

AMY NICHOLSON, MS, LPC, SEP, LMT, BCTMB

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WORK EXPERIENCE

Amy Nicholson, LLC – Private Practice-Somatic Psychotherapy-Energy Medicine -2017-current

- Somatic & Transpersonal Psychotherapy, individuals, couples and groups
- Somatic Experiencing, Andean Energy Medicine and Trauma informed bodywork
- Online Classes, workshops in Andean Energy Medicine
- Healing Pilgrimages to Peru
- Women's group facilitation

Madison College - Therapeutic Massage Program - Program Director/Faculty - 2005 - 2020

- **Director of the following program areas:** operations, budget, curriculum & instruction, assessment & evaluation, student advising, policies & procedures, strategic planning, unit planning, program development, outreach and recruitment of faculty and staff
 - o Lead the Wisconsin WTCS TSA Process-established best practices for entry level massage education aligned with national standards.
 - o Program achieved an average of 98.8% pass rate on the national board exam from 2007-2020.
 - o Academic advising, career counseling and instruction to approximately 60 students/year
 - o Mentorship: 5PT faculty and 8 CE PT faculty, 4 lab assistants
 - o Authored technique manual; scripted and directed 8 supplemental instructional videos in Media Site
 - o Curriculum development, instruction & assessment all program courses.
 - o SE Mindfulness meditation facilitation, for faculty staff and students of the college
 - o Development of assessment protocols for practical skills and professionalism
 - o Developed & Implemented online orientations for students in Blackboard
 - o Advisory board recruitment & facilitation
 - o Proficient in college technology software for academic and program support:
 - o Blackboard, PeopleSoft, WorkDay, Cognos, SharePoint, Survey Monkey, Zoom, MindBodyOnline scheduling and more
- **Massage Clinic:** operations, budget, scheduling, policies and procedures, improvement and expansion
 - o Designed and managed classroom and clinic growth from 900 square feet to 3500 square feet with a state of the art smart classroom & 9 treatment rooms
 - o Management of two student clinics/year which average 1600 massages/year
 - 9 treatment rooms, waiting area, state of the art technology, online scheduling
 - o Marketing (print, social media, website) book keeping, management of online scheduling software
 - o Management of treatment planning and SOAP notes
 - o Supervision and mentoring of approximately 40 students/year
 - o Actively involved in program research, development and program accreditation

Madison College - School for International Education - Adjunct Faculty - 2007- currently employed

Developed and taught interdisciplinary health related study abroad courses in Peru, Thailand and Belize

- Peru and Thailand: Traditional Healing in Cross Cultural Context, 3 credit health elective course
 - o Received Title IV Grant Funding for curriculum development in 2008
 - o Facilitated teaching/learning with traditional Andean healers, 2009, 2011, 2015, 2018
 - o Curriculum development, marketing, administration and instruction
 - o Coordination of service learning components with local communities
 - o Coordination of local programming for visits and presentations in the U.S.
 - o International travel coordination for groups of 14 students.
- Belize: Service Learning, 2007
 - o Designed and facilitated an interdisciplinary service learning project in partnership with ProWorld
 - o Organized students to participate in the preservation of Mayan knowledge and indigenous healing in the Don Eljio Panti National Park. We were the first group ever admitted to camp overnight in the park.
 - o Managed all aspects of travel, curriculum and service learning project.

University of Wisconsin-Whitewater-M.S. Counseling Program, Guest Lecturer, April 2015, April 2016

- Guest Lecturer, Trauma Treatment -Topic: The Neurobiology of Trauma and Attachment - Introduction to Somatic Experiencing.

Earth Spirit Healing Arts- Private Practice: Somatic Therapist, 2002-2020

- Private practice in therapeutic massage, specializing in trauma informed bodywork, Somatic Experiencing trauma resolution therapy and Shamanic Healing.
- Andean Healing: 16+ years of experience in indigenous energy medicine and healing practices
- Workshops, online education and healing Pilgrimages to Peru~ Traditional Andean Energy Medicine

Sundara Inn and Spa- Massage Therapist- 2003-2007

- Deep Tissue, aromatherapy, hot stone and Ayurvedic massage treatments
- International Spa Association Media Event, Lead Massage Therapist- New York City- Summer 2006

EDUCATION

University of Wisconsin-Whitewater, M.S. Clinical Mental Health Counseling *June 2013 - May 2017*

- **Academic Emphasis:** higher education and emerging adulthood, neurobiology of attachment and trauma, somatic psychology, systems theory, and mindfulness based stress reduction methods.
- **Areas of Expertise and Interest:** neurobiological approaches to working with stress and complex trauma, groups, mindfulness, chronic pain, anxiety disorders, BPD, PTSD, anxiety disorders, ADD, and grief

The Evergreen State College, B.A. Liberal Arts Olympia, WA

September 1997 - June 2001

- **Academic Emphasis:** Ethnobotany and Sustainable Design

CONTINUING EDUCATION in HIGHER EDUCATION

Madison College, Center for Excellence in Teaching & Learning

August 2007 - June 2015

- Educational Psychology
- Curriculum and Course Construction
- International Education & Service Learning
- Educational Diversity
- Educational Assessment and Evaluation
- Philosophy of Vocational Education

CONTINUING EDUCATION in MENTAL HEALTH & SOMATICS

- Neurobiology of Attachment Master Course with Diane Poole-Heller *January 2017 - May 2017*
- Somatic Experiencing Practitioner (SEP) (traumahealing.com) *April 2010 - March 2013*
 - 3-year training in SE, a neurobiological approach to trauma treatment.
- Santa Barbara Graduate Institute, Somatic Psychology Coursework *September - Dec 2010*
- Conflict Resolution Training - Madison College *August 2014*
- Interest Based Problem Solving Facilitator Training - Madison College *April 2015*
- ~2,000 hours of CE hours in multicultural healing arts & mind-body healing *April 2003 - present*
- *TIBIA Massage School* - 700-hour Therapeutic Massage Program:
 - Swedish, deep tissue techniques, neuromuscular, myofascial techniques,
- energy medicine techniques and meditation practices. *October 2001 - June 2002*

AWARDS

- Golden Apple Teaching Award, Madison College, 2014

PROFESSIONAL MEMBERSHIPS & LICENSING

- Somatic Experiencing Trauma Institute 2010-current
- United States Association for Body Psychotherapy, 2014-current
- Board Certification for Massage & Bodywork, Certification # 00-387599
- Wisconsin Licensed Massage Therapist, License # 3172-046
- Wisconsin Licennsed Professional Counselor, License # 7785-125
- State of Wisconsin Massage Therapy and Bodywork Council Member-2009-2011
- Associated Massage & Bodywork Professionals Member-2002-current

PERSONAL & CREATIVE INTERESTS

- Traveling, songwriting, hiking, guitar, piano, making things, cooking and gardening and of course kitties.

REFERENCES AVAILABILE UPON REQUEST

For more information about me, please see my bio at: <https://www.linkedin.com/in/amycnicholson/>

Or, check out my website at: <https://amynicholson.co/>