

I have a diverse background in program management and client relations within: non-profits, the government and regulatory sector, private design and engineering firms, and healthcare management and consulting. I have owned my own business in healthcare management and consulting for the past 13 years. The first part of this CV is relative to my career working for agencies and companies, while the second half focuses on my self employment, advanced training in the healthcare sector, as well as projects and publications. Thank you for your time and consideration.

COMMUNICATION AND CONSULTING EDUCATION

Vermont Law School, South Royalton, VT

Master of Studies in Environmental Law, August 2005

Courses included: Watershed Management and Protection, Water Resources Law, Federal Natural Resources Law, Environmental Law, Land Use Law, Administrative Procedure, Alternative Dispute Resolution and Negotiation, and Biodiversity Protection

Activities: Solutions Conference Planning Team
Native American Law Society
Environmental Law Society
Volunteer Mediator, Adamant Accord, Adamant, VT

University of Dayton, Dayton, OH

Bachelor of Arts, Communication Management, May 2003

Minors: Photography and Fine Arts, Biology
Concentrations: Psychology, Marketing, Geology, Philosophy, and Sociology
Honors: 2nd place, 2002 Horvath Exhibition, B&W photograph entitled "Waiting"
Featured in the Scholars Art Gallery, Spring 2001
Activities: Certified as Teen Mentor, Daybreak Children's Shelter, 2002 – 2003
Habitat for Humanity Volunteer
Published Several Articles in the "Flyer News" and "The Difference"

PROFESSIONAL CERTIFICATIONS

LEED AP – Leadership in Energy and Environmental Design Accredited Professional, May 2009

Wilderness First Responder (WFR) – Wilderness Medicine of Utah, May 2010

COMMUNICATION AND CONSULTING EXPERIENCE

Jacobs Environmental, Anchorage, AK; *Environmental Scientist*, June 2011-June 2012

I worked on legal research, document review, green house gas reporting, and several other engineering reports.

URS Alaska –Tryck Nyman Hayes, Inc (TNH), TNH-Hanson, LLC, Anchorage, AK; *Environmental Planner - Environmental Specialist II*, May 2007 – December 2009

While working at URS, and previously TNH, I have managed tasks associated with the production of a large Environmental Assessment, lead environmental monitoring for raptor nests, conducted several wetland delineations, assisted with a Phase I Environmental Assessment, designed bio-engineered bank restoration methods as proposed mitigation, and wrote several erosion and sediment control plans. I have organized the pre-application process and filed permits for several projects; managed, researched, and wrote segments for environmental analyses; developed the Environmental department marketing plan, and reviewed current company-wide marketing tools and practices; as well as assisted with the production of several proposals. My assistance helped provide exceptional customer service on projects within the Waterfront, Civil, Transportation, Railroad and Landscape Architecture divisions. Including, but not limited to:

- **ANGDA Natural Gas Pipeline, Beluga to Fairbanks, Alaska**
- **WEA Fire Island Wind Development Anchorage, Alaska**
- **AEA Best Practices Guide for Small Scale Wind Developments, Anchorage, Alaska**
- **ARRC Fort Wainwright Rail Realignment, Fort Wainwright, Alaska**
- **Seward I&T Dock Replacement and Travel Lift Dock Construction, Seward, Alaska**
- **Wind Energy Alaska Meteorological Tower Installation, Various Sites, Alaska**
- **Ketchikan Shipyard Dry Dock Berth II, Ketchikan, Alaska**
- **USCG LORSTA Facility Wastewater Treatment Modifications, Shoal Cove, Alaska**
- **ARRC Port Mackenzie Rail Line, Matanuska-Susitna Borough, Alaska**
- **King Cove Harbor Improvements, King Cove, Alaska**
- **ARRC Northern Rail Extension, Fairbanks to Fort Greely, Alaska**

- **City of Valdez, Lowe River Flood Control, Valdez, Alaska**
- **Afognak Recreation Camp Clean-up, Cultural Resources Mitigation, USACE, Afognak, Alaska**

Alaska Coastal Management Program (ACMP), Office of Project Management and Permitting, State of Alaska Department of Natural Resources, Anchorage, AK; *Project Review Coordinator (NRS III, Range 18. This is equal to a Range 11 in Federal Agencies)*, November 2005 – April 2007

My responsibilities at the ACMP gave me a wide range of experience in working with a number of Federal and State agencies, and managing all authorizations required for development within the coastal zone. While in the position of Project Review Coordinator, I was able to gain a working knowledge of various environmental and land use regulations through day to day project review, as well as analysis of NEPA documents. I worked efficiently and diligently on my project adjudications, and always found the time to take on more than the normal workload. I provided gap analysis between Federal regulations and State implementation, and was responsible for updating essential documents in accordance with regulation changes. During my time with the State, I also assisted in the revision of an inter-agency partnership agreement with the U.S. Army Corps of Engineers. I routinely worked with many native community leaders, and enjoyed coordinating volunteer coastal cleanup days within participating coastal districts throughout Alaska's 33,000 miles of coastline.

Alaska Women's Environmental Network (AWEN), Anchorage, AK; *President*, October 2005 – October 2007

My role as President of AWEN was to spearhead the revitalization of the organization. I helped the organization create a Strategic Plan, an Annual Plan, a website, a logo and marketing package. While President, I lead our application for 501(c) 3 non-profit status. The events that I helped organize, as well as the initiatives that I put in place, increased our core volunteer base twofold; this helped AWEN survive a dip in involvement to become a thriving community group.

The Great Land Trust, Anchorage, AK; *Volunteer*, August 2005 – December 2005

Volunteer activities that I participated in with the Great Land Trust included: updating marketing information, assisting in the production of newsletters, and researching habitat issues for current and potential land holdings.

Wildlands Project, Tucson, AZ; *Intern*, January – April 2004

I researched and wrote text for a booklet concerning conservation options, including easements, PDR's, grants, and governmental programs for private land owners in the Sky Islands area of Arizona and New Mexico. This booklet was so popular that it has been updated yearly and still serves as a reference for various private land owners and municipal councils.

Native Seeds/S.E.A.R.C.H., Tucson, AZ; *Volunteer*, August 2003 to April 2004

My focus with this non-profit was to develop integrative marketing techniques with local businesses and organizations. This included the production of educational materials on native dietary issues and traditional recipes. I also assisted with administrative planning and fund raising.

The M Foundation, Dayton, OH; *Co-Founder*, April 2003

Several friends and I devoted our senior year in college to the establishment of a foundation dedicated to mental health awareness and wellness among college students. We honored a dear friend that lost his battle with bi-polar depression by creating M Fest, an annual festival with the purpose of familiarizing the student community with the services provided by the University Health Center, and facilitating the awareness of mental health disorders among University students.

HEALTHCARE AND MANUAL THERAPY EDUCATION

Master of Science in Nutrition and Integrated Health, September 2014 – 2015

Maryland University of Integrated Health, I did not complete this Masters program, but instead pivoted midway to focus on post doctorate continuing education in osteopathic soft tissue manual therapy.

Desert Institute of Healing Arts (DIHA), Tucson, AZ, September 2003 – May 2004

Hours Completed: 400

Oriental Healing Arts Center (OHAC), Anchorage, AK, September 2009 – April 2010

Hours Completed: 500

CEU COURSES AND ADVANCED TRAINING

- *Clinical Treatments of Fibromyalgia*, Cortiva Institute, Chicago Loop, Chicago, IL. July 2010
- *Myofascial Release Technique, Upper Body*, Anchorage, Alaska. January 12-14, 2012
- *Active Release Technique, Lower Extremity*, Anchorage, Alaska. July 20-22, 2012
- *Neural Manipulation I, Neuromeningeal Manipulation An Integrative Approach to Trauma* Barral Institute, San Francisco, CA, September 2013
- *Visceral Manipulation I, Abdomen*, Barral Institute, Seattle, WA, November 2013
- *Listening Techniques I, An Integrative Approach to Evaluation*, Barral Institute Seattle, WA, November 2013
- *Visceral Manipulation II, Abdomen*, Barral Institute, Reykjavik, Iceland, January 2014
- *Visceral Manipulation III, The Pelvis*, Barral Institute, Portland, OR, January 2015
- *Visceral Manipulation IV, The Thorax*, Barral Institute, Seattle, WA, October 2014
- *Listening Techniques II, Advanced Integrative Evaluation Techniques*, Barral Institute Denver, CO September 2014
- *Visceral Manipulation I (Retake to Certify for TA Position)*, Barral Institute Orange County, CA, May, 2015
- *Visceral Manipulation V, Manual Thermal Evaluation and Introduction to Visceral Emotional Release* Barral Institute, Portland, OR May 2016
- *Neural Manipulation II, Peripheral Nerve Manipulation Upper Body*, Barral Institute Albuquerque, NM May 2017
- *Neural Manipulation III, Peripheral Nerve Manipulation Lower Body*, Barral Institute Minneapolis, MN June 2017
- *Visceral Manipulation VI, Visceral Emotional Release*, Barral Institute, Denver, CO July 2017
- *Neural Manipulation IV, Brain and Cranial Nerve Manipulation* Barral Institute Albuquerque, MN, March 2018
- *Brain I, Brain Tissue, Nuclei, Fluid, and Autonomic Nervous System*, Chikly Institute Seattle, WA, May 2018
- *Visceral Manipulation II (Retake to Certify for TA Position)*, Barral Institute Esalen Institute, CA, September 2018
- *Brain, Bone Marrow, and Toxicity*, Chikly Institute, Phoenix, AZ, December 2018
- *Physiological and Neuroendocrine Effects of Soft Tissue Treatment*, Barral Institute Italia Rome, Italy, April 2019
- *Retained Neonatal Reflexes*, Chikly Institute, Remote Learning, October 2022

CERTIFICATIONS

- National Certification Board for Therapeutic Massage and Bodywork, *Nationally Certified Massage Therapist since May 2011*
- *Boulder College of Massage Therapy, Pre-Natal, Post-Natal, and Peri-Natal Massage Therapy*, 2012
- *CPR*, October 2022
- Licensed Massage Therapist in Oregon, # 23651, Expires 11/31/2023
- Approved Provider of Continuing Education, NCCAOM and NCBTMB, 2020-current

PUBLICATIONS AND CURRICULUMS

- Keane, Nicole Rachelle. *The Tao of The Polyvagal Theory: A Five Element Perspective For a Future of Healing the Spirit and Balancing the Autonomic Nervous System*. Gratitude Healing Arts, LLC; 2021.
- *The Tao of the Polyvagal Theory Class*, 2021. A 'learn at your own pace' distance learning course based on the treatment theory presented in the publication of the same name. This class presents examples of clinical application and case studies in alignment with the *Tan Cycle* and the *Yu Angles*, two new theoretical treatment models that I created for interdisciplinary treatment within a trauma informed clinical practice.
- *Elemental Manual Meridian Theory and Techniques (EMMT)*, 2021 – Present. www.gratitudehealingarts.net, a web based 'learn at your own pace' distance learning platform. This curriculum is a series of 5 classes that focus on the effects of manual therapy on the Autonomic Nervous System and Vagus nerve complex, through a process of achieving energetic and physical balance. The curriculum is taught relative to each element in the Five Element system: Wood, Fire, Earth, Metal/Air, and Water. Techniques presented in these classes blend together: Toyohari style meridian therapy; Visceral Fascial Matrix Mobilization; Neural Mobilization; Circulatory Release Techniques; Myofascial Release, including direct and indirect techniques that incorporate the philosophy of the structural fascial matrix and fascial meridian system; Lymphatic Drainage Therapy; Neuroendocrine Balancing; and Emotional Release Techniques.
 - This project included the design and development of a web based learning portal; marketing strategy; and the creation of a communications foundation to provide a community driven continuing digital educational experience, to comprehensively learn a skill that has been always taught in person, in an increasingly digital world.

HEALTHCARE AND WELLNESS WORK EXPERIENCE

Gratitude Healing Arts (GHA), Anchorage, AK, Hood River, OR. Founder, April 2010 – Present www.gratitudehealingarts.com I have worked with clients in need of prenatal massage, sports massage, emotional rehabilitation, rehabilitation from surgery and orthopedic injury, including clients with knee, back, hip, and traumatic stress injuries. I also offer detailed nutrition consulting with a blend of Eastern and Western perspective, backed by scientific studies and clinical observation. My practice has been on client centered care and I have built relationships with several clients that have spanned the entire length of my business operations. I have studied around the world to advance my knowledge and skill, and built relationships with colleagues from many backgrounds and cultures.

Grain Integrative Health, LLC, Portland, OR, October 2018 – July 2019. I assisted with all advanced manual therapy at this Naturopathic Medicine clinic. My work here included advanced treatment in Orthopedic issues, chronic pain and injury recovery, specialized neural work with attenuating the nervous system to relieve chronic allergy, as well as treatment of Post Traumatic Stress Syndrome, and neurodegenerative disorders such as Parkinson's and Multiple Sclerosis.