

OBJECTIVE

My objective or personal mission is to help improve the lives of my patients by using both conventional and integrative approaches. As President of the Board of Directors for the Brain Injury Alliance of Arizona and through my speaking engagements on various health-related topics, I strive to bring good health and healing to my patients and other members of my community.

FORMAL EDUCATION

University of Arizona Medical School; Tucson AZ
Fellowship in Integrative Medicine, 2015

AT Still University; Mesa, AZ
Masters of Physician Assistant Studies
GPA 3.9, Graduated *Summa Cum Laude*, 2003

Arizona State University; Tempe, AZ
BARRETT HONORS COLLEGE
Bachelor of Liberal Arts Degree (Integrative Studies Focus on Life Sciences)
GPA 4.0, Graduated *Summa Cum Laude*, 2000
Thesis: "Prion Diseases: An Emerging Epidemic"

ACADEMIC RECOGNITION

Arizona State University; Tempe, AZ
High Honors Award and Dean's List (College of Arts and Sciences)
Honor Society of Phi Kappa Phi, and Golden Key Honor Society

Phoenix College; Phoenix, AZ
Dean's List, La Sociedad Nacional Hispanica (Spanish class honors)
Sigma Delta Mu (National Hispanic Honors Society)

EMPLOYMENT EXPERIENCE

AZ Integrative Medicine & Spa; Fountain Hills, Arizona
formerly known as Fountain Hills Pediatrics & Internal Medicine
Physician Assistant; Sept. 2016 to Present

Integrative Medicine is the intelligent combination of western medicine combined with evidenced-based complementary and alternative medicine. I specialize in "Integrative Mental Health," which seeks to identify the root causes of mental and emotional illness and suffering and explores all avenues to heal and resolve them.

Individual Patient Consults

Integrative consults differ from the typical medical model in that the initial visit is a 1 to 2-hour consultation which gathers data from the patient's cultural, social, spiritual/religious, family, and medical history. Integrative Medicine utilizes standard conventional medicine and treatments when necessary and additionally utilizes herbals, supplements, diet, mind-body techniques and other treatments when deemed beneficial.

Group Patient Visits

Various group visits which include the topics such as "reducing anxiety and stress: Integrative Medicine for Self-Care," "Integrative Weight Loss," "Integrative Insomnia," and "Integrative Menopause." These 90-minute group visits allow the provider and patient to delve more deeply into the root causes of illness and suffering rather than simply medicating the symptoms of disease processes. The groups also offer peer support and fosters a caring, empathic environment which nurtures healing.

Page Family Practice; Tempe, Arizona
Physician Assistant; Sept. 2005 to May 2015

EMPLOYMENT EXPERIENCE (CONTINUED)

Obtained medical histories of family care patients, examined patients, diagnosed injuries and illnesses, provided treatment in accordance with their diagnosis, ordered and interpreted laboratory data and x-rays, and prescribed medications when necessary.

James Dearing, D.O.; Phoenix, Arizona
Physician Assistant; July 2003 to July 2005

Obtained medical histories of family care patients, examined patients, diagnosed injuries and illnesses, provided treatment in accordance with their diagnosis, ordered and interpreted laboratory data and x-rays, and prescribed medications when necessary.

Clinical Rotations; Arizona
Physician Assistant Resident; July 2002 to July 2003
Detailed below.

Alta Vista Veterinary Hospital; Phoenix, Arizona
Veterinary Technician; Feb. 1991 to Aug. 1998

Provided for the health and well-being of animals through specialized knowledge of animal behavior and care, assisted with surgical, laboratory and nursing procedures when necessary.

CLINICAL ROTATIONS

<u>Practice Area</u>	<u>Provider</u>	<u>Duration</u>
Office Practice and Surgery	Adobe ENT & Allergy	6 Weeks
Urgent Care	Advantage Urgent Care	6 Weeks
Inner City Internal Medicine	Mountain Park Health Center	12 Weeks
Obstetrics and Gynecology	CIGNA	6 Weeks
Emergency Medicine	Saint Luke's	6 Weeks
Family Practice	James Dearing, D.O.	12 Weeks

CERTIFICATIONS

- Applied Suicide Intervention Skills Training (ASIST), LaFrontera–Tempe Campus, 2016
- National Commission on Certification of Physician Assistants (NCCPA) Board Certified Physician Assistants; 2003 to Present
- Advanced Cardiac Life Support (ACLS) Certified; 2003 to Present
- Pediatric Advanced Life Support (PALS) Certified; 2003 to Present
- Cardiopulmonary Resuscitation (CPR) Certified; 1998 to Present

BOARD APPOINTMENTS

President, Board of Directors, Brain Injury Alliance of Arizona (BIAA); 2019 to Present
Chair, Leadership Committee, Brain Injury Alliance of Arizona (BIAA); 2018 to Present
Program Director and Aftercare Specialist, The SPARTA Project; 2016 to Present

MEMBERSHIPS

- Member, Education Committee, Brain Injury Alliance of Arizona (BIAA); 2018 to Present
- Member, The SPARTA Project; 2016 to Present
- Member, Board of Directors, Brain Injury Alliance of Arizona (BIAA); 2015 to Present
- Member, American Academy of Physician Assistants (AAPA); 2003 to Present

HONORS & AWARDS

Recipient of the 2016 Trailblazer Award
presented by Brain Injury Alliance of Arizona, January 19, 2017

In recognition of the groundbreaking work on the issue of neuroplasticity and the teaching modules established and delivered in the state of Arizona. The presentations have since been requested by other Brain Injury Alliances across the United States.

TEACHING

Individual and Group Meditation

MEDIA PRESENTATIONS (radio & television)

PRESENTATIONS/ SPEAKING ENGAGEMENTS

After mastering the art of meditation, myself, I began delivering introduction to meditation, providing updates, research, styles and techniques to others regarding meditation, running sample meditations and instructional meditations, and offering discussion and counseling regarding healthy diet and exercise.

How meditation changes the brain and fosters healing trauma and PTSD on talk-show radio Another Fork in the Road with Host Donna O'Donnell Figurski, October 21, 2018.

- *PTSD: The Invisible Wound*, East Valley Police Department - Crisis Intervention Training, February 25, 2019.
- *Restore, Renew and Reinvent Yourself*, a large half-day event on health and wellness, AZ Integrative Medicine & Spa, Fountain Hills, January 11, 2020.
- *Healing Heroes; Neuroscience of PTSD and How to Start Healing the Trauma*, a large event for Veterans and first responders, Hunkapi Farm, Scottsdale, October 26, 2019.
- *Meditation as Medicine*; a talk with our patients at AZ Integrative Medicine & Spa, Fountain Hills, October 19, 2019.
- *The Power of Neuroplasticity*; a talk with brain injury survivors and medical students interested in brain injuries, Midwestern University, Glendale, October 16, 2019.
- *PTSD: The Invisible Wound*, East Valley Police Department - Crisis Intervention Training, Mesa Public Safety Training, October 5, 2019.
- *Meditation Seminar*, teaching various styles of mediation and breath-work, Maravilla Senior Living Center, Scottsdale, October 4, 2019.
- *PTSD: The Invisible Wound*, East Valley Police Departments – Crisis Intervention Training, August 20, 2019.
- *The Neuroscience of Compassion Fatigue*, The Movement Disorders Foundation at Maravilla Senior Living Center, Scottsdale, August 17, 2019.
- *Overcoming Trauma Series* meditation seminar, Health and Human Services Department, Salt River Pima—Maricopa Indian Community, August 12, 2019.
- *PTSD and The Neuroscience of Transformation*, Maricopa County Sheriff's Office (Sheriff Penzone) Headquarters' staff, August 2, 2019.
- *Healing From PTSD*; a talk with Vietnam Veterans and their spouses, Desert Springs Church, Goodyear, July 7-9, 2019.
- *Healing Our First Responders* (a 3-part series for each shift), Fountain Hills Fire Department, July 1, 2019.
- *Healing Our First Responders* (a 3-part series for each shift), Fountain Hills Fire Department, June 28, 2019.
- *The Neuroscience of Transformation*, Tempe Police Advanced Training Course, ASU Campus, June 25, 2019.
- *Healing Our First Responders* (a 3-part series for each shift), Fountain Hills Fire Department, June 21, 2019.
- *PTSD: The Invisible Wound*, Greater Phoenix Police Department - Crisis Intervention Training, June 18, 2019.
- *The Neuroscience of Joy*, Tucson's Eldorado Campus, TMC for Seniors, May 18, 2019.
- *PTSD: The Invisible Wound*, East Valley Police Department - Crisis Intervention Training, April 30, 2019.
- *The Integrative Prescription: Mind-Body-Spirit Retreat*, full-day, Fountain Hills Community Center, Fountain Hills, March 23, 2019.
- *PTSD: The Invisible Wound*, Greater Phoenix Police Department - Crisis Intervention Training, March 5, 2019.

- *The Seven Pillars of Health* seminar, Fountain Hills Community Center, Fountain Hills, February 20, 2019.
- *Mediation Retreat*, half-day retreat teaching various styles of mediation and breath-work, Fountain Hills Community Center, Fountain Hills, January 26, 2019.
- *PTSD: The Invisible Wound*, Greater Phoenix Police Department - Crisis Intervention Training, December 4, 2018.
- *The Neuroscience of Transformation*, Ability 360 Center (for President & CEO Phil Pangrazio), November 14, 2018.
- *Mediation Retreat*, half-day retreat teaching various styles of mediation and breath-work, Fountain Hills Community Center, Fountain Hills, November 3, 2018.
- *The Neuroscience of Transformation*, Mesa Public Schools: Student Services Center (for parents of children with a brain injury), October 23, 2018.
- *The Mind-Body Connection in Reducing Pain* Integrative Approaches to Diabetes seminar, Fountain Hills Pediatrics and Internal Medicine, Fountain Hills, July 21, 2018.
- *The Mind-Body Connection in Reducing Pain* Integrative Approaches to Diabetes seminar, Spooner and Shaft Physical Therapy, Fountain Hills, July 16, 2018,
- Key Note Speaker "*The Power of Neuroplasticity*" Rays of Hope, Desert Willow Conference Center, May 8, 2018.
- *Pain and Inflammation: Mind-body Healing* seminar, Fountain Hills Pediatrics and Internal Medicine, April 7, 2018.
- *PTSD: The Invisible Wound*, Greater Phoenix Police Department - Crisis Intervention Training, March 20, 2018.
- *PTSD: The Invisible Wound*, East Valley Police Department - Crisis Intervention Training, February 13, 2018.
- *The Neuroscience of Transformation*, Staff and care giver support seminar at "Lost Our Home" pet shelter, December 12, 2017.
- *Gut Health: Mind-body Healing* seminar, Fountain Hills Pediatrics and Internal Medicine, November 4, 2017.
- *PTSD: The Invisible Wound*, Greater Phoenix Police Department - Crisis Intervention Training, October 24, 2017.
- *PTSD: The Invisible Wound*, East Valley Police Department - Crisis Intervention Training, October 17, 2017.
- *Suicide Prevention: Using Neuroplasticity to Heal the Brain*, A division of CIT Phoenix Police Department, September 20, 2017.
- *De-escalation for First Responders*, Crisis Intervention International, Fort Lauderdale, FL, August 17, 2017.
- *PTSD: The Invisible Wound*, East Valley Police Department - Crisis Intervention Training, August 1, 2017.
- *Perfect Health; Integrative Medicine Wellness* seminar, Fountain Hills Pediatrics & Internal Medicine, March 4, 2017.
- *Healing the Healer*, Arizona State Association of Physician Assistants (ASAPA) 41st Annual Spring CME Conference, March 1, 2017.
- *PTSD: The Invisible Wound*, East Valley Police Department - Crisis Intervention Training, February 28, 2017.
- *Limbic Resonance & the Mirror Neuron System: The Science of Love, Empathy and Connection in Healing* Greater Phoenix Police Department - Crisis Intervention Training, January 13, 2017.
- *PTSD: The Invisible Wound*, Greater Phoenix Police Department - Crisis Intervention Training, January 10, 2017.

- *Limbic Resonance & the Mirror Neuron System: The Science of Love, Empathy and Connection in Healing*" DPS Peer Support Conference, December 8, 2016.
- *Limbic Resonance & the Mirror Neuron System: The Science of Love, Empathy and Connection in Healing*" Brain Injury Alliance of Arizona, December 6, 2016.
- *PTSD: The Invisible Wound*, East Valley Police Department - Crisis Intervention Training, November 15, 2016.
- *The Effects of Stress on the Brain: Understanding the Plasticity of Damage and Repair*, DPS Peer Support Conference, November 9, 2016.
- *PTSD: The Invisible Wound*, Greater Phoenix Police Department - Crisis Intervention Training, November 1, 2016.
- *PTSD: The Invisible Wound*, Arizona State Association of Physician Assistants (ASAPA) Fall CME Conference, October 8, 2016.
- *The Effects of Stress on the Brain: Understanding the Plasticity of Damage and Repair, Suicide and Trauma Conference*, Maricopa County Sheriff's Training Center, September 28, 2016.
- *PTSD: The Invisible Wound*, East Valley Police Department - Crisis Intervention Training, September 20, 2016.
- *The Neuroscience of Transformation*, Patient Seminar at Fountain Hills Pediatric and Internal Medicine, August 9, 2016.
- *PTSD: The Invisible Wound*, Phoenix and West Valley Police Department - Crisis Intervention Training, August 2, 2016.
- *PTSD: The Invisible Wound*, East Valley Police Department - Crisis Intervention Training, June 14, 2016.
- *The Neuroscience of Transformation*, Brain Injury Alliance of Arizona - Annual Survivor and Family Conference, Rays of Hope, Desert Willow Conference Center, May 13, 2016.

OTHER CONTRIBUTIONS

- **Clinical Provider**, The SPARTA Project, Women's Cohort; Week of 3-8-20, Brandeis-Bardin Campus, Simi Valley, CA
- **Clinical Provider**, The SPARTA Project, Women's Cohort; Week of 12-8-19, Brandeis-Bardin Campus, Simi Valley, CA
- **Clinical Provider**, The SPARTA Project, Women's Cohort; Week of 11-10-19, Brandeis-Bardin Campus, Simi Valley, CA
- **Clinical Provider**, The SPARTA Project, Women's Cohort; Week of 2-24-19, Brandeis-Bardin Campus, Simi Valley, CA
- **Clinical Provider**, The SPARTA Project, Women's Cohort; Week of 11-25-18, Brandeis-Bardin Campus, Simi Valley, CA
- **Clinical Provider**, The SPARTA Project, Arizona Cohort; Week of 3-13-16, Franciscan Renewal Center, Paradise Valley, AZ
- **Clinical Provider**, The SPARTA Project, California Cohort; Week of 2-12-17, Camp Hess Kramer, Malibu, CA
- **Preceptor**, AT Still University and Midwestern University; 2003 to Present
- **Volunteer**, Sojourner Center for Abused Women; 2001
- **Assistant**, Toxicology and Autopsy, Maricopa County Medical Examiner; 1998
- **Tutor/Counselor**, Thunderbird High School, Varsity Basketball Team; 1995 to Present
- **Volunteer**, Phoenix charities homeless clothing and food drive; 1995 to 2000

REFERENCES

Available Upon Request