

Judy Terwilliger, R.N.

5150 Molakini Court ~ Fair Oaks, California 95628

(916) 834-1711

judyt@knowmor.org

CLINICAL EXPERIENCE

- FLEXIBLY FIT™ / KIDS' KORNER™, Fair Oaks, California 01/08 ~ Present
Clinical Pediatric Bowen Specialist™ / Clinical RN Therapist
◆ Neuromuscular Rehab, Specializing in Pediatrics
- FLEXIBLY FIT™, Fair Oaks, California 10/04 ~ Present
Clinical RN Therapist
◆ Pain Management, Neuromuscular Rehab, Anatomical Structure/Function Analysis
- AMERICAN CHRISTIAN ACADEMY, Citrus Heights, California 1994 ~ 2008
Private School Teacher – Science & Nutrition
◆ Honors Anatomy & Physiology Classes
- KAISER PERMANENTE, Honolulu, Hawaii 09/87 ~ 10/92
Staff Nurse
◆ Medical/Surgical
- THE FRONK CLINIC, Honolulu, Hawaii 06/83 ~ 06/85
Float Nurse / Procedural Technical Report Writing (All Specialties)
◆ Eleven Specialties, Longest Rotation Pediatrics
- QUEENS MEDICAL CENTER, Honolulu, Hawaii 09/81 ~ 03/83
Staff Nurse
◆ Outpatient Clinic/Employee Health
- TRINITY CHRISTIAN SCHOOL, Kailua, Hawaii 01/82 ~ 08/85
School Nurse
- SISTERS OF MERCY HOSPITAL, San Diego, CA 10/80 ~ 08/81
Staff Nurse
◆ Telemetry/CCU
- AKRON GENERAL MEDICAL CENTER, Akron, OH 12/79 ~ 09/80
Staff Nurse
◆ Medical / Surgical

EDUCATION & HONORS

NATIONAL FUNCTIONAL BOWEN INSTITUTE, Fair Oaks, California
Founder, Functional Bowen Therapy Instructor: *Basic & Advanced Studies / Neuromuscular / Rehabilitative / Complimentary Health Education*: 01/13 to Present

NATIONAL BOWEN THERAPY TRAINING, INC., Barberton, Ohio
Dr. Gene Hummel, ND - Instructor
Bowen Therapy Instructor Evaluation, Teaching Evaluation – Citrus Heights, California, 2009
Therapy Studies - Neuromuscular / Rehabilitative / Complimentary Health
Course Studies / Examination: 12/09
Instructor Classification Awarded: 12/09
Certified Bowen Therapy Instructor: 12/09 to 12/12

NATIONAL BOWEN THERAPY TRAINING, INC., Barberton, Ohio

Dr. Gene Hummel, ND - Instructor

Basic and Advanced Bowen Techniques

Therapy Studies – Review & Update: Neuromuscular / Rehabilitative / Complimentary Health

Course Studies: 05/08-7/08

Certificates Awarded: Basic 05/08 and Advanced 07/08

Certification Class 07/08: Certified Advanced Bowen Therapist Level Granted

AMERICAN COLLEGE OF SPORTS MEDICINE/SINCLAIR COMMUNITY COLLEGE, Dayton, Ohio

Health Specialist Training Course / Exam Review

Studies - Exercise Physiology, Health & Fitness Assessment, Health Training

Course Studies: 04/08

Certificate of Course Completion Awarded: 04/08

PROEVITY CONTINUING EDUCATION GROUP, Sarasota, Florida

Studies in Glycobiology Medical Research and Development, Genomics, Weight Management - Glycemic Indexing, Health Nutrition & Metabolic Outcomes, Glyconutrient Implications and Related Nutrient

Co-Factors in Health & Wellness, Integrative Medicine Studies

Course Studies: 03/07

Certification Awarded 03/07: Certified Glyconutrient Wellness Consultant

MTI OF DAVIS, Davis, California

Therapy Studies: Neuromuscular / Rehabilitative / Sports Injury Management / Complimentary Health / Nutrition / Pathology / Anatomy & Physiology / Postural Analysis / OrthoBionomy: Movement - Isometrics

Course Studies: 08/04-12/09

Certified Massage Therapy Diploma - 500 Hour Program 03/06 (studies ongoing)

BOWEN METHOD CENTER OF FAIR OAKS, Fair Oaks, California

Basic and Advanced Bowen Techniques

Therapy Studies – Anatomy & Physiology / Neuromuscular / Rehabilitative / Complimentary Health

Course Studies: 09/03-3/04

Certificates of Course Completion Awarded: Basic Studies 12/03 and Advanced Studies 03/04

Certification Class 03/04: Certified Bowen Therapist Level Granted

AKRON CITY HOSPITAL'S IDABELLE FIRESTONE SCHOOL OF NURSING, Akron, Ohio

Nursing Studies Concurrent With University of Akron

Registered Nursing Diploma Program, 1975-1979

Year Diploma Granted: 12/79

UNIVERSITY OF AKRON, Akron, Ohio

General Science Studies as Directed by School of Nursing

Registered Nursing Diploma Program, 1975-1978

LICENSURE & CERTIFICATION

- ◆ *R.N., State of California, Active, Hawaii (Inactive), Ohio (Inactive)*
- ◆ *Certified Functional Bowen Therapist, KNOWMOR Inc, State of California*
- ◆ *Certified Massage Therapist, CAMTC, State of California*
- ◆ *Certified Bowen Therapist, BMC of Fair Oaks, State of California*
- ◆ *Certified Bowen Therapist, NBTT Inc., Barberton, State of Ohio*
- ◆ *Certified Pediatric Bowen Specialist™, KNOWMOR Inc, State of California*
- ◆ *Certified Bowen Therapy Instructor, NBTT Inc., Barberton, State of Ohio*
- ◆ *Certified Board of Registered Nurses Continuing Education Provider, State of California*
- ◆ *Certified Glyconutrient Wellness Consultant, Proevity, Inc, State of Florida*

TEACHING / TRAINING EXPERIENCE

AMERICAN CHRISTIAN ACADEMY, Citrus Heights, California	2004, 2006, 2008
◆ Advanced A&P, Honors High School Science Class	
Flexibly Fit™/KNOWMOR, Inc., Fair Oaks, California	2005 ~ Present
◆ Basic/Advanced Bowen, Muscle Balance Courses	
NATIONAL BOWEN TRAINING, INC., Citrus Heights, California	2004 ~ 2012
◆ Basic Bowen Levels I & II, Muscle Balance Courses	
NATIONAL FUNCTIONAL BOWEN INSTITUTE, Fair Oaks, California	2013 ~ Present
◆ Basic/Advanced Bowen, Muscle Balance Courses	

CONTINUING STUDIES

<i>Mother's Milk is NOT a Formula!</i> – Ardythe L. Morrow, PhD	<i>Academy of Breastfeeding Medicine</i>
<i>Feeding and Swallowing Disorder in Infancy, Optimizing Breastfeeding Success</i>	<i>SWAG Conferences, LLC</i>
<i>Tummy Time™, A polyvagal Understanding of Posture, Movement and Connection</i> - Michelle Emanuel, OTR/L, CST, CIMI, NBCR, RYT	<i>Lovetummytime.com</i>
<i>Breastfeeding: California Grown</i>	<i>Placer Lactation Conference, Roseville, California</i>
<i>Breastfeeding as the Foundation to Optimal Airway Health & Development: Theory Into Practice</i>	<i>Fetzik Dentistry</i>
<i>Pelvic Health</i> - Shani T. Johnson, MPT, DScPT, CMPT, <i>Childhood Neurology</i> - Jo Grant, BSN, MS, MSN, CPNP, <i>Breastfeeding – New Strategies For Improved Outcomes</i> - Cheryl Scott, PhD, RN, IBCLC, RLC, <i>Perinatal Mood Disorder: Effectively Assess & Treat</i> –Christina G. Hibbert, Psy.D, <i>Pathology – Mechanism and Treatment of Disease</i> - Dr. Mikel A. Rothenberg, MD, <i>Sensory Processing Disorder</i> – Susan Fralik-Ball, Psy.D, MSN, CH, <i>Managing Gluten Free Diets</i> – Marliisa Brown, MS, RD, CDE,CDN, <i>Breastfeeding Success: Supporting the Mother/Baby Journey</i> – Dawn M. Kersula, MA, RN, LCCE, FACCE, IBCLC	<i>PESI Healthcare, Eau Claire, Wisconsin</i>
<i>Obesity, Depression and Birth Trauma: New Approaches to Overcoming Breastfeeding Challenges</i> – Kathleen Kendall-Tackett, PhD, IBCLC, FAPA	<i>Breastfeeding Coalition of San Joaquin County</i>
<i>Truth About VBAC Workshop</i> – Jan Kamel, Founder/Director	<i>VBACFacts.com</i>
<i>Biology: The Science of Life</i> by Professor Steven Nowicki, Duke University, <i>Understanding The Human Body - Anatomy & Physiology</i> by Professor Anthony Goodman, MD, F.A.C.S., Montana State University, <i>Theories of Human Development</i> by Professor Malcom W. Watson, Brandeis University, <i>Understanding Genetics: DNA, Genes, and Their Real-World Applications</i> by Professor David Sadava, The Clairmont McKenna, Pitzer and Scripps Colleges, <i>Sensation, Perception and the Aging Process</i> by Professor Francis B. Colavita, University of Pittsburg, <i>Understanding The Brain</i> by Professor Janette Norden, Vanderbilt University School of Medicine, <i>Stress and Your Body</i> by Professor Robert Sapolsky of Neurology & Neurosurgery, Stanford University, <i>Nutrition Made Clear</i> by Professor Roberta H. Anding, MS, RD/LD, CDE, CSSD, Baylor College of Medicine and Texas Children's Hospital, <i>Physiology & Fitness</i> by Dean Hodgkin, BSc., University of Portsmouth	<i>The Teaching Company, Chantilly, Virginia</i>
<i>Conquering Pain, Pain Relief, RX for Women –Women's Health, Stress & Burn Out, Chronic Fatigue Syndrome, Low Carb Diets, Arthritis & Heart Health, Headache, Eating For Peak Performance</i> (and other health / wellness applicable courses)	<i>Institute for Natural Resources, Concord, California</i>
<i>Pain Management Principles and Practice, Clinical Nursing Series</i> by Cas Cahill, MS, CNS, ARNP	<i>Western Schools, Brockton, Massachusetts</i>
<i>Ischemia & Pain, Nerve Entrapment, Pflugger's Laws, Postural Distortion</i> - HealthQuest Neuromuscular Therapy Seminars	<i>HealthQuest Enterprises Inc., Springfield, Missouri</i>

AWARDS & ACHIEVEMENTS

*Luncheon Speaker, University of California Davis Medical Center,
Pain Management Fellowship, with Dr. Scott M. Fishman, MD. – September 2012*

Guest Conference Speaker, The Breastfeeding Coalition of Placer County, California, – May 2011

Honors Member & Featured Professional – Covington Who's Who, International – March 2012

Executive of the Year– Covington Who's Who, International – January 2013

Nominee, Clinical Excellence In Practice Award – Society of Pediatric Nurses – March 2013

Guest Speaker, Imperial Valley Breastfeeding Summit, Imperial Valley, CA – August 2014

Chairman, Carmichael Chamber of Commerce Health & Safety Fair, Carmichael, CA – September 2014

Presenter, Bodywork Workshop, IATP Summit Conference, Montreal, Canada – October 2014

PROFESSIONAL AFFILIATIONS

Affiliated Member of Capital City Doula Collective

International Pediatric Integrative Medicine Network

International Affiliation of Tongue-Tie Professionals (IATP)

Academy of Breastfeeding Medicine Network

Society of Pediatric Nurses

Professional Member – Breastfeeding USA

U.S. Chamber of Commerce

Better Business Bureau

Covington Who's Who, International

PROFESSIONAL REFERENCES

Dr. Michael Allen, MD
Center for Living Health
Gold River, California
(916) 803-7040

Dr. John E. Bartsch, MD
Beacon Orthopaedics & Sports Medicine
500 E Business Way
Sharonville, OH 45241
(513) 354-3700

Dr. Esther Hall, DC
Connection Chiropractic
Placerville, California
(530) 622-8041

Karen Ramstrom, DO, MSPH
Chief, Program Standards Branch
Maternal Child & Adolescent Health Division
California Department of Public Health
Sacramento, California
(916) 456-1917

Topher Stephenson, MD
Mercy Medical Group Midtown
3000 Q Street
Sacramento, CA
(916) 733-3373

PERSONAL REFERENCES

Margaret H. Harrell ~ Carmichael, California
Retired Associate Personnel Analyst,
Office of the Attorney General, California Department of Justice

Nancy K. Broadley ~ Fair Oaks, California
Chief Executive Assistant
Knowmor, Inc.

Paul J. Bauman ~ Folsom, California
Retired Chief Warrant Officer, US Army & National Guard, Active & Reserve
Retired Supervisor/Associate Government Program Analyst, EDD, State of California
Criminal Specialist, California Department of Justice