



ZARDUS ART OF MASSAGE

Credentials for Facilitators & Resource Panels

Facilitators

Teresa A. Zardus - B.A. Psy, L.A.A., LMT, CRP

Teresa graduated in 2011 from the Downeast School of Massage in Waldoboro, Maine with a focus on Swedish massage and Energy Work. She has a Bachelor of Arts in Psychology, as well as a Liberal Arts Associate degree and was accepted into the Master's Program in Psychology Research with Southern New Hampshire University, where she is actively researching the contributions of emotions on chronic pain patterns of the body systems.

During her schooling, Teresa completed multiple college-level courses in anatomy, physiology, pathology and kinesiology, as well as posture and motion analysis. Introductory courses in CranioSacral, Reflexology, Lymphatic Drainage and Polarity, as well as basic nutrition were amongst the supplemental courses successfully completed. Teresa owns Zardus Art of Massage & Wellness Spa in Gardiner, Maine where she offers a variety of therapeutic and spa services including, but not limited to, Therapeutic Massage, Energy Massage, Reiki, Reiki with Essential Oils, Aromatouch Technique, and Color Art Therapy. Zardus Art of Massage & Wellness Spa was recognized in 2017 as *Best of the Best Massage* in the Greater Augusta area and *Best Day Spa* 2016 in Gardiner area.

Teresa has over 20 years of experience in business ownership, business planning and corporate development. Teresa has sat on the Board of Directors for multiple organizations such as Kennebec Valley Business Association (President), Non-profit Ian Parker Foundation (Vice President), South Florida Public Theatre (General Seat), Children's Discovery Museum (General Seat) and is an active member of the American Massage Therapy Association and Kennebec Chamber of Commerce.

Elizabeth Bryson - LMT

Since 1986, Elizabeth has been a licensed massage therapist maintaining successful private practices in North Carolina for over 15 years. In 1991, she joined the county hospital providing massage therapy for oncology patients - she specialized in assisting patients with accessing difficult emotions through the use of touch. In 1996, Elizabeth co-founded the Healing Arts Network (HAN), a grant funded program which expanded her work to other areas of the hospital and incorporated other modalities such as art, music, yoga, hypnosis, pet therapy and energy balancing. Through HAN, she provided Trigger Point Therapy in the pain clinic and rehabilitation hospital as an alternative to cortisone injections.

In 2004, Elizabeth moved to Maine where she currently offers massage therapy for Maine General Hospice and serves on the planning committee for the Healthy Living Resource Center. In addition, she offers private sessions at Zardus Art of Massage & Wellness Spa. Elizabeth offers a variety of techniques based on the individual needs of each client including Swedish Massage, Deep Tissue, Myo-fascial Release, Trigger Point Therapy and Energy work. Her emphasis work is a combination of Trigger Point Therapy and Energy work to assist in releasing the underlying emotions that cause physical pain, stress and tension in the body. Blocked emotions such as anger and grief, cause energy blocks which result in a contraction of the soft tissue. Using Trigger Point Therapy to locate these areas, Elizabeth works with the client to explore and release the pain tied with that emotion – breaking a pain cycle and clearing the block through energy movement.

Theresa (Terri) Whited-Clark, B.S., Certified Rolfer™, LMT

2006 Bachelor of Science @ University State of Maine Sports Medicine & Exercise Physiology
Teacher Assistant of Anatomy & Physiology at Coastal Carolina for 2yrs as a graduate student until 2007 to pursue Roling School. Graduated Rolf Institute in 2008. Continuing Education in Craniosacral in 2013 and Sourcepoint in 2014 and licensed massage therapy in November 2017. Currently a practitioner of above modalities.

Theresa has degrees in Sports Medicine and Exercise Physiology. She spent several years training professional athletes and rehabilitating cancer/stroke patients. Her love for kinesiology and anatomy probed a quest for further understanding of how the human body works and heals. Theresa graduated from the well-known and highly regarded Rolf Institute for Structural Integration, founded by Ida Rolf. Theresa has completed certifications in CranioSacral Therapy, SourcePoint Therapy, visceral manipulation, nerve mobilization, spinal biomechanics and scar tissue therapy.

Since completing her training, Theresa has helped hundreds of dancers, college and professional athletes, professional body builders, housewives, business professionals and students move with more ease and better their posture. She has helped reduce the risk for repetitive stress injuries and has also helped return employees to work faster and in healthier condition. From car accidents and work-related injuries, to sports injuries and stress overload, Theresa can help your body restore balance and harmony while helping the body to heal and recover.

Penny Ellis - CPP, RMT, RYT

After experiencing the therapeutic touch of a Reiki session during a chronic illness, Penny began her journey to gather knowledge and wisdom in order to learn and share the modalities of alternative healing. In 2002, she graduated from Holistic Alternatives certified in Polarity Therapy and continued to pursue Reiki with Brenda Colfer, completing her Art level in 2008. In 2004, she completed her 200-hour yoga training with YogaSpirit Studios with Kim Valeri, where she continues to complete weekend immersions for continuing education in Yoga and Ayurveda and is working on completing Ayurveda Yoga Specialist training from Chill Yoga. Penny is also a Wellness Consultant with DoTERRA CPTG essential oils, incorporating essential oils into her work and daily life. She strives to create a space for healing and peaceful insight in her sessions and yoga classes.

Starla Perico - Certified AromaTouch Practitioner, Reiki Master/Teacher, Certified Integrated Energy Therapy & Quantum Touch Practitioner, Owner of “Nurture with Oils”

Starting at the age of 9, Starla Perico had an awareness of alternative medicine when she was exposed to Chiropractic Care. From that first encounter, she knew her goal in life was to help people and bring them comfort. In 2003 she became a Reiki Master/Teacher, and then continued the journey of learning Quantum Touch and Integrated Energy Therapy to assist others with their individual care goals. In 2012 Starla embraced the amazing world of Essential Oils into her daily life and Reiki practice. It is her mission to facilitate, educate, and empower others with the knowledge of how essential oils are quickly becoming a staple resource for personal wellness. In addition to her wellness education and experience, Starla worked as an Account Executive for corporations and currently owns and operates *Nurture with Oils*, as well as serves on the Body/Mind panel for the Healthy Living Resource Center for Maine General in addition to her roles as facilitator/educator on many of their programs.

Karen Stultz - CHT, CGIM, CIWC

Karen has conducted a virtual practice and mentoring since 2001, and owns a private practice for Hypnosis since 2013. Karen assists clients in achieving their personal goals in such areas as habit modification, stress reduction, overcoming fears and performance anxiety, increasing self-confidence and self-esteem.

Degree:

Hypnotherapy Degree from Hypnosis Motivation Institute (first accredited university of Hypnosis)

Certifications:

Certified as a Hypnotherapist by the American Hypnosis Association, EFT Practitioner, Quantum Energy Practitioner, Certified Life Strategist and Certified Life Coach, Certified Business Coach, Certified Money Breakthrough Coach Cert. Life Purpose Coach Cert. Happiness Coach Cert. Laughter Coach

Education: Graduated with a diploma in Hypnotherapy, from the Hypnosis Motivation Institute, (First Accredited College of Hypnotherapy) in Tarzana California

Certified with the American Hypnotherapy Association and American Alliance of Hypnotists

Graduated in courses of instruction in Life and Business Coaching from Coachville Coaching Institute

Associate in Higher Ground Leadership with Dr. Lance Secritan

Certified Life Strategist with Dr. Frank Lawlis

Certified Life Purpose Coach, Laughter and Happiness Coach with Transformational Services

Resource Panel Credentials

Lia O. Angelini - LMT

1996 BA English/Concentration Creative Writing University of Connecticut

1997 Third Graduating Class Americorps *NCCC Charleston, SC Campus

1998 Massage Certification 783.5 Hours Utah College of Massage Therapy

2000-2001 Adjunct Professor of Professional Development and English at Gibbs College, Montclair, NJ

2002-Present Self Employed Licensed Massage Therapist practicing in Saco and Gardiner Maine

2004-2008 Employed by Community Chiropractic in Farmingdale as massage therapist/reception

2008-2010 Owner of Community Wellness Center

Member of ABMP 2002-present, formerly NCTMB certified 1998-2002, Reiki Master certified, Way of the Shaman certified, Maine Writers and Publishers Alliance member 2012-present, currently enrolled in 12-month term priestess certification course

Anna Burdette – LMT/LMP

Anna Burdette, LMT/LMP graduated and passed her MBLEx in Washington State in August of 2011. Her studies covered a broad range of all the modalities including energy work, and an extensive study of the human body and its systems. Every massage she performs is tailored to the individual. They are a mix of Deep tissue/treatment (unless otherwise specified), spa, and relaxation techniques, energy work, and more. All her massages are full-body unless otherwise specified

Brenda Colfer, Vibrational Sound Therapy, Reiki Master, Certified IET

Brenda has been involved in energy work since 1996 and opened her business “Soundings” in 2001. She has taught many different classes over the years; Reiki since 2002, Quantum-Touch, Integrated Energy Therapy, Journeying, Crystal Singing Bowl Meditations, Sound Healing, Karuna Reiki, Awakening Intuition, Chakradance, LifeBreath, New Moon Manifesting with Hypnosis and Drumming. She studied Sound with Jonathan Goldman and Dr. John Beaulieu. Brenda serves on the Body/Mind panel for the Healthy Living Resource Center at Maine General. She also has been part of Joan Lunden’s Camp Reveille retreat for women for 6 years offering classes and private sessions for women all over the U.S. and Canada.

Certifications & Trainings: Reiki Master Teacher, Karuna Reiki Master Teacher, IET Master Instructor, Quantum-Touch Certified Instructor, Principles and Practice of Polarity and Biodynamic Craniosacral Therapy (2 years), BioSonic Patterning, Certified Reflexology, Certified Hypnotherapist, Accredited Chakradance & AromaDance Facilitator, Certified Vibrational Sound Practitioner, ThetaHealing Practitioner, Sound Healing Facilitator, and LifeBreath Facilitator.

Emory Liscord, M.D.

Emory (Emmy) Elizabeth Liscord, M.D.

7 Grove St. Hallowell, Maine 04347

(330) 347-1846 emory.liscord@bmc.org

Education and Medical Training

2010 - 2014 **Boston Medical Center** – Boston, Massachusetts

Resident, Department of Emergency Medicine

2006 - 2010 **Dartmouth Medical School** – Hanover, NH

Medical Doctorate

2003 - 2004 **University of Akron** – Akron, OH

Post-Bachelorette Pre-Medical Courses

1999 – 2003 **College of Wooster** – Wooster, OH

Bachelor of Arts in Psychology

Professional Work History

2014 – present Maine General Medical Center – Augusta, Maine

Attending Physician, Department of Emergency Medicine

Licensure and Certifications

2015 - present Board Certified Emergency Medicine

2014 – present Maine State Board of Licensure in Medicine

2010 - present American College of Emergency Physicians

2010 - 2014 Society for Academic Emergency Medicine

Departmental Service

2014 - present **Student / Resident Teaching** (Maine General Medical Center)

Regularly precept, medical students, residents and fellows as well as present on various subjects in the specialty of emergency medicine

2012 – 2013 **Curriculum Development Committee** (Boston Medical Center)

Participated in a committee dedicated to the evolution of resident education

2011 **Resident Selection Committee** (Boston Medical Center)

Participated in interviewing and selecting resident candidates

Continued ~

Research

2008 - 2010 **Dartmouth-Hitchcock Medical Center**

Research assistant

Worked for the Department of Pediatrics on a project evaluating at risk behavior in teens

2005 - 2006 **Rhode Island Hospital**

Research assistant

Worked for the Department of Family and Community Medicine on a variety of projects in the field of public health and health care disparities

Publications

2013 Tahouni M, Liscord E, Mowafi H, "Managing Law Enforcement Presence in the Emergency Department: Highlighting the Need for New Policy Recommendations." *Journal of Emergency Medicine* 49(4): 523-529

2006 Fine M, Liscord E, *Improving health care access for uninsured Rhode Islanders* *Med Health RI Sug* 2006 (Vol 89, Issue 8, Page 287)

Honors and Awards

2013 **SAEM's Clinical Pathologic Case Conference Semi-Finals**

Best Resident Presenter

2007-2008 **Albert Schweitzer Fellowship Program**

Fellow

Designed and carried out a group mentor program for at risk middle school girls in Hartford, VT

Selected Presentations

2013 Multi-Disciplinary Trauma Conference: *Management of Near Hangings*
Wilderness Medicine Lecture Series: 12 comprehensive lectures on a variety of topics in wilderness medicine

2012 Multi-Disciplinary Trauma Conference: *Indications for abdominal CT in blunt trauma*

Critical Care Conference: *Tricyclic Antidepressant Overdose*

Critical Care Conference: *Mechanical Complications after MI*

Journal Club: *Test characteristics of FAST in pediatric blunt trauma*

2011 Journal Club: *ED Utilization after the implementation of Massachusetts Health Reform*

Kim Nixon – LMT, E-RYT200, RYT500, YACEP

Kim is passionate about sharing the healing benefits of gentle movement, meditation, breathwork, and energetic bodywork. She is a Licensed Massage Therapist and 500-hr Registered Yoga Teacher. She has been practicing yoga for 10 years, doing bodywork since 2009, and teaching yoga since 2012. The primary focus of Kim's practice is to provide self-care tools to assist students and clients in managing stress, reducing pain, and strengthening their bodies.

Kim manages The River Studio in Hallowell and teaches weekly yoga classes at both The River Studio and at Downtown Yoga & Healing Arts in Augusta. In addition, she also teaches summer classes on the Gardiner Waterfront, specialty classes through Maine General, and a variety of private classes and workshops.

Kim also has a 500-hour advanced yoga teacher certification, with specialty certifications in Yin Yoga, Thai Massage, Prenatal Yoga, Breathwork & Meditation, Ayurvedic Yoga, Polarity, Reiki, and Integrated Energy Therapy® (IET.)