



NB: This is a narrative bio, which I find much more interesting than the “long list” style. If you prefer, there is a list of credentials and coursework at the end of this document.

It has been my experience that, for the most advanced practitioners, treatment regimens emerge from their life experiences and personalities as well as from their training and clinical expertise. The history that follows is relevant because it reveals who I am and how I got here. My story is interspersed with details regarding my credentials and training, because both are essential aspects of clinical treatment and the therapeutic relationship.

I grew up on the beach in Southern California, surfing, sailing, and playing beach volleyball with my family. My folks were both avid bodysurfers and knew early on how to prioritize - they bought a house right on the beach. I had a great childhood!

Mom and Dad also owned and taught at a private elementary-through-junior high school, so I had a lot of help with my scholastic endeavors (straight “A” student, academic scholarship, etc.). I ended up with a liberal arts degree, which didn’t prepare me much for working in the world, but studying such a wide range of topics did satisfy my insatiable curiosity ... for a time.

Throughout high school and early college, I swam 8-10 miles a day, 6 days a week, 11 months out of the year. I was pretty serious about it and was fortunate enough to achieve some good results: a world ranking at 16, qualifying for US Olympic Trials in 1984, 6 individual titles in 2 years at the NCAA Division III National Championships. I’m so grateful for those experiences and I’m also extremely pleased to not be working out that hard anymore!

After college I explored a wide variety of jobs, including working in a French pastry/coffee shop, doing manual labor on an oil rig in the Gulf of Mexico, project managing for a seminar company on a 2,000 acre horse ranch, waiting tables, splicing and terminating fiber optic cables, managing an apartment complex, teaching, etc.

In 1987 I moved to Tokyo, Japan to study for two and a half years with Tohei Sensei, an Aikido Master. When I asked him how I could progress more quickly, he replied, “Study healing.” So I did. I added Traditional Ki Healing studies to my Ki Aikido learning and found out I had a natural aptitude. This serendipity actually explained many of my early experiences - I had always been able to make headaches go away, to reduce or eliminate physical pain, to ease emotional distress, etc. This was such a “normal” part of my world that I never gave it much thought until I really started to work with these natural capacities during my time in Japan.

After Japan, I spent many years adding more training and skills to enhance my healing work. This ongoing learning process included 7 years studying Craniosacral Therapy with a British cranial osteopath. The coursework was patterned along the lines of traditional cranial osteopathy, but did not require an osteopathic degree. I added body-centered psychotherapy courses in Hakomi Bodywork and Somatic Experiencing before finishing up with advanced work in Core Process Psychotherapy. I earned degrees in Massage Therapy, Polarity Therapy, and Corrective Tissue Biomechanics along the way. For two years I apprenticed in learning

to work with newborn babies, delved into movement and Feldenkrais work, and studied yoga and meditation in America and in India. You get the idea! I just kept studying and learning anything that would help me be a better practitioner.

Along the way I've had the great good fortune of being happily married to a remarkable woman and helping to raise two extraordinary children all the way to becoming terrific adults. And yes, I admit to being 'a bit' biased on these topics.

At this point of my career, most of my continuing education has shifted to two sources. The first is teaching young practitioners. This includes formal postgraduate coursework for the Boulder College of Massage Therapy and private work with a number of apprentices. These inquisitive, eager students continually challenge me to deepen my understanding of what I am doing clinically and how I'm doing it. The second aspect of my continuing education is my private practice. I have the great privilege of learning from my patients every single day. Human beings are so marvelously complex, varied, and sophisticated; listening to their stories and working to be of service to their humanity (including their emerging suffering and their inherent Health) is the most rewarding form of study that I know. This perspective keeps me fresh, sustains my interest in my craft, and continues to deepen my love of healing work.

Credentials and Training

APTA National Conference: Coursework with Dr. Norm Shealy, Candace Pert, PhD.. et al, Maryland, 2005

Advanced Cranial Coursework *Birth Dynamics*, Boulder, CO 2002

Advanced Degree in Core Process Psychotherapy: Boulder, CO 2001

Advanced Cranial Coursework *Neuro-Endocrine-Immune*, Boulder, CO 2000

Registered Unlicensed Psychotherapist in the state of Colorado, 2000 to present

Advanced CranioSacral Training, Boulder, CO 1998-2001

Pre-Natal and Birth Process Coursework with Ray Castellino, 1998-1999

RCST -- Registered CranioSacral Therapist; Boston, MA 1996-1998

Assorted Body-centered Psychotherapy Coursework: Hakomi Integrative Somatics, Somatic Experiencing, et al 1993-1995

APP -- Associate Polarity Practitioner; Boulder, CO 1993

CTB -- Corrective Tissue Biomechanics Certification; Lakewood, CO 1992

CMT -- Certified Massage Therapist; Evergreen, CO 1991

SHODEN -- Certified Instructor of Ki Development; Tokyo, Japan 1987-1990

SHODAN -- Certified Instructor of Ki Aikido; Tokyo, Japan 1987-1990

BA in Political Economics / History; Hillsdale College, MI 1985