

## *Karen J. Bailey*

### **WORK EXPERIENCE:**

- September 2015-  
Present                      Founded the Optimal Performance Health and Healing Association  
Scarborough, Maine 04074  
Health and Healing focused on Connecting Spirit, Mind and Body
- November 2002-  
Present                      Owner, Licensed Physical Therapist  
Optimal Performance Physical Therapy, LLC  
Scarborough, Maine 04074  
Outpatient orthopedic and neurological clients, manual therapy, sports  
medicine, industrial rehab, and neuromuscular dysfunction
- May 1993 –  
November 2002              Licensed Physical Therapist  
Southern Maine Medical Center  
Biddeford, Maine 04005  
Outpatient orthopedics (geriatrics/pediatrics), industrial rehab, sports medicine,  
manual therapy, neuromuscular dysfunction, acute care inpatient, aquatic  
therapy, and wound care.

### **EDUCATION:**

- April 2016                      New England School of Homeopathy Training Program  
2 year course completed
- November 2013                Approved Kinetic Chain Release (KCR)
- October 2011                  Bachelor of Metaphysical Science, (B.Msc.)  
University of Sedona  
Sedona, AZ 86336
- November 2007                Doctorate of Naturopathic Ministry (DNM)  
Trinity College of Natural Health  
Warsaw, Indiana 46580
- May 1993                        Bachelor of Science (BS)  
University of New England  
Biddeford, Maine 04005  
Major: Physical Therapy - GPA: 3.4

### **PROFESSIONAL CERTIFICATIONS:**

- April 2016                      Certificate of Completion 2-year Homeopathy  
Training Program with Dr. Paul Herscu, ND,MPH, and  
Dr. Amy Rothenberg, ND of New School of Homeopathy

October 2014	Approved Kinetic Chain Release Practitioner Hugh Gilbert, PT
October 2011	Ordained Metaphysical Minister / Metaphysical Practitioner
October 2008	Completion of 2-year Shamanic Healing Training Program with C. Allie Knowlton, MSW, LCSW, DCSW, Psychotherapist, Teacher of Shamanism and Shamanic Healer & Evelyn C. Rysdyk, Teacher of Shamanism, Shamanic Healer, Sacred Artist and author of Modern Shamanic Living of Spirit Passages.
May 2008	Certified Nutritional Consultant (CNC) The American Association of Nutritional Consultants Professional Member
July 2006	Certified Natural Health Professional (CNHP)
July 2006	Integrated Manual Therapy Certification (IMTC) Connecticut School of Integrated Manual Therapy
May 2006	Holistic Health Counselor Certification-ASAT C.O.R.E
February 2006	Reiki Master Certification (RM)
October 2005	Certification as a Health Specialist (CHS) Trinity College of Natural Health Warsaw, Indiana 46580
November 1997- Present	NATABOC – Athletic Trainer Certified (ATC)

**CONTINUING EDUCATION:**

June 2018	Metaphysics I and II with Paul Hasselbeck Unity Worldwide Spiritual Institute
June 2018	The Twelve Powers Unity Worldwide Spiritual Institute
May 2018	Meditation Practices Unity Worldwide Spiritual Institute
May 2018	Foundations of Unity Unity Worldwide Spiritual Institute
March 2018	7 Life Lessons Dr. Mark W. Tong, Spiritual Teacher & Healer

November 2014	Chemistry of Essential Oils – C.A.R.E. Applied VitaFlex – C.A.R.E. Raindrop Technique I & II – C.A.R.E. Healing Oils of the Bible – C.A.R.E. Emotional Release with Essential Oils – C.A.R.E. (Center for Aromatherapy Research and Education)-C.A.R.E.
August 2014	Concussion Management from an IMT Perspective - CSIMT
May 2014	Fundamentals & Advanced Kinesio Taping (KT1 &KT2)
November 2013	Kinetic Chain Release II – Hugh Gilbert, PT
October 2013	Postural Energetics - Jane Wardlaw
October 2013	Kinetic Chain Release – Hugh Gilbert, PT
August 2012	Health Freedom Expo DVD's – CHNP Capstone
November 2011	Advanced Craniosacral Techniques: The Sphenoid The Bodywork Education Project – Kate Peck
September 2011	Homeopathy Level 1 – CNHP Capstone
May 2011	Intro to Craniosacral Part 2: Cranium Intro to Craniosacral Part 1: Back and Neck The Bodywork Education Project – Kate Peck
March 2011	Selective Functional Movement Assessment (SMFA)
March 2011	Perform Better Functional Training Series
October 2010	Muscle Testing and Consultations – CNHP Capstone Thomas Anstett, ND
April 2010	Emotional Release with Essential Oils- C.A.R.E Essential Oil Chemistry - C.A.R.E Raindrop I & II - C.A.R.E Applied VitaFlex - C.A.R.E Healing Oils of the Bible - C.A.R.E (Center for Aromatherapy Research and Education) - C.A.R.E
October 2008	The Conference for Women - Skill Path Seminars
October 2008	Symptoms A to Z – CNHP Captstone
October 2008	Part 8 of 8 Shamanic Healing Apprenticeship – Spirit Passages
September 2008	Part 7 of 8 Shamanic Healing Apprenticeship-Spirit Passages
July 2008	Ultimate Supervisor's Workshop-National Seminars Group of Rockhurst University Continuing Education Center

June-July 2008	Professional Coaching Certificate Program-USM Continuing Ed.
June 2008	Part 6 of 8 Shamanic Healing Apprenticeship-Spirit Passages
May 2008	Part 5 of 8 Shamanic Healing Apprenticeship-Spirit Passages
April 2008	The Emerging Therapeutic Target - Dr. Jeffrey Bland
November 2007	Biologic Analogs for Circulation Mobilization – Center IMT
October 2007	Face, Tongue and Nail Analysis-CNHP Capstone Thomas Anstett, ND
October 2007	Part 4 of 8 Shamanic Healing Apprenticeship-Spirit Passages
September 2007	Allergies and Related Disorders-IMT /DCR
September 2007	Part 3 of 8 Shamanic Healing Apprenticeship-Spirit Passages
August 2007	The Chemistry of Man-Trinity College of Natural Health
July 2007	Gluten Sensitivity and Biologic Related Disorders- Center IMT
June 2007	Part 2 of 8 Shamanic Healing Apprenticeship-Spirit Passages
May 2007	Part 1 of 8 Shamanic Healing Apprenticeship-Spirit Passages
December 2006	Energy Medicine Band-Aids
December 2006	Dried Blood Cell Analysis-Trinity College of Natural Health Orthomolecular Nutrition-Trinity College of Natural Health Diet and Nutrition-Trinity College of Natural Health
November 2006	Energy Medicine - Part 5: Reshaping Family Patterns - TYLEM
October 2006	Bach Flower Remedies-Trinity College of Natural Health Aromatherapy-Trinity College of Natural Health The Healing Mind-Trinity College of Natural Health Complete Encyclopedia of Natural Health-Trinity College of Natural Health Botanical Preparations- Trinity College of Natural Health
September 2006	Natural Health Clinical Applications Center Of Hope Training Junction
August 2006	Iridology-Trinity College of Natural Health: Plant Herbology-Trinity College of Natural Health Cancer Battle Plan-Trinity College of Natural Health
July 2006	Nutrition-CNHP Body Systems-CNHP Body Work-CNHP Iridology-CNHP

Practicum-CNHP

May 2006	ASAT C.O.R.E. Counseling
April 2006	Understanding the Origin and Applying Advanced Nutritional Strategies for Autoimmune Diseases by Metagenics Presenter: Jeffrey Bland, Ph.D
April 2006	Integrated Energy Therapy – Advanced Level
March 2006	Integrated Energy Therapy for Pets
February 2006	The Ultimate Healing System-Trinity College of Natural Health Naturopathy for the 21 <sup>st</sup> Century-Trinity College of Natural Health
February 2006	Reiki Master/Teacher Degree
February 2006	Integrated Energy Therapy – Intermediate Level
February 2006	Cranial Therapy Series: Part 3 – IMT / DCR Cranial Therapy Series: Part 4 – IMT / DCR
January 2006	Acupressure Techniques-Trinity College of Natural Health Reflexology-Trinity College of Natural Health Homeopathic Medicine-Trinity College of Natural Health Integrated Energy Therapy – Basic Level
December 2005	Reiki Practitioner – First & Second Degree
December 2005	Osseous Bridging – IMT / DCR
October 2005	Enzyme Health-Trinity College of Natural Health Health and Wellness-Trinity College of Natural Health Nutritional Herbology-Trinity College of Natural Health Natural Therapies: Diet & Nutrition - Trinity College of Natural Health Natural Therapies: Herbal Medicine & Homeopathy – Trinity College of Natural Health
September 2005	Prescription for Nutritional Healing-Trinity College of Natural Health Know Your Body-Trinity College of Natural Health
September 2005	Energy Medicine –Part 4: Changing Relationships - TYLEM
June 2005	Energy Medicine – Part 3: Changing Limiting Beliefs - TYLEM
June 2005	Manual Therapy Solution for Bone Bruise, Osteomalasia & Osteoporosis IMT / DCR
May 2005	Coding & Billing for Therapy & Rehab Tapas Acupressure Technique
March 2005	Physical Functional Medicine - IMT / DCR
February 2005	Energy Medicine – Part 6: Clearing Meridians, Organs & Body Systems - TYLEM

January 2005	Energy Medicine – Part 2: Identifying and Healing Wound - TYLEM Energy Medicine – Part 1: Clearing the Internal Self - TYLEM
December 2004	IMT for Autonomic Nervous System – IMT / DCR
October 2004	Treatment of Limbic Reaction Response – IMT / DCR Integrative Diagnostics: Applied Psychosynthesis – IMT / DCR
October 2004	Emotional Freedom Techniques
September 2004	Type III Dysfunction of the Spine & Ext. Joint w/MET – IMT / DCR Upper & Lower Extremity Compression Syndromes – IMT / DCR Cranial Therapy Series: Part 2 – IMT / DCR
August 2004	Homeopathy& Homotoxicology Seminar IMT HEEL: Anti-Aging IMT for Diabetes - IMT / DCR Fascial Strands: Concepts of Tensegrity for Structural Integrity - IMT / DCR
July 2004	Pediatric Solutions: A Manual Therapy Approach – IMT / DCR
June 2004	Integrative Manual Therapy for Detoxification IMT Respiratory Rehabilitation w/Integrative Manual Therapy
May 2004	Cardiac Habilitation – Level Two – IMT / DCR
April 2004	Anger Management & Co – Dependency – IMT / DCR
March 2004	Prevention & Treatment for Cardiac Rehabilitation – IMT / DCR
February 2004	Cranial Therapy Series: Part 1 – IMT / DCR
January 2004	Muscle Energy & Beyond Tech w/Mobility Templates – IMT / DCR
December 2003	Integrative Diagnostics, Advanced Level One and Two – IMT / DCR
November 2003	Neck, Thoracic Outlet, Shoulder & Upper Quad – IMT / DCR
September 2003	Diaphragm Compression Syndromes - IMT/DCR
August 2003	Lymph System, Level One – IMT / DCR
May 2003	Neural Tissue Tension IMT / DCR
October 2002	Strain Counterstrain/Advanced Strain Counterstrain – IMT / DCR
September 2002	Visceral Mobilization with Muscle Energy and “Beyond” – IMT / DCR
July 2002	Diaphragm Compression Syndromes – Lower Extremities – IMT / DCR
June 2002	Muscle Energy and Beyond: The Sacrum - IMT / DCR
May 2002	Type III Dysfunction of the Spine and Extremity Joints with Bone Bruises

IMT / DCR

November 2001	Integrated Manual Therapy for Treatment of Women's & Men's Health Issues IMT / DCR
August 2001	Impact Training-for Concussions
Summer 2001	Sports Psychology Seminar
October 2000	Myofascial Release Technique with Myofascial Mapping – IMT / DCR
February 2000	On Ice Spine Injuries – Management and Transport
February 1999	Effective Management of Ankle Dysfunction
October 1998	Muscle Energy and Beyond; Pelvis, Sacrum, and Spine Integrative Manual Therapy (IMT) / Dialogues in Contemporary Rehab (DCR)
July 1997	E.P.I.C. Lift Capacity Certified Evaluator
June 1997	NATA Athletic Training Conference
November 1996	Joyner Sportsmedicine National Conference
November 1996	Objective Measurement of Soft Tissue Injury: The EPIC LIFT Instructor: Leonard N. Matheson, PhD
September 1996	The Maine Health and Safety Council Conference
August 1996	Maine Employer's Mutual Insurance Company Workshop
March 1996	Therapist Medicare Report
April 1995	The Adult and Geriatric Shoulder

**CAREER RELATED EXPERIENCE:**

1997 – 2004	Certified Athletic Trainer (volunteer) Portland High School Portland, Maine Athletic trainer covering the practices and games for varsity football, soccer, field hockey, basketball, track, wrestling, ice hockey, softball, and baseball. On/off field evaluations and rehabilitation of athletes.
Fall 1993 – Spring 1995	Student Athletic Trainer St. Joseph's College Standish, Maine Student athletic trainer covering the practices and games for varsity sports including volleyball, soccer, basketball, softball, and baseball. Also overseeing rehabilitation of injured athletes.

Summer 1994                      Assistant Athletic Trainer  
Maine Sabers Semi-Professional Football Team  
Old Orchard Beach, Maine  
Assisted with the coverage of games, practices, and treatments.

**CPR CERTIFICATION:**

December 1994 – Present              American Heart Association Adult, Child, and Infant CPR

**OTHER WORK EXPERIENCE:**

2013 – present                      Volunteer Assistant Softball Coach  
University of New England  
Biddeford, Maine  
Primary responsibility is working with the pitchers and catchers.

1998 – 2005                      Unlimited Softball Academy  
Portland, Maine  
Owner/Operator performing duties including business finances, purchasing equipment, instructing and educating female athletes (ages 9 – 22), coaches, and parents on the fundamentals of softball and windmill pitching.

September 1995 – 1998              Head Softball Coach  
University of New England  
Biddeford, Maine  
Head coach performing duties including budgeting, fund raising, scheduling, practice/game organization, and education on proper softball mechanics to females ages 8 – 22.

**REFERENCES:**                      Available Upon Request