NICOLE KEANE 907-382-4844, NICOLE@ELEMENTALADVANCED.COM

HEALTH AND WELLNESS PROGRAM MANAGEMENT EXPERIENCE

elementalAdvanced Manual Therapy and Integrative Health,

Founder and CEO, February 2022-Present; www.elementaladvancedmethod.com ; www.elementaladvanced.com

I created the elementalAdvanced brand to support the continuing education curriculum I am developing. Through this brand, I intend to create a culture around whole body healing and viewing the body as greater than the sum of its parts. I have done this through the discussion that I've created from my marketing efforts in clothing and product design, content creation for instagram and other social media outlets, articles I've written for online publications such as Acupuncture Today, and other self published works. I endeavor to elaborate on the experience of viewing the body as an ecosystem. The elementalAdvanced Method and Elemental Manual Meridian Theory and Techniques (EMMT) curriculum that is currently in development, is taught and marketed under the elementalAdvanced brand. This curriculum, is accredited for continuing education through NCBTMB, for anyone licensed to practice massage and manual therapy. The development of this online curriculum included: credentialing with multiple professional organizations to provide continuing education benefits to working professionals; creatively directing the research and design of all branding and artwork; the production of educational materials for various learning styles; video filming and editing; designing and managing an overall user experience for students that brings the education of a topic that has been traditionally taught in person, into a virtual space through the design of an intuitive online learning management system; and coordinating and negotiating necessary licensing agreements for the use of other's intellectual property and artwork.

Gratitude Healing Arts, LLC (GHA), Gratitude Healing Arts Collaborative (GHAC),

Founder, April 2010 – Present; www.gratitudehealingarts.com; www.gratitudehealingarts.org

While nurturing GHA over the years, I have managed multiple client cases at a time while offering exceptional, leading edge manual therapy, detailed nutrition consulting, and patient advocacy education and coaching. My work is done with a blend of Eastern and Western perspectives that is backed by scientific studies and clinical observation and study within the scientific method. My practice has been one of client centered care, and I have built relationships with several clients that have spanned the entire length of my business operations. I have studied around the world to advance my knowledge and skill in osteopathic manual therapy, and built relationships with colleagues from different backgrounds and cultures. I recently re-branded to elementalAdvanced Manual Therapy (elementalAdvanced), in preparation for transitioning GHA into a non-profit networking, teaching, and research organization: Gratitude Healing Arts Collaborative, with a mission to shift the conversation from "trauma informed" to trauma *inspired* care. GHAC is currently under a branding transition and does not have a State registration as of October of 2026.

Through the growth of GHA, I have had experience with relationship building, all aspects of event planning, branding, sourcing, marketing, web development, SEO, finance, change management, strategic growth planning, long term market analysis, insurance billing, credentialing, regulatory gap analysis, clinical compliance, and many other aspects of running a successful business in healthcare for over 12 years. I have also worked extensively in the areas of medical billing and advocacy, including parity issues associated with with implementation of the Affordable Healthcare Act, State and Federal healthcare legislation, and health insurance benefit compensation.

EDUCATION

Vermont Law School, South Royalton, VT

Master of Studies in Environmental Law and Policy, August 2005

Courses included: Watershed Management and Protection, Water Resources Law, Federal Natural Resources Law, Environmental Law, Land Use Law, Administrative Procedure, Alternative Dispute Resolution and Negotiation, and Biodiversity Protection. My Masters thesis was on the conservation of biological diversity for medicinal purposes.

Activities: Solutions Conference Planning Team; Native American Law Society; Environmental Law Society; Volunteer Mediator, Adamant Accord, Adamant, VT

University of Dayton, Dayton, OH

Bachelor of Arts, Communication Management, May 2003

Minors: Photography and Fine Arts, Biology (with a focus in Physical Medicine and Kinesiology)
Concentrations: Psychology, Marketing, Geology, Philosophy, and Sociology

Honors: 2nd place, 2002 Horvath Exhibition, B&W photograph entitled "Waiting" Featured in the Scholars Art Gallery, Spring 2001

Activities: Certified as Teen Mentor, Daybreak Children's Shelter, 2002 – 2003; Habitat for Humanity Volunteer; Published Several Articles in the "Flyer News" and "The Difference"

Maryland University of Integrated Health (MUIH), Online

Master of Science in Nutrition and Integrated Health, Herbal Medicine Concentration, September 2014 – 2015

20 credits completed before I shifted my focus to post doctorate osteopathic manual therapy training for my professional development.

University of Alaska Southeast, Online

Non Degree Seeking

I took various courses in Anatomy and Physiology, as well as Medical Terminology

Desert Institute of Healing Arts (DIHA), Tucson, AZ, September 2003 – May 2004

Massage and Manual Therapy Certification, Class Hours Completed: 400

Oriental Healing Arts Center (OHAC), Anchorage, AK, September 2009 – April 2010

Oriental Medicine and Manual Therapy Certification, Hours Completed: 500, with 250 clinical hours

PUBLICATIONS AND CURRICULUMS

• Keane, Nicole Rachelle.*The Tao of The Polyvagal Theory: A Five Element Perspective For a Future of Healing the Spirit and Balancing the Autonomic Nervous System.* Gratitude Healing Arts, LLC; 2021.

• *The Tao of the Polyvagal Theory Class,* 2021. A 'learn at your own pace' online LMS course based on the treatment theory presented in the publication of the same name. This 4 hr class presents examples of clinical applications and case studies, in alignment with the*Tan Cycle* and the*Yu Angles*, two new theoretical treatment models that were created for interdisciplinary treatment within a trauma informed clinical practice.

• *The elementalAdvanced Method and Elemental Manual Meridian Theory and Techniques (EMMT),* 2021 – Present. www.elementaladvanced.com*,* a web based 'learn at your own pace' LMS platform. This curriculum is a series of 5 classes that focus on the effects of manual therapy on the Autonomic Nervous System and Vagus nerve complex. The curriculum is taught relative to each element in the Five Element system: Wood, Fire, Earth, Metal/Air, and Water. Techniques presented in these classes blend together: Toyohari style meridian therapy; Visceral Fascial Matrix Mobilization; Neural Mobilization; Circulatory Release Techniques; Myofascial Release, including direct and indirect techniques that incorporate the principles of the structural fascial matrix and visceral meridian system; Cranial Osteopathy; Lymphatic Drainage Therapy; Neuroendocrine Balancing; as well as Reiki and Emotional Release Techniques.

• *'Minding the Gap,'* a regular column in the publication*Acupuncture Today,* that guides the reader through an exploration into the divide between classical Eastern medical theory and clinical Western medical practice. Articles discuss clinical and scientific research on anatomy and physiology, presented in a way that facilitates a connection between Five Element theory and clinical application in Western medical practice, to help heal chronic illness and balance the Autonomic Nervous System. August 2023-present.

PROFESSIONAL CERTIFICATIONS

LEED AP - Leadership in Energy and Environmental Design Accredited Professional, USGBC, May 2009

Wilderness First Responder (WFR) - Wilderness Medicine of Utah, May 2010

Board Certified Therapeutic Massage and Bodywork - NCBTMB, *2011-2025*

Licensed Massage Therapist in Oregon, # 23651, Expires 11/30/2028

CPR/AED for Healthcare Professionals, Exp Oct 2028

Approved Provider of Continuing Education - National Certification Board for Acupuncture and Herbal Medicine (NCBAHM) #845500, and National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) #1000633, *2020-current*

CEU COURSES AND ADVANCED TRAINING

• *Clinical Treatments of Fibromyalgia*, Cortiva Institute, Chicago Loop, Chicago, IL. July 2010

• *125 hour Pre-Natal, Post-Natal, and Peri-Natal Massage Therapy,* Boulder College of Massage Therapy, Boulder, CO. 2012

• *Myofascial Release Technique, Upper Body,* Advanced Trainings, 24 hrs, Anchorage, Alaska. January 2012

• *Active Release Technique, Lower Extremity,* 24 hrs, Anchorage, Alaska. July 2012

• *Neural Manipulation I, Neuromeningeal Manipulation An Integrative Approach to Trauma,* 24 hrs, Barral Institute, San Francisco, CA. September 2013

• *Visceral Manipulation I, Abdomen,* 24 hrs, Barral Institute, Seattle, WA. November 2013

• *Listening Techniques I, An Integrative Approach to Evaluation,* 24 hrs, Barral Institute Seattle, WA. Nov 2013

• *Visceral Manipulation II, Abdomen,* 24 hrs, Barral Institute, Reykjavik, Iceland. January 2014

• *Visceral Manipulation III, The Pelvis*, 24 hrs,Barral Institute, 24 hrs,Portland, OR. January 2015

• *Visceral Manipulation IV, The Thorax,* 24 hrs,Barral Institute, Seattle, WA. October 2014

• *Listening Techniques II, Advanced Integrative Evaluation,* 24 hrs, Barral Institute Denver, CO. Sept 2014

• *Visceral Manipulation I (Certify for TA Position),* 24 hrs, Barral Institute Orange County, CA. May 2015

• *Visceral Manipulation V, Manual Thermal and Visceral Emotional Release,* 24 hrs, Barral Institute,

Portland, OR. May 2016

• *Neural Manipulation II, Peripheral Nerve Manipulation Upper Body,* 24 hrs,Barral Institute, Albuquerque, NM. May 2017

• *Neural Manipulation III, Peripheral Nerve Manipulation Lower Body,* 24 hrs, Barral Institute,

Minneapolis, MN. June 2017

• *Visceral Manipulation VI, Visceral Emotional Release,* 24 hrs, Barral Institute, Denver, CO. July 2017

• *Neural Manipulation IV, Brain and Cranial Nerve Manipulation,* 24 hrs, Barral Institute, Albuquerque, MN. March 2018

• *Brain 1, Brain, Nuclei, Fluid, and Autonomic Nervous System,* 24 hrs, Chikly Institute, Seattle, WA. May 2018

• *Visceral Manipulation II (Certify for TA Position),* 24 hrs, Barral Institute, Esalen Institute, CA. Sept 2018

• *Brain, Bone Marrow, and Toxicity,* 24 hrs, Chikly Institute, Phoenix, AZ. December 2018

• *Physiological and Neuroendocrine Effects of Soft Tissue Treatment,* 24 hrs, Barral Institute Italia / Post Graduate Osteopathic Institute of Italy, Rome, Italy. *April 2019*

• *Retained Neonatal Reflexes,* 24 hrs, Chikly Institute, Remote Learning. October 2022

• *Visceral Manipulation VI, Visceral Emotional Release,* 24 hrs, Barral Institute Italia / Post Graduate

Osteopathic Institute of Italy, Turin, Italy. January 2024 *(Second Time Attending)*

• *Brain 2, Brain Tissue, Nuclei, Fluid & RAS – Fluid Dynamics and Fascia Release of the CNS,* 24 hrs, Chikly Institute, Phoenix, AZ. Sept 2026