

# Resume

Susanna Nicholson

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## **Current:**

“Living in Balance” a group mindfulness and Dialectical Behavior Therapy program, offered with Denise Sherman, LCSW in Fall 2019. “Distress Tolerance and Self Care” a group meditation/somatic education and Dialectical Behavior Therapy Program offered with therapist Michele Lauro LCSW and sound healer Mary Gillespie RN Spring 2020.

Also teaching meditation Mondays at Tibet House US in NYC.

Health coaching, sound practices, yoga therapy, individual yoga practice, meditation/philosophy, and Vedic chant: all taught at Mindful Living Space in Kingston NY.

## **Current Affiliations:**

Meditation Teacher, Tibet House US, NYC

Facilitator, Inclusion and Equity initiative at Nalanda Institute NYC

Certified therapist, Yoga Therapist International Association of Yoga Therapists

Duke Integrative Health Coach Program, graduate/mentor

Integrative Health Coach/Meditation-yoga teacher, Mindful Living Space, Kingston NY

## **2004-2016**

**Contemplative Practices for Clinicians, for Cardiac Rehabilitation and Cancer Care, and Duke Integrative Wellness Coaching (for sustainable behavioral change).**

I taught through groups and individually to people who were very diverse in health status, diagnosis, socio-economic background, sexuality, religion, and race. All services were offered primarily at my former studio at Martha Jefferson/Sentara Hospital Outpatient Care Center, Peter Jefferson Drive, Charlottesville Virginia. [I founded the first in-hospital independent yoga center in Virginia.] Some services offered to programs for intellectually disabled adults (Post High program), at low-income clinics, including Westhaven Clinic in Charlottesville, or at-risk youth residential centers in the same city, or in specialty clinics at MJ/Sentara Hospital. Previously I taught yoga to patients at Kenmare Community Hospital in Kenmare, Ireland.

My Sentara Hospital position included services such as:

- Wellness Coach/Meditation Instruction at UVA's Smoking Cessation Program, Lexis-Nexis Corp., The Women's Initiative (low-cost psychological services for diverse clients with chronic pain, substance abuse, and obesity), the Sentara/Martha Jefferson Hospital Cancer Care Center, and the MJH Health and Wellness and Cardiac Rehabilitation Departments.
- Yoga for Nurse Managers (an inservice class). Group coaching and yoga instruction for Martha Jefferson Hospital Employee Health Program, and for MJH-affiliated local lower income clinics. These services also offered through the activities of the hospital's Cancer Care and Cardiac Rehabilitation programs.
- Regular public presentations on recent research on mind/body practices and integrative medicine to the public, or in conferences such as Mental Health America, or within the hospital to clinician staff, to patients, to physicians, to hospital executives, and regularly to the Cancer Care Center Committee.

**Mindfulness and Compassion-Based Meditation Training (received):**

[Does not include regular sits and annual silent retreats with teachers]

Two-year Mindfulness Meditation Teacher Certification Program, approved by the Center for Greater Good Science, University of California Berkeley, with curriculum by Jack Kornfield and Tara Brach (certified June 2019). Scotts Valley CA.

Somatic Experiencing, Level One Certified Counseling for trauma, using mindfulness and body awareness (NYC).

Relational Dharma: Waking Up Together, weeklong retreat on non-violent communication and presence-based dialogue, with Oren Jay Sofer and Bart van Melik (May 2019) Buddhist Center for Buddhist Studies, Barre MA.

Mindful of Race, two years' private coaching and weekend group retreats. This program trains teachers to recognize unconscious bias and oppression, in yoga centers and meditation sanghas. With Ruth King, author and international dharma teacher and coach. 2015-2017.

Certificate, Contemplative Psychology in Compassion-Based Practices, with Robert Thurman and Joe Loizzo MD. Nalanda Institute, NYC 2016- 2017

Youth and Yoga Mindfulness Training Weekend, Ali and Atman Smith, Holistic Life Foundation of Baltimore, 2015.

Insight Dialogue for Psychotherapists and Counselors, A week-long retreat/workshop on practices merging interpersonal awareness, compassion practices, and dialogue. Richmond VA 2014.

The 8-Week MBSR course, University of Virginia Mindfulness Center, Charlottesville.

Cultivating Compassion retreat with Nikki Mirghafiori, Spirit Rock CA.

Year-long monthly mindfulness one-on-one training at Passadhi Retreat Centre, Cork, Ireland 2001-2002.

### **Yoga Teacher Training (offered):**

Currently, after years of studio management and group teacher training, I prefer to mentor and train one-on-one. My students are successful in teaching adaptively and progressively to the individual.

### **Yoga Teacher Training (received):**

[Does *not* include numerous seminars and private classes with TKV Desikachar and his senior students in the U.S., or IAYT conferences]

Centre for Yoga Studies, approximately 8 years of tri- or bi-annual, week-long trainings in teaching and practice of *japa* (ie Vedic chant/mantra), yoga asana, yoga philosophy, pranayama, with Desikachar lineage teacher Paul Harvey in Stroud, UK. [2011-2019. Over 120 contact hrs. including extra telephonic contact]

Cardiac Yoga Teacher Training, with Mala Cunningham, 60 hrs. 2012

Certified Yoga/Meditation Teacher, Krishnamacharya Healing Yoga Foundation, Chennai India, 200 contact hrs. 2007

Certificate, Commonweal Center's Cancer Care Yoga Teacher Training Program, with Jnani Chapman, 55 contact hrs. 2007.

Structural Yoga Therapy I, with founding IAYT member, Tom "Mukunda" Stiles, 20 contact hrs. 2005-8.

Vedic Chant Center, with Sonia Nelson, senior student of Desikachar. Personal ritual, japa, and personal practice supervision. 40 hours, 2005-2009.

500-Hour Yoga Alliance Teacher Certification, in Krishnamacharya-lineage yoga (Iyengar, Viniyoga, and Ashtanga), Montclair NJ, 2001.

### **Wellness Coach Training (received):**

Duke University Integrative Medicine, Integrative Health Coach training, Two-year program, certified 2011. Presence-Based Coaching I/II: 2012 (30 credits, ICF) Group Coaching Essentials: 2011 (7 credits, ICF).

### **Research:**

Program Coordinator, "Clinical Trial Investigation on the Effects of Yoga on Quality of Life during Early Stage Breast Cancer Treatment" MJH Outpatient Care Center, Charlottesville, 2007.

### **Talks:**

"Mind/Body Practice for Depression and Anxiety: A Review of New Studies" Mental Health America, Albemarle County, (2014)

"The Impossible Takes a Little Longer: Somatic Practices for Implementing Change" UVA Conference on Women and Leadership, (2013)

"In-Office Yoga Practice for Psychotherapists" a Virginia APA CE program for Clinical Psych PhDs. LPCs, and MSWs (2006)

"Sports-Related Knee Injuries in Female Teens: Prevention Practices and Treatment", MJH (2006)

"Digestive Health: A Yoga Practice", presented in coordination with nationally-recognized gastroenterologist Cindy Yushida, MD. MJH (2005)

"Bone Health: Yoga Therapy Practice and Principles", presented through the MJH Health and Wellness Program. MJH (2004)

"Integrative Therapy: What It Is, How it Works", presented in coordination with Lee Litvinas, MD, MJH hospitalist MJH (2003)

**Yoga Therapy Publications:**

“Preventive Yoga Practice for Female Teen Athletes,” IAYT Practice Journal Summer 2008.

“Joy of Breathing: A Foundation Program for Pranayama,” IAYT Practice Journal Summer 2006.

“Yoga Practice for Menopause” Daily Progress, June 2004.

**Yoga Workshops (taught)**

Yoga for Women’s Health; Healing Sound.

**University Faculty Appointment:**

Adjunct Professor, Media Studies, Marymount Manhattan College 1992-95.

My teaching at Marymount was based on over ten years of producing and editing award-winning shows (Peabody award, Dupont-Columbia award) on NPR and cable, as well as editorial work at consumer magazines.

**Education:**

University of Virginia, over 18 credit hours of MA-level classes in early modern religion, including Yoga-Samkhya

University of Oxford, M.Phil.

University of Virginia, M.A.

University of Virginia, B.A. *summa cum laude*

**Languages: French (spoken), Italian, and Sanskrit Level I**