

**NICOLE KEANE, MS LMT BCTMB**  
**Advanced Manual Therapy**  
**Gratitude Healing Arts**  
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**EDUCATION**

*Undergraduate*

Bachelor of Arts Communication Management, May 2003

University of Dayton, Dayton, OH

Minor: Biology with classes in the Physical Therapy program, Photography and Fine Arts

Concentrations: Psychology, Marketing, Geology, Sociology, and Philosophy

I graduated with a total of 189 trimester credit hours.

University of Alaska Sitka, Summer 2011

Coursework: Medical Terminology, Anatomy and Physiology I and II, with Lab

*Graduate*

Master of Studies in Environmental Law, August 2005

Vermont Law School, South Royalton, VT

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

Maryland University of Integrated Health

\*I have not completed this program. At this time my coursework is on hold while I create my own interdisciplinary curriculum.

**MESSAGE THERAPY EDUCATION**

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

Hours Completed: 400

I began my education in massage and bodywork at DIHA, where I completed my foundation classes in Anatomy and Physiology, Anatomy Lab, Massage Level I and II, Palpatory Integration, Body Mechanics, Health and Wellness, and Intro to Shiatsu Massage. DIHA had a very intensive curriculum and was a great place to begin my education in massage. I was consistently on the deans list and had the pleasure of learning from some of the best massage professionals in the area.

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

Hours Completed: 500

In 2009 I decided to complete a certificate program in massage therapy through OHAC. After taking several years to build a career in environmental consulting, I decided to go back to massage and body work because I felt that it was a far more rewarding and personally fulfilling career choice. I chose OHAC because of the focus they offered in Acupressure and Classical Chinese Medicine; the educational opportunities are very limited in Alaska. I was able to take Acupressure Points and Meridians, Theory of Oriental Medicine, Pathology, Business and Ethics, Massage for Special Populations, and several independent studies in chair massage and table massage. The education I received at OHAC opened my eyes to Classical Chinese medicine and has been a great inspiration for much of my practice.

## CEU COURSES

- *Clinical Treatments of Fibromyalgia*, Cortiva Institute, Chicago Loop, Chicago, IL. July 2010  
An Exploration of Myofascial Techniques To Treat Chronic Pain Syndrome and Fibromyalgia
- *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 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

## CERTIFICATIONS

- National Certification Board for Therapeutic Massage and Bodywork
- *Nationally Certified Massage Therapist since May 2011*
- *Pre-Natal, Post-Natal, and Peri-Natal Massage Therapy*
- Boulder College of Massage Therapy, 2012
- *CPR, April 2017*
- *Wilderness First Responder*, Certified April 2010, University of Utah School of Medicine
- Licensed Massage Therapist in Alaska, # 102030, Expires 09/30/2022
- Licensed Massage Therapist in Oregon, # 23651, Expires 11/31/2022
- Licensed Massage Therapist in Arizona, #MT.24869, Expires 10/11/2020

## **PUBLICATIONS AND CURRICULUMS**

- Keane, Nicole Rachelle. *The Tao of The Polyvagal Theory: A Five Element Perspective of Healing the Spirit and Balancing the Autonomic Nervous System*. Gratitude Healing Arts, LLC; 2021.
- *The Tao of the Polyvagal Theory*, 2021. A 'learn at your own pace' distance learning course based on the treatment theory presented in the publication: '*The Tao of The Polyvagal Theory: A Five Element Perspective of Healing the Spirit and Balancing the Autonomic Nervous System*.' This class also presents examples of clinical application and case studies in alignment with the *Tan Cycle* and the *Yu Angles*, two theoretical processes for interdisciplinary treatment within a trauma informed practice.
- *Elemental Manual Meridian Techniques (EMMT)*, 2021 – Present. [www.gratitudehealingarts.net](http://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 affecting the Autonomic Nervous System and Vagus nerve complex, in order to achieve energetic and physical balance. The curriculum is taught relative to each element in the Asian Meridian System Wood, Fire, Earth, Metal/Air, and Water. Techniques presented in these classes will blend together: Toyohari style meridian therapy; Visceral Fascial Matrix Mobilization; Neural Mobilization; Circulatory Release Techniques; Myofascial Release: Direct and Indirect techniques that incorporate the philosophy of the structure fascial matrix and fascial meridian system; Lymphatic Drainage Therapy; Neuroendocrine Balancing; and Emotional Release Techniques.

## **WELLNESS WORK EXPERIENCE**

*Gratitude Healing Arts (GHA)*, Anchorage, AK, Portland, OR. Owner, April 2010 – Present  
[www.gratitudehealingarts.com](http://www.gratitudehealingarts.com) I have worked with clients in need of prenatal massage, sports massage, emotional rehabilitation, rehabilitation from surgery, as well as clients with knee injuries, back injuries, hip injuries, and traumatic stress injuries. I have applied my knowledge of the facial system and Classical Chinese Medicine to develop a balanced treatment plan to heal these ailments using acupressure and meridian massage, as well as myofascial release, lymphatic drainage, trigger point therapy, passive and PNF stretching, compression, traction, deep tissue techniques, visceral manipulation, and neuromeningeal manipulation. I regularly work on: athletes (professional and weekend warriors), workman's comp injuries, chronic pain issues, and pre and post- natal patients. As my practice has evolved with the visceral work, nutritional consultation, and toyohari meridian therapy, I have been able to alleviate symptoms associated with gastrointestinal distress and imbalance, as well as dismenorrhea, pelvic floor issues, degenerative nerve diseases, and other more complex medial cases.

*Winter Lake Lodge*, Finger Lake, Alaska. February – March 2012. I worked several weeks during the winter of 2012 as the on-call massage therapist at Winter Lake Lodge. I helped facilitate a relaxing weekend getaway for several guests, as well as massage therapy for special group events over the weekend of the Iditarod sled dog race; Winter Lake Lodge is a checkpoint for the Last Great Race.

*Teiszen Chiropractic*, Anchorage, Alaska, May 2011 – August 2011. Under Neil Teiszen, D.C., and Wendy Wilmonn, D.C. I worked in a practice that focused on the treatment of spinal injuries, sports injuries, and structural integration. I worked on four to five patients per day, including those with chronic neck and back pain, pre and post natal patients, those with myofascial and structural issues, athletes, and patients with repetitive stress injuries.

*Talaheim Lodge*, Talachulitna River, Alaska, September 2011. While at Talaheim, I cooked for 6-10 people all day long, and cleaned the lodge and outbuildings. I worked on a temporary basis while the manager/ chef had to leave for a family emergency. While at the lodge I was also able to practice massage for the guests that were interested in receiving bodywork. Nearly all of the guests wanted to have massage and my services were highly recommended for the following year. My cooking was met with enthusiasm and the plates left the table completely clean, the best compliment of all.

*Tordrillo Mountain Lodge*, Chugach Powder Guides, Judd Lake, Alaska, Feb-April 2011. I was the massage therapist and housekeeper for the Tordrillo Mountain Lodge, a remote back country ski lodge just east of the Tordrillo mountain range. My responsibilities were to be the massage therapist and sole housekeeper of this luxury lodge, two weeks on/ two weeks off, during the Winter 2011 season. The lodge is a helicopter ski destination, receiving high end clientele and professional big mountain skiers. I preformed sports massage, energy treatments, and general relaxation therapy; I tailored each extended massage session to the individual by incorporating all of the modalities that I practice regularly.

*Global Lines Cycle Tour Group*, Bend, OR, Tuscany, September 2010. While in Tuscany, I was able to provide several different myofascial and acupressure based treatments for the cyclists and general guests at the private Tuscan villa. I used local oils such as olive, lavender, and plum kernel oil.