

Resume

Susanna Nicholson

170 Chase Road, Shokan NY 12481

susannanicholson@gmail.com

Phone: (434) 977-0030

Web: www.susannanicholson.com

Current, via ZOOM:

Teaching compassion and awareness practices as part of a therapist team's Dialectical Behavior Therapy programs. Themes include: "Living in Balance" "Distress Tolerance and Self Care" "Reclaiming our Past and Imagining Our Future"

For individuals I offer coaching and mentorship, sound practices, yoga therapy, individual yoga practice, meditation/philosophy.

2016-2020:

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

Integrative Health Coach/Meditation-therapeutic 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).

Patients in our program often had life-limiting illnesses, or temporary/lifelong disability. All services were offered primarily at a studio at Martha Jefferson/Sentara Hospital Outpatient Care Center, at Union Yoga, the first outpatient yoga clinic in Virginia. In-service programs for intellectually disabled adults (Post High program, Innisfree Village), neighborhood clinics,

including Westhaven Clinic in Charlottesville, in 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. Group coaching and yoga instruction for Martha Jefferson Hospital Employee Health Program, and for MJH-affiliated local lower income clinics. These services were 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 to the Cancer Care Center Committee.

Mindfulness and Compassion-Based Meditation Training (received):

[Does not include regular sits, individual coaching, and annual silent retreats with at least one of my current teachers, Tara Brach, Ruth King over the past decade]

Integrative Sound Healing Program, certificate, Open Center NYC. 2019-2020

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, and one-on-one mentorship from Thai Forest lineage teacher Alexis Santos. 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 (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.

Qigong/Yoga for Healing Jan Miller, private dojo, NYC 1992.

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; many half-day personal and group retreats.

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 and Buddhist philosophy)

University of Oxford, M.Phil.

University of Virginia, M.A.

Languages: French (some spoken and reading is OK), Italian (reading only), and Sanskrit Level I.