

# Judy Terwilliger, R.N.

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judyt@knowmor.org

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## CLINICAL EXPERIENCE

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

## 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*

Courses 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 National Certification Board for Therapeutic Massage & Bodywork Continuing Education Provider
- ◆ Certified California Physical Therapy Association Continuing Education Provider
- ◆ Certified International Board of Lactation Consultant Examiners Continuing Education Provider

## 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 &amp; 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 &amp; 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> – Marlissa 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 &amp; 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 &amp; 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 &amp; Burn Out, Chronic Fatigue Syndrome, Low Carb Diets, Arthritis &amp; 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 &amp; Pain, Nerve Entrapment, Pflugger's Laws, Postural Distortion</i> - HealthQuest Neuromuscular Therapy Seminars	<i>HealthQuest Enterprises Inc., Springfield, Missouri</i>

## AWARDS & ACHIEVEMENTS

*Guest Conference Speaker, The Breastfeeding Coalition of Placer County, California, – May 2011*  
*Honors Member & Featured Professional – Covington Who's Who, International – March 2012*  
*Luncheon Speaker, University of California Davis Medical Center,*  
*Pain Management Fellowship, with Dr. Scott M. Fishman, MD – September 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*  
*Presenter, Webinar Workshop, How B.E.S.T. Relates to Breast, IATP – December 2015*  
*Presenter, Positive Healing – A Pain Management Series, LESS is Best – Making the Case For A*  
*Cooperative, Complimentary Approach to Pain Management, Wayne Memorial Hospital,*  
*Honesdale, PA – November 2015*  
*Presenter, California Breastfeeding Coalition Summit, Sacramento, CA – February 2016*  
*Presenter, Lactation Gold Conference – April 2017*  
*Presenter, Placer Lactation Conference – October 2017*  
*Presenter, Potomac Massage Therapy Institute, MD – June 2018*

## 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*  
*American College of Sports Medicine*

## PROFESSIONAL REFERENCES

(CONTACT INFORMATION AVAILABLE UPON REQUEST)

Dr. Michael Allen, MD  
 Center for Living Health

Karen Ramstrom, DO, MSPH  
 Public Health Policy Consultant/PH Medical Officer

Dr. John E. Bartsch, MD  
 Beacon Orthopaedics & Sports Medicine

Topher Stephenson, MD  
 Pain Management & Rehabilitation  
 Private Practice

Dr. Esther Hall, DC  
 Connection Chiropractic

## 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