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 Functional Bowen Specialist™ / Clinical RN Therapist
- Neuromuscular Rehab, Corrective Myofascial Release, Anatomical Structural Analysis, Specializing in Pediatrics

FLEXIBLY FIT™, Fair Oaks, California 10/04 ~ Present
Clinical RN Therapist / Advanced Functional Bowen™ Practitioner
- Pain Management, Neuromuscular Rehab, Corrective Myofascial Release Anatomical Structural Analysis, Adults

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
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

- *Register Nurse, 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 Functional Bowen™, Applied Myofascial Release & Structural Balance Courses

CONTINUING STUDIES

Mother's Milk is NOT a Formula! – Ardythe L. Morrow, PhD ***Academy of Breastfeeding Medicine***

Feeding and Swallowing Disorder in Infancy, Optimizing Breastfeeding Success ***SWAG Conferences, LLC***

Breastfeeding: California Grown ***Placer Lactation Conference, Roseville, California***

Tummy Time™, A polyvagal Understanding of Posture, Movement and Connection - Michelle Emanuel, OTR/L, CST, CIMI, NBCR, RYT ***Lovetummytime.com***

Breastfeeding as the Foundation to Optimal Airway Health & Development: Theory In To Practice ***Fetzik Dentistry***

Pelvic Health - Shani T. Johnson, MPT, DScPT, CMPT, *Childhood Neurology* - Jo Grant, BSN, MS, MSN, CPNP, *Breastfeeding – New Strategies For Improved Outcomes* - Cheryl Scott, PhD, RN, IBCLC, RLC, *Perinatal Mood Disorder: Effectively Assess & Treat* –Christina G. Hibbert, Psy.D, *Pathology – Mechanism and Treatment of Disease* - Dr. Mikel A. Rothenberg, MD, *Sensory Processing Disorder* – Susan Fralik-Ball, Psy.D, MSN, CH, *Managing Gluten Free Diet*s – Marlissa Brown, MS, RD, CDE,CDN, *Breastfeeding Success: Supporting the Mother/Baby Journey* – Dawn M. Kersula, MA, RN, LCCE, FACCE, IBCLC ***PESI Healthcare, Eau Claire, Wisconsin***

Obesity, Depression and Birth Trauma: New Approaches to Overcoming Breastfeeding Challenges – Kathleen Kendall-Tackett, PhD, IBCLC, FAPA ***Breastfeeding Coalition of San Joaquin County***

Truth About VBAC Workshop – Jan Kamel, Founder/Director ***VBACFacts.com***

Biology: The Science of Life by Professor Steven Nowicki, Duke University, *Understanding The Human Body - Anatomy & Physiology* by Professor Anthony Goodman, MD, F.A.C.S., Montana State University, *Theories of Human Development* by Professor Malcom W. Watson, Brandeis University, *Understanding Genetics: DNA, Genes, and Their Real-World Applications* by Professor David Sadava, The Clairmont McKenna, Pitzer and Scripps Colleges, *Sensation, Perception and the Aging Process* by Professor Francis B. Colavita, University of Pittsburg, *Understanding The Brain* by Professor Janette Norden, Vanderbilt University School of Medicine, *Stress and Your Body* by Professor Robert Sapolsky of Neurology & Neurosurgery, Stanford University, *Nutrition Made Clear* by Professor Roberta H. Anding, MS, RD/LD, CDE, CSSD, Baylor College of Medicine and Texas Children's Hospital, *Physiology & Fitness* by Dean Hodgkin, BSc., University of Portsmouth ***The Teaching Company, Chantilly, Virginia***

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 (and other health / wellness applicable courses) ***Institute for Natural Resources, Concord, California***

Pain Management Principles and Practice, Clinical Nursing Series by Cas Cahill, MS, CNS, ARNP ***Western Schools, Brockton, Massachusetts***

Ischemia & Pain, Nerve Entrapment, Pfluger's Laws, Postural Distortion - HealthQuest NMT Seminars ***HealthQuest Enterprises Inc., Springfield, Missouri***

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
Nominee, AFMTE Educator Of The Year Award: Continuing Education Provider – April 2019
Presenter / Trainer - Human Baby, Human Being Conference, Bristol UK – June 2019

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
Member Breastfeeding USA
U.S. Chamber of Commerce
Better Business Bureau
Covington Who's Who, International
American College of Sports Medicine
Alliance for Massage Therapy Education

PROFESSIONAL REFERENCES

(CONTACT INFORMATION AVAILABLE UPON REQUEST)

Topher Stephenson, MD
Pain Management & Rehabilitation
Private Practice

Dr. Michael Allen, MD
Center for Living Health
Private Practice

Dr. Esther Hall, DC
Connection Chiropractic
Private Practice

PERSONAL REFERENCES

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

Donna Decker RN ~ Honesdale, Pennsylvania
Retired Community Health Services Administrator
Wayne Memorial Hospital, Honesdale Pennsylvania

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