

OBJECTIVE

My objective or personal mission is to help improve my patients' lives by using both conventional and integrative approaches. Through my patient care and consultative practice as well as speaking engagements on various health-related topics, I strive to bring good health and healing to my patients and other community members.

FORMAL EDUCATION

Deepak Chopra™, M.D. | Chopra Center Certifications
Ayurvedic Lifestyle Teacher Training Certification Program, 2021

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

Julie Rake Healing; Scottsdale, Arizona
Physician Assistant; September 2016 to Present

Integrative medicine is the intelligent combination of western medicine combined with evidence-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. The initial visit is a 1 to 2-hour consultation that 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 utilizes herbals, supplements, diet, mind-body techniques, and other therapies when deemed beneficial.

Group Patient Visits

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 foster a caring, empathic environment that nurtures healing. Topics of discussion have included: Reducing Anxiety and Stress: Integrative Medicine for Self-Care, Integrative Weight Loss, Integrative Insomnia, and Integrative Menopause.

**EMPLOYMENT
EXPERIENCE
(CONTINUED)****Center for Integrative Healing & Wellness; Carefree, AZ***Physician Assistant; January 2021 to January 2024***Marma Therapy**

Marmapoint therapy emerged over 5000 years ago in the Ayurvedic system of healing. It is considered an energy healing practice and focuses on the manipulation of prana (vital energy) in the body. Marma therapy influenced the development of Chinese acupuncture. Marma masters, called "Marmani" were often physicians who used this knowledge to help their patients heal. This focused therapy is specifically called "East Indian Head Acupressure." This powerful modality induces deep states of relaxation and profound tranquility both physically and psychologically. Marma therapy allows healing of deeply held trauma patterns stored in the physical, energetic, mental, and subtle bodies.

Chopra Health Retreat at Civana Wellness Resort & Spa; Carefree, AZ*Medical Provider & Medical Team Manager; January 2021 to December 2023*

Deepak Chopra™, M.D.'s "Perfect Health" program formerly at the Chopra Center in Carlsbad, California, has moved to the Arizona Sonoran Desert and is called "The Health Retreat at Civana." This intensive wellness retreat teaches the centuries-old wisdom and healing methods of Ayurveda. At this program, I coordinate all duties of the medical team, provide medical care to the participants, and deliver talks on stage during the program. This multi-day event is a powerful cleansing, healing & rejuvenating program and is an authentic "Panchakarma" purification experience handed down through the millennia.

Page Family Practice; Tempe, Arizona*Physician Assistant; September 2005 to May 2015*

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; February 1991 to August 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

- Certified Chopra Meditation Instructor; January 2021 to Present
- Certified Chopra Ayurvedic Teacher; January 2021 to Present
- Marma Therapy (or East Indian Head Acupressure) Certified | Southwest Institute of Healing Arts; 2017 to Present
- Applied Suicide Intervention Skills Training (ASIST), La Frontera-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

Past-President, Board of Directors, Brain Injury Alliance of AZ (BIAA); 2021 to Dec. 2023
President, Board of Directors, Brain Injury Alliance of AZ (BIAA); 2019 to 2021
Chair, Leadership Committee, Brain Injury Alliance of AZ (BIAA); 2018 to Dec. 2023
Board Member, Brain Injury Alliance of AZ (BIAA); Dec. 2016 to Dec. 2023
Program Director and Aftercare Specialist, The SPARTA Project; 2016 to Present

MEMBERSHIPS

- Member, Education Committee, Brain Injury Alliance of AZ (BIAA); 2018 to Dec. 2023
- Member, The SPARTA Project; 2016 to 2020
- Member, Board of Directors, Brain Injury Alliance of Arizona (BIAA); 2015 to Dec. 2023
- 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 neuroplasticity and the teaching modules established and delivered in the state of Arizona. Other Brain Injury Alliances across the United States have requested these presentations.

TEACHING

Whole Health Retreat at Civana
Providing education and instruction in group meditation and Ayurvedic lifestyle talks to participants.

Private Individual and Group Meditations
Providing education and instruction in the 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.

MEDIA PRESENTATIONS (radio & television)

How Meditation Changes the Brain and Fosters Healing Trauma, and PTSD presented on talk-show radio's Another Fork in the Road with Host Donna O'Donnell Figurski, October 21, 2018.

RETREATS

Whole Mother Reset Retreat; a three-day retreat for mothers in the mountains of Columbia Falls, Montana. Teaching segments including yoga, meditation, journaling, energy healing therapies, and discussions around health and healing. Dancing Spirit Ranch, March 14-16, 2025.

KEYNOTE SPEECHES

- *"Leaving a Legacy of Love: The Neuroscience of Love and Mysteries of the Heart"* Rays of Hope; Desert Willow Conference Center, May 5, 2023.
- *"The Power of Neuroplasticity."* Rays of Hope; Desert Willow Conference Center, May 8, 2018.

SPEAKING ENGAGEMENTS

- *Beyond Bikini Medicine: A Women's Health Event*; a full-day women's health event on health and wellness. Fountain Hills Community Center, March 22, 2025.
- *Heart Opening Afternoon with Cacao*; a seminar focused on releasing resentments and embracing acceptance with ceremonial cacao. AZ Integrative Medicine & Spa, February 15, 2025.
- *Understanding the Basics of Meditation & Breathwork*. Rays of Hope; Ability 360 Conference Center, March 1, 2024.
- *Healing Your Whole Self While Recovery is Ongoing*. Rays of Hope; Ability 360 Conference Center, March 1, 2024.
- *Achieving Your Health & Wellness Goals*. Saturday Seminar. AZ Integrative Medicine & Spa, February 24, 2024.
- *PTSD: The Invisible Wound*, East Valley Police Department - Crisis Intervention Training, Gilbert, AZ, February 12, 2024.
- *Inner Pharmacy*, The Chopra Health Program. This monthly talk discusses the ability of the body and mind to balance and heal itself through the power of our five senses. 2021-Present.
- *Caring For Your Brain Health in Times of Stress: Nourish Your Neurons*. Rays of Hope; Desert Willow Conference Center, May 6, 2023.
- *Mastering the Basics of Meditation & Breathwork*. Rays of Hope; Desert Willow Conference Center, May 5, 2023.
- *PTSD: The Invisible Wound*, East Valley Police Department - Crisis Intervention Training, Chandler, AZ, August 2, 2022.
- *PTSD: The Invisible Wound*, East Valley Police Department - Crisis Intervention Training, Tempe, AZ, May 17, 2022.
- *Ayurvedic Nutrition*, The Chopra Health Program. This quarterly talk includes teaching ayurvedic nutrition, including the digestive fire, toxicity, microbiome, the six tastes, phytonutrients, and mindful eating techniques.
- *Daily Routine Ayurvedic Principles of Aligning with the Rhythms of Nature to Maximize Health and Wellness*. The Chopra Health Program. Fridays (semi-monthly) 2021-Present.
- *PTSD: The Invisible Wound*, East Valley Police Department - Crisis Intervention Training, Gilbert, AZ, February 15, 2022.
- *Bloom into 2022*. A full-day wellness retreat focusing on stress reduction, resiliency, mindfulness, meditation, diet, and more. Fountain Hills Community Ctr., January 29, 2022.
- *Stress & Resiliency: Return to Health After COVID*. A 1-hour lecture via Zoom platform during a full-day wellness event. Brain Injury Alliance of Arizona, September 18, 2021.
- *PTSD: The Invisible Wound*, East Valley Police Department - Crisis Intervention Training, Chandler, AZ, August 10, 2021.
- *Return to Health*. A full-day health and wellness seminar focusing on cultivating healthy emotions. AZ Integrative medicine & Spa, May 1, 2021.
- *Healing the Healer: Navigating and Recovering from Burnout*. A videoconference by Zoom for healthcare providers and caretakers. Brain Injury Alliance of Arizona; Phoenix, AZ, April 24, 2021.
- *PTSD: The Invisible Wound*, East Valley Police Department - Crisis Intervention Training, Chandler, AZ, February 23, 2021.
- *PTSD: Healing the Wounds of War*. A videoconference by Zoom for Veterans. Brain Injury Alliance of Arizona; Phoenix, AZ, January 23, 2021.
- *PTSD: The Invisible Wound*, East Valley Police Department - Crisis Intervention Training, February 25, 2020.

SPEAKING ENGAGEMENTS (CONTINUED)

- *Restore, Renew and Reinvent Yourself*, a 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 turnout event for Veterans and first responders, Hunkapi Farm; Scottsdale, October 26, 2019.
- *Meditation as Medicine*. A talk with our patients about the benefits of using meditation as medicine 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 at 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*. The teaching of various styles of meditation and breath-work at 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*. Fountain Hills Community Center; Fountain Hills, AZ February 20, 2019.
- *Meditation Retreat*. A half-day program on teaching various styles of meditation 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.

SPEAKING ENGAGEMENTS (CONTINUED)

- *Meditation Retreat*. A half-day program on teaching various styles of meditation 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: An Integrative Approaches to Diabetes*. Fountain Hills Pediatrics and Internal Medicine; Fountain Hills, July 21, 2018.
- *The Mind-Body Connection in Reducing Pain: An Integrative Approaches to Diabetes*. Spooner and Shaft Physical Therapy; Fountain Hills, July 16, 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*. A staff and caregiver support seminar. "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.

SPEAKING ENGAGEMENTS (CONTINUED)

- *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 2022
Volunteer, Phoenix charities homeless clothing and food drive; 1995 to 2000

REFERENCES

Available Upon Request