

SUZANNE ELAINE NIXON

- **Virginia Licensed Professional Counselor** #0701002456
- **Virginia Licensed Marriage & Family Therapist** #0717000109
- **Virginia Certified Massage Therapist** #0019000114
- **Approved Provider for the National Certification Board for Therapeutic Massage & Bodywork** #047511-00

Practice Address:

MindBody Therapy & Healing, Inc.
19415 Deerfield Avenue, Suite 307
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PROFESSIONAL POSITIONS

- 2008-1996 Independent Practitioner, Counseling & Psychotherapy, Northern Virginia
- 2008-1997 Independent Practitioner, Marriage & Family Therapy, Northern Virginia
- 2008-1994 Approved Continuing Education Provider, NCBTMB, National Level
- 2008-1990 Independent Practitioner, MindBody Therapist, Northern Virginia
- 2004-1994 Supervisor, Massage Therapists & Bodyworkers, MindBody Therapy & Healing, Inc., Northern Virginia
- 2002-2001 Field Faculty Advisor, Norwich University, Burlington, Vermont
- 1994 Adjunct Professor, Department of Family & Child Development, Virginia Polytechnic Institute & State University, Falls Church Campus
- 1992-1981 Independent Practitioner, Massage Therapy & Bodywork, Washington Metropolitan Area
- 1987-1985 Supervisor, Student Clinic, Potomac Massage Training Institute, Washington, DC
- 1985-1983 Assistant Teacher, Advanced Program, Potomac Massage Training Institute, Washington, DC
- 1982-1981 Crisis Counselor, Chestnut Lodge Psychiatric Institute, Rockville, Maryland
- 1981-1978 Special Educator, Mark Twain School, Montgomery County Public Schools, Rockville, Maryland

- 1978-1977 Special Educator, Arlington County Schools, Arlington, Virginia
- 1976 Primary School Teacher, Westfield Creative Learning Center, Westfield, Massachusetts

EDUCATION

- 1985-1992 *Virginia Polytechnic Institute & State University*, Falls Church & Blacksburg, Virginia, Doctor of Education, Cum Laude.
- 1976-1977 *Boston University, Boston*, Boston, Massachusetts, Masters of Special Education, Cum Laude.
- 1972-1976 *Springfield College*, Springfield, Massachusetts, B.S. Rehabilitation Services, Elementary Education.

MEMBERSHIPS

American Counseling Association
American Massage Therapy Association

PUBLICATIONS

Dissertation

Nixon, S. (1992). *Adult Survivors of Incest and Non-Victimized Women's Evaluation of the Use of Touch in Counseling*, Virginia Polytechnical Institute and State University, Blacksburg, Virginia.

JOURNAL ARTICLES

- ▶ Nixon, S. (2007) A Holistic Model for Ethical Practice. *Massage Therapy Journal* Summer
- ▶ Nixon, S. (2003). Conscious Ethics. *American Massage Therapy Journal* March.
- ▶ Nixon, S. (1995). The Academic Journey of a Body-Centered Psychotherapist. *American Massage Therapy Journal*, Spring
- ▶ Nixon, S. (1994). Embodying Healing: Book Review. *Journal of Traumatic Stress*, 7, (3), 494-496.
- ▶ Nixon, S. (1993). The Personal Journey Through Bodywork. *American Massage Therapy Journal*, Winter
- ▶ Nixon, S. (1991). Massage as an Occupation. *American Massage Therapy Journal*, Spring
- ▶ Nixon, S. (1990). The Use of Touch as a Vehicle for Growth. *American Massage Therapy Journal*, Summer

UNIVERSITY COURSE TAUGHT

Families and Children under Stress & in Crisis, graduate class, Virginia Polytechnic Institute & State University

PROFESSIONAL COURSES/SEMINARS TAUGHT

Professional Workshops on Ethics for Massage Therapists & Bodyworkers

- The Heart of Ethics
- The Ethics of Intuition
- Holistic Ethics
- Informed Consent
- The Basics of Ethical Practice
- Ethics: Working with the Difficult Client

Professional Workshops in Psychology for Massage Therapists & Bodyworkers

- Psychology of the Body
- Somatic Therapy
- Insults to the Body/Mind: Working with Adult Survivors of Sexual Abuse

Workshops in Healthcare

- Stepping Stones to Enhancing Health: Creating a Wellness Plan (aka)
- Creating a Holistic Health Wellness Plan

HONORS AND AWARDS

2006 Certificate of Appreciation, American Massage Therapy Association

2003 Distinguished Service Award, Virginia Chapter of the American Massage Therapy Association

1993 Finalist, Common Boundary's National Dissertation Award

1993 Certificate of Recognition of Service, Potomac Massage Training Institute

1990 Graduate Scholarship, Women's Club of McLean

1990 Graduate Scholarship, Bender Foundation

1983 Outstanding Young Women of America

1977 Cum Laude Graduate, Boston University

1976 Graduate Intern Scholarship

1976 Cum Laude Graduate, Springfield College

PROFESSIONAL PRESENTATIONS & SEMINARS

- 2008 Presenter, *Holistic Ethics in the Practice of Massage Therapy & Bodywork*, Virginia State Chapter of the American Massage Therapy Association, Charlottesville, Virginia.
- 2008 Presenter, *Holistic Ethics in the Practice of Massage Therapy & Bodywork*, Enchantment Resort, Sedona, Arizona.
- 2008 Presenter, *Holistic Ethics in the Practice of Massage Therapy & Bodywork*, National Convention, American Massage Therapy Association, Phoenix, Arizona.
- 2008 Presenter, *Keys to Emotional Well-Being*, Loudoun County Libraries, Ashburn, Virginia.
- 2007 Presenter, *Stepping Stones to Enhancing Health: Creating a Personal Wellness Plan*, Living in Balance Weekend Program, The Sanctuary, Kiawah Island Golf Resort, Kiawah Island, South Carolina.
- 2007 Presenter, *Creating a Holistic Health Plan*, Loudoun County Libraries, Sterling, Virginia.
- 2006 Presenter, *The Heart of Ethics* National Convention, American Massage Therapy Association, Atlanta, Georgia.
- 2005 Presenter, *Healing from Sexual Abuse: How the Bodywork Therapist Aids in the Healing Process*, Keynote Presenter, State Conference, American Massage Therapy Pennsylvania Chapter, Harrisonburg, Pennsylvania.
- 2005 Presenter, *The Ethics of Intuition*, State Convention of the Virginia American Massage Therapy Association, Richmond, Virginia.
- 2004 Presenter, Sacred Space Foundation's Fourth International Conference on Spirituality and Health, *Awakening to the Truth Within: Finding Your Personal Code of Ethics*, Lake District, England.
- 2003 Presenter, Ritz Carlton Spa, Wellness Seminar for Women Lawyers, *Creating a Holistic Health Plan*, McLean, Virginia.
- 2002 Presenter, *The Ethics of Intuition*, State Convention of the Virginia American Massage Therapy Association, Richmond, Virginia.
- 2002-2005 Guest Lecturer, *The Basics of Ethical Practice; Psychology of the Body*, Applied Kinesthetic School, Herndon, Virginia.

- 2001 Presenter, National Convention, American Massage Therapy Association, *The Heart of Ethics*, Quebec, Canada.
- 2001 Presenter, Mind, Body, Spirit Retreat for the Professional Massage Therapist, American Massage Therapy Association, Keynote Presenter, *Stepping Stones to Stones to Enhancing Health: Creating a Personal Wellness Plan*, Puerto Vallarta, Mexico.
- 2001 Presenter, Treyburn Country Club, *Stepping Stones to Creating a Personal Wellness Plan; A Workshop for Women*, Durham, North Carolina.
- 1999 Presenter, Sacred Space Foundation's 3rd International Conference on Spirituality and Health, *Coming Home to Body*, Durham, England.
- 1998 Presenter, *The Somatic Integrity Method of Healing*, Year-long Training Program for Health & Mental Health Professionals, MindBody Therapy & Healing, Inc., Berkley Springs, West Virginia.
- 1998 Presenter, National Convention, *The Somatic Integrity Method of Healing*, American Massage Therapy Association, Washington, D.C.
- 1998 Presenter, *Ethical Considerations for the Bodywork Therapist: All Staff Training*, Canyon Ranch Health Resorts, Tucson, Arizona
- 1998 Presenter, *The Somatic Integrity Method of Healing*, Whole Life Expo Baltimore, Maryland.
- 1998 Presenter, *Insults to the BodyMind: Healing Sexual Abuse: Bodywork Concepts and Techniques for the Massage Therapist*, Potomac Massage Training Institute, Washington, D.C.
- 1997 Presenter, *The Somatic Integrity Method of Healing: A Therapeutic Body/Mind Approach to Creating Health & Wellness*, Psychology of Health, Immunity and Disease, The National Institute for the Clinical Application of Behavioral Medicine, Annual Conference, Hilton Head, South Carolina.
- 1997 Presenter, *Introduction to Somatic Integrity: A BodyMind Approach to Health, Healing and Transformation*, Potomac Massage Training Institute, Washington, D.C.
- 1997 Presenter, *Touch Therapy*, International Congress on Alternative & Complementary Medicine, Third Annual Conference, Arlington, Virginia.
- 1997 Presenter, *MindBody Therapy*, Virginia Polytechnical Institute & State University, Department of Family & Child Development, Annual Conference, Keynote Presenter, Falls Church, Virginia.

- 1996 Presenter, *Bodywork: It's Use as an Adjunct to Traditional Health & Therapy Modalities*, International Congress on Alternative & Complementary Medicine, Second Annual Conference, Arlington, Virginia.
- 1996 Presenter, *Professional Training for Bodyworkers in Psychology: Cross Educational Workshop for the Behavioral Medicine Department and Massage Therapy Department*, Canyon Ranch Health Resorts, Tucson, Arizona.
- 1996 Presenter, *The Fire of Transformation: How to Use Psychotherapy in the Experience of Conscious Awakening*, A Holistic Perception of Metaphysical Realities Conference, Tysons Corner, Virginia.
- 1995 Presenter, *A Somatic Framework for Understanding and Working with the Dissociate Process*, National Convention, American Massage Therapy Association, Portland, Oregon.
- Presenter, *The Somatic Integrity Method of Healing*, Psychology of Health, Immunity and Disease, The National Institute for the Clinical Application of Behavioral Medicine, South Carolina
- 1995 Presenter, *The Dissociation Process: A Body Psychotherapist's Point of View*, DC Area Body Psychotherapy Guild, Washington, D.C.
- 1994 Presenter, *The Healing Power of Touch: Process Oriented Bodywork with Adult Survivors of Childhood Sexual Abuse*, Psychology of Health, Immunity and Disease, The National Institute for the Clinical Application of Behavioral Medicine, Annual Conference, Hilton Head, South Carolina.
- 1991 Presenter, *Insults to the Body/Mind: Bodywork with Adult Survivors of Sexual Abuse*, Mid-Atlantic Massage Therapy Association, Annual Conference, Cherry Hill, New Jersey.
- 1988 Presenter, *Touch: It's Importance in the Therapeutic Mileu*, Panel Presentation, National Convention, American Massage Therapy Association, Washington, D.C.
- 1987 Presenter, *Psychological Aspects of Massage*, Panel Discussion National Conference, American Massage Therapy Association, Myrtle Beach, North Carolina.
- 1986 Presenter, *Stress Management*, University of Maryland, College Park, Maryland.
- 1985 Presenter, *Psychological Aspects of Massage*, New England Massage Therapy Association Conference, Third Annual Conference, Provincetown, Massachusetts.

1984-1988 Guest Lecturer, *Communication Techniques, Touch & Sexuality*, Potomac Massage Training Institute, Washington, D.C.

GROUPS LED

- Supervision Group for Touch Therapists, MindBody Therapy & Healing, Inc.
- Women's Psychotherapy Group, MindBody Therapy & Healing, Inc.
- Smoking Cessation Program, Kaiser Permanente, Gaithersburg, Maryland

TRAINING IN COMPLEMENTARY & ALTERNATIVE MEDICINE & PSYCHOLOGICAL THERAPIES

2008-2009 Trainee, in the IFS, Internal Family Systems professional training Program; Year-long training in an advanced model of systems psychotherapy, Falls Church, Virginia

2004 Mindfulness-Based Stress Reduction in Mind-Body Medicine: Professional Training Program, with Founder, Dr. Jon Kabat-Zinn & Dr. Saki Santori, Mount Madonna, California

1995 Alternative Approaches to Mind/Body Medicine: Professional Training, National Institute for the Clinical Application of Behavioral Medicine, Hilton Head, South Carolina

1993 The Healing Power of Unconditional Presence: Psychotherapy in a Spiritual Context: Intensive Professional Training, Rhinebeck, New York

1991-1993 DC Shift, Healing & Energy Medicine Training with supervision, Rosalyn Bruyere, Claymont, West Virginia

1986-1987 Barbara Brennan School of Healing, Barbara Brennan; Advanced training/supervision in energy medicine, Madison, Virginia

1985-1986 Midway Center for Creative Imagination of the Psychiatric Institute Foundation, Professional Certification in Personal Mythological Methods, emphasizing the psychological theories of Carl Jung and the philosophy of Joseph Campbell's "The Hero's Journey"; 100 hrs, Washington, D.C.

1984-1985 Craniosacral Therapy Level One, Dr. John Upledger, Washington, D.C.

1983 Trager-Psychophysical Integration Level One Training, Betty Fuller Washington, D.C.

1981-1982 Potomac Massage Training Institute, 1000 hour program in Massage therapy & bodywork, Washington, D.C.

1981-1982 Gestalt Institute of Washington, D.C., 100 hour training in Therapy, Silver Spring, Maryland

SERVICE

2005-2006 Member, American Massage Therapy's National Educational Strategy and Programming Operational Work Group

2001-2002 Board Member: Secretary, Springwood Condominium Association

1995-1996 Member, Advisory Board of Directors, HopeSpring: A Center for Holistic Studies, Summerville, South Carolina

1994-1995 Coordinator, Rainbows: Children Coping with Divorce or Loss, Ashburn United Methodist Church, Ashburn, Virginia

1989-1993 Member, Executive Board of Directors, Potomac Massage Training Institute, Washington, D.C.

1989 Chairperson, Annual Convention of the American Massage Therapy, Washington, D.C.

1983-1986 Board Member: Secretary, VA State American Massage Therapy Association, Northern, Virginia

OTHER PUBLICATIONS AND PRODUCTS

Magazines & Newsletters

- ▶ Nixon, S. (2007). A Conscious Choice. *Successful Living Magazine* Winter.
- ▶ Nixon, S. (2002). A Matter of Personal Character or Professional Ethics? *Virginia in Touch*, June.
- ▶ Nixon, S. (2002). Ethics in Using Your Intuition. *Massage and Bodywork Magazine*, June/July.
- ▶ Nixon, S. (2001). An Ethical Dilemma. *Virginia in Touch*, June.
- ▶ Nixon, S. (2001). Somatic Therapy: The Body in Process. *Washington Women*, Summer.
- ▶ Nixon, S. (2000). Ethical Dilemmas. *Virginia in Touch*, June.
- ▶ Nixon, S. (2000). Standing Tall. *Natural Health Magazine*, June/Aug.
- ▶ Nixon, S. (1999). Sound Ethical Practices: Informed Consent. *Virginia in Touch*, June.
- ▶ Nixon, S. (1999). The Heart of Ethics: Part I. *Massage and Bodywork Magazine*, April/May.
- ▶ Nixon, S. (1992). Bodywork with Adult Survivors of Incest. *Moving Forward*, Spring.

Innovator

1997 The Somatic Integrity Method of Healing – Body/Mind Method for Health, Healing and Well-Being: VA Service mark – Reg. No 2,083,590 U.S. Patent & Trademark Office

Audiotapes

- ▶ Nixon, S. (1995). Grounding & Centering in the Body: Guided Meditation. Solo Productions, Virginia
- ▶ Nixon, S. (1995). Finding a Place of Safety in the Body: Guided Meditation. Seagull Recording Studio, Maryland

Television Appearances

- ▶ Roundtable Discussion on Healing. This is America with Dennis Wholey. PBS. Washington, D.C.
- ▶ Roundtable Discussion on Spirituality & Parenting. Time Warner Cable, Reston, Virginia

PERSONAL INTERESTS

Potomac Peddlers, Washington Area Bike Club, Membership
LifeTime Fitness, Membership