gerontology Conference, OR
- Regional Cancer Center, OR
- Good Samaritan Regional Medical Center, OR
- Regional Nurse Educators Conference, OR.
- Association of Hospital Auxiliaries, OR.
- Samaritan Family Physicians, OR
- State of Oregon Pain Management Program, OR.
- Lebanon Community Hospital, OR
- Cancer Registrars Association, OR.
- Soroptomist International, OR.

### Recorded Workshops:

- “Mindfulness in Daily Living – 13 week Meditation Class
- “PMS”
- “Imagery”
- “Overcoming Fear of Success”
- “Male – Female Balance”
- “Spirituality in Medicine”

### Copyright:

#### Books:

*Mindful Eating: Mindful Life* (c: 2010); with CD  
- currently being translated and published in Germany  
*The Heart of Healing* (c: 2008)  
*Seasons of the Soul* (OOP)  
“Jin Shin Do Acu-points Related to Muscles on the Body”, chapter in *training manual for Jin Shin Do acupressure*

#### DVDs/Videos

Featured in film *East Meets West: Oriental Medicine and the Future of Healthcare in America* copyright 2010 by Lynn Walker and Jennifer Buys  
Featured in film *Our Ailing Healthcare*, copyright 2008 by Paul Hochfeld, MD  
Featured in film *Oasis of Hope, an Enlightened Perspective about Women with Cancer*, copyright 2005 by Lynn Walker

#### CDs/tapes

*Beyond Pain Reduction*  
*Forgiveness as Healing*  
*Basic Meditations*  
*Mindfulness Meditation*  
*Imagery to Sleep by* (Insomnia)  
*Pain Reduction through Guided Imagery*  
*Stress Reduction*

#### **Harmonic Reflection series of tapes**

“Healing the Child Within”	“Relaxation”
“Entering the Psyche”	“Chakra Balancing”
“Healing Addictions”	“Divine Sounds”

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### Lectures recorded:

- “Mind Body Medicine – What Is It and Why Does it Matter?”
- “Beyond Cancer”
- “How to maintain Wellness in a Driven Environment”
- “Minding the Spirit in caring for the elderly”
- “Relaxation and Mindfulness for Women with Heart Disease”
- “Jin Shin Do Acupressure”

### Publications:

1. “Diabetes lends itself to a holistic approach”. *New Connexion*, March/April 2011
2. “Mindful Eating”. *Coop Thymes*, Feb. 2011
3. “FEAD Yourself Differently”. *Well Being Journal*, Jan. 2011
4. “Diabetes lends itself to a holistic approach”. *International Journal of Healing and Caring*, Jan. 2011
5. “Diabetes lends itself to a holistic approach”. *Coop Thymes*, Jan. 2011
6. “Organic Back to School”. *Coop Thymes*, Sept. 2010
7. “FEAD Yourself Differently”. *International Journal of Healing and Caring*, Sept. 2010
8. “Mindful Eating”. *New Connexion*, July/August 2010
9. Contributed section to book on Post Traumatic Stress by Peg Elliot Mayo, 2008
10. “How Can You Help Yourself Achieve Better Health?”. *Hearts and Health*, Winter 2008
11. “Integrative Primary Care Watches Wellbeing”. *Health and Science* section of *Corvallis Gazette Times*, 4/20/08
12. “Integrative Medicine Treats Whole Person”. *Health and Science* section of *Corvallis Gazette Times*, 7/8/07
13. “Becoming Comfortable with Your Body Appearance”. *To Your Health Quarterly*, *Corvallis GT*, Feb. 2007
14. “Physician Well-Being”. *Samaritan Physician News*, August 2006
15. “Energy as Emotion”. *The International Journal of Healing and Caring*, May, 2006
16. “Mind-body Medicine, What Is It?”. *Heart To Heart*, SHS publication
17. “The Burden of Being Overweight”. *Diabetes News*, SHS publication
18. “Antibiotic Resistant Infections”. *Heart To Heart*
19. “Good-bye Winter Blues”. *Heart To Heart*
20. “Diabetes Management”. *Diabetes News*
21. “Weight Loss: A Mind-Body Experience”. *Health Now*, Corvallis, Or. Edition
22. McAnulty, Fleming, **Hawley**, Baron. “Missed Opportunities for Tuberculosis Oregon”, *Arch Intern Med.* 1995; 155:713-716
23. “A New Threat to TB Control Efforts in Oregon”. *TB Notes*, CDC, Fall, 1994.
24. “Treatment of Tuberculosis Infections in Adults and Children”. *CD Summary*, Aug. 9, 1994.
25. “Skin Tests for TB: The Problem of False Negatives”. *CD Summary*, May 21, 1991
26. “Drug Resistant Tuberculosis in Oregon”. *CD Summary*, Nov. 20, 1990.
27. “Isoniazid and Tuberculosis Prevention”. *CD Summary*, July 3, 1990

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### Grants:

- 2006:** Cancer Foundation grant for “Surviving to Thriving” series of classes in collaboration with Arts Center for Cancer survivors and their families
- 2002:** Erkilla grant to fund Imagery and Yoga Pilot Project for patients with Fibromyalgia
- 1992 to 1993:** CDC grant to expand lab services, utilizing Bactec for TB detection.
- 1992 to 1993:** CDC grant for a chest x-ray fund for indigent persons with TB infection.
- 1991 to 1993:** American Lung Association grant for incentives and enablers for noncompliant persons with active tuberculosis
- 1990 to 1993:** Annual CDC grants to support and expand TB program in Oregon: added positions for a TB Health Educator and outreach workers for the Burnside district in Portland and migrant camps throughout Oregon.
- 1990:** Startup grant for a Medication Aide Program for Metropolitan Family Service Portland, Oregon
- 1980 to 1983:** Maintenance grants for Hypertension screening program at Linn County Health Department, Oregon

### Research Projects:

- Mindfulness as It Relates to Eating Habits
- Healing Garden Infusion Study Committee, American Cancer Grant
- Missed Opportunities for Tuberculosis Prevention, Center for Disease Control Grant

### Individual Sessions:

- include aspects of imagery, energy medicine, breathwork, acupressure, and process oriented mind-body counseling

### Additional Services:

- **Served as a SME** (Subject Matter Expert) for Booz Allen Hamilton in the development of a White Paper for the Department of Defense for a Mindbody Program to treat PTSD (post traumatic stress disorder) in returning Veterans of war: August 2010
- **Consultations** for the development of Integrative Health Clinics;
  - have included: Medford Providence, OR
  - Bozeman Deaconess, MT
  - Silverton Hospital, OR
- **Mediation Services** for Samaritan Health Services contracts X 2

### Committees:

- Residency Program feedback for Western University of Health Sciences, Medical School and SHS
- Provided oversight and spearheaded for the planning Committee for expansion of Heartspring

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Wellness centers, including the building of a new building in Corvallis, and the remodeling of a building in Albany, OR

- Planning Committee for expansion of Regional Cancer Center, incorporating Integrative Medicine
- Planning Committee for Western Univ. of Health Sciences in mid-Willamette region
- Comprehensive Cancer Management, Samaritan Health Services, OR
- Physicians for Affordable, Sensible Healthcare for Oregon and the nation (PASHION)
- “Watershed Health” visionary Committee with Spring Creek Task Force, OSU, OR
- CME Continuing Education Committee
- Ethics/IRB Committee
- Chairman of Healing Gardens Project (Samaritan Health Services, Corvallis, OR.)

### Community Service:

2003 to 2010	Pro Bono home visits for patients with financial difficulties who need medical care, to include specializing in being present with those going through the dying process.
2003 to 2010	Teach meditation classes for free or donation basis
2007	Served on panels for PASHION (Physicians for Affordable, Sensible Healthcare for Oregon and the Nation) to discuss and brainstorm with local physicians and the community
1999 to 2004	<ul style="list-style-type: none"><li>• Taught meditation techniques to a variety of church groups</li><li>• Gave several gratis lectures a year, on mind/body issues, to non-profit organizations</li></ul>
1991 to 1996	Taught Health Career Options classes to high school students
1995	Spearheaded traffic control efforts in our neighborhood after a car overturned in our neighbor’s yard: gathered petitions and spoke at numerous CPO meetings.
1992 to 1993	Taught Tar Wars classes
1986 to 1989	Taught self esteem classes and provided counseling services for recently widowed and divorced women.
1986 to 1987	Taught visualization and relaxation techniques to recovering alcoholics in rehab

### Honors and Awards:

2000	The John A. Benson, Jr. Humanism Award; Oregon Health Sciences University
1997	AMWA Janet M. Glasgow Memorial Achievement Citation
1997	Cum Laude Oregon Health Sciences University School of Medicine
1997	Alpha Omega Alpha Oregon Health Sciences University School of Medicine
1995	Alpha Kappa Kappa Oregon Health Sciences University School of Medicine
1993	Volunteer Award Beaverton Schools
1984	Best Supporting Actress Albany Civic Theater
1977	Magna cum laude Arizona State University

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