

Educational Resume for Dr. Robyn Benson



ROBYN BENSON

D.O.M. L.M.T.

License #274; #226

Business Address:

Santa Fe Soul Center for Optimal Health
2905 Rodeo Park Dr. East Bldg. #3
Santa Fe, NM 87505
(505) 986-1089

EDUCATION

Heilongjiang College of Traditional Chinese Medicine; Harbin P.R., China.

One-month intensive training in acupuncture, Chinese herbology, orthopedics, and gynecology. (1993)

Zhejiang Institute of Traditional Chinese Medicine; Hangzhou P.R., China.

120 hours of practical experience, lectures and training in Oriental Medicine including herbology, Tui-Na, acupuncture, orthopedics and pediatrics. (1993)

Master of Oriental Medicine; International Institute of Chinese Medicine, Santa Fe, NM

- Board Certified in **Acupuncture Orthopedics** 6/96
- Board Certified in **Pediatrics** 4/97
- School President IICM, 1990-1991
- Member, National Association Sports Acupuncture
- Licensed Massage Therapist
- Registered JIN SHIN DO therapist.

Board Certified in Oxidative Medicine May 2002

Bachelor of Science, Sports Medicine; University of Virginia,
Charlottesville, VA, 1987

- Founding member of Peer Stress Education Program; teaching stress coping techniques, nutrition, and exercise.
- Volunteer, Shelter for Battered Women

HEALTH RELATED EXPERIENCE/EMPLOYMENT

Founder/Director Santa Fe Soul Center for Optimal Health 2005-present

Founder of Santa Fe Soul Foundation 2005 – A non-profit offering support for complementary medicine to the financially challenged uninsured population in New Mexico.

Awarded **Professional Business Woman of the Year.** (2008)

Founder of **The Self-Care Revolution.** (2012-present)

Founder of **The Healthy Travelers Global Summit.** (2015 - present)

Author of **Travel with Vitality: 7 Simple Solutions to Sleeping Well, Staying Fit and Avoiding Illness.** (2016 *with new version to be released in 2021*)

Contributing Author (view on Media Page):

- No Mistakes-How You Can Change Adversity into Abundance
- *How Do You Pray?*
- Global Voices of Social Media

Co-Author of **12 eBooks/print** form from the Self-Care Revolution Interview Series on Twelve Health Topics. Here are the titles of the **Self-Care Revolution Modules 1- 12:**

1. Module ONE: Thoughts & Food as Medicine
2. Module TWO: Heart and Breath Matters
3. Module THREE: Transmute and Release Trauma
4. Module FOUR: Unleash Your Brain Power
5. Module FIVE: Earthing, Electro-Sanitizing & Growing Your Own Garden
6. Module SIX: Power of Relationships
7. Module SEVEN: Exercise as Medicine
8. Module EIGHT: Empowerment
9. Module NINE: Power of Community
10. Module TEN: Be Fabulous at Any Age
11. Module Eleven: Power of Gratitude
12. Module Twelve: Celebrate Life & Pay It Forward!

East by Southwest Acupuncture Center, Private Practitioner; acupuncture, herbs/nutrition, acupressure, Oriental bodywork, sports massage, injection and nutrient IV therapies in Santa Fe, NM (1992–2005), then founded, built and moved to Santa Fe Soul, Center for Optimal Health. (2005 – current)

Rehabilitation & Fitness, Santa Fe, N.M. Physical therapist technician; assisted the cardiac rehabilitation program. Taught classes on meditation and relaxation. (1988-1987)

Resident Assistant, Residence Life Program, University of Virginia. Coordinator of student activities; counseled students on academic and personal concerns, while also acting as an educator and disciplinarian. (1986-1987)

Extern, Exercise Physiology, Manhattan College, Queens, NY. Observed innovative techniques and technologies such as hydrotherapy, used to help handicapped children and injured athletes.

Teaching Assistant, University of Virginia. Coordinated 1986 Sports Psychology Conference. Assisted with mental health class; led discussions, wrote exams, and held weekly office hours. (1986)

Extern, Cardiovascular Fitness Center, Chase Manhattan Bank, NYC. Worked closely with exercise physiologists; stress tests, reviewed health profiles, recorded test results. (1985)

Intern, University of Virginia. Observed family/individual mental health counseling sessions, discussed with graduate counselors and wrote critiques. (1984)

For more visit these websites:

www.RobynBenson.com www.SantaFeSoul.com

