

Catherine M. Gurski, ND, MSOM, L.Ac.

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PROFILE

*Innovator *Creative Thinker *Determined *Goal Orientated *Impassioned

EDUCATION

ND	National College of Natural Medicine	1998-2004
MSOM	National College of Natural Medicine	2000-2004
	SMT.C.M.P Homeopathic Medical College, Mumbai, India, Eight-week clinical training	2002-2002
B.A.	University of Massachusetts, at Amherst	1987-1990
	University of Nairobi, Kenya	1990-1991
	One-year exchange	

AWARDS

Shodan-Black Belt in Shorinji Kempo, Kagoshima, Japan	1996
Graduated cum laude, B.A., Anthropology	1992
All Merit Tuition Scholarship, University of Massachusetts	1988

CERTIFICATIONS

Naturopathic Board Certification Examinations, NPLEX	2004
Diplomat in Acupuncture, The National Certification Commission for Acupuncture and Oriental Medicine, NCCAOM	2004

THESIS

ND: The Treatment of ADHD with Homeopathy, Herbs and Nutrition	2004
MSOM: The Treatment of PMS with Acupuncture and Chinese Herbs	2004

WORK EXPERIENCE

Private Practice, Family Medicine, Portland, OR **December 2004-Present**

- * Focused on Pediatric, Adult and Geriatric Patient Health Care & Preventive Medicine
- * Worked with patients on disease management and educated patients on wellness
- * Taught patients therapeutic exercises and stretches for recovery & injury prevention
- * Used CranioSacral therapeutic manipulation and acupuncture for injury recovery
- * Coached Stress Management Techniques & counseled on minimizing disease risk
- * Educated patients on nutrition with shopping tips and recipe ideas
- * Developed patient newsletter to inspire healthful living
- * Referred patients to specialists when necessary
- * Provided diagnostic lab testing for patients
- * Customized treatment plans with herbs, homeopathics and nutraceuticals

Medicinary Supervisor, Chinese Pharmacy, NCNM Pettygrove Clinic Oct 2006-Sept 2009

- * Oversaw customization of Chinese herbal formulations for clinic patients
- * Supervised student interns working in the pharmacy
- * Ordering and inventory of naturopathic supplements and Chinese Herbs

VOLUNTEER

OBT Allegro Society

Sept 2014-Mar 2020

- * Delivered acupuncture support for the OBT Company dancers, apprentices & OBT2
- * Provided acupuncture treatment at the theater on rehearsal and performance dates
- * Attended fundraising event to support OBT Company & school and to serve as a representative of the Allegro Society

State Emergency Registry of Volunteers, SERV-OR

Sept 2012-June 2017

- * Familiarized with disaster care organization for communities, individuals and disabled
- * Studied Basic Life Support following disasters for adults and pediatrics
- * Learned Emergency Management Systems structure of FEMA

Multnomah County Medical Reserve Corps, MRC

Feb 2012-June 2017

- * Learned disaster burn care for medical professionals
- * Attended Health Flu Summit on vaccines and infectious disease
- * Participated in emergency pharmacy dispensing

Oregon Humane Society, OHS

Feb 2012-Aug 2016

- * Conducted dog training, socialization, and handling for Pet Pals Program
- * Provided dog walking and foster care of animals
- * Learned Pet training for animal assisted therapy

Portland Veteran's Acupuncture Project, PVAP

June 2010-November 2010

- * Volunteered for group acupuncture treatments of Veterans and their families
- * Focused on treatment for PTSD

TEACHING

Ministry of Education, English Department, Guayaquil Ecuador June 2017-Jan 2018

- * Education project to bring English language skills to public schools to reach the poorest and most vulnerable children in Ecuador
- * Concepts in English, Language Connections, Culture, at Numa Pompilio High School
- * Rules & Conduct in the Classroom and Mentorship at Numa Pompilio High School
- * Practice and examination of English Grammar, Q & A and Verbal Dialogue in English

Adjunct Faculty, NCNM, CCM Department **April 2007-August 2009**

- * Instructed students in herbal formula composition and properties of single herbs
- * Further developed the structure of the lab practicum class to augment creative learning and application of constructing and utilizing Chinese herbal formulas for treatment
- * Applied herb and formula principles to clinical cases for conceptual learning
- * Developed test structure to track student's progress on new and review material

Teaching Assistant, NCNM, Dr. Qin, CCM Department **March 2003-June 2004**

- * Assisted with English grammar corrections of original Chinese research articles
- * Assisted with correction of student exam papers
- * Assisted Dr. Qin with English grammar and clear meaning of exam questions

Japanese Language Teaching Assistant, Douglas Elementary School **Sept 1997-June 1998**

- * Assisted language drills & application of language skills through innovation of games
- * Assisted student learning of Japanese vocabulary in the classroom
- * Assisted Japanese Language teacher in development & implementation of lesson plans

English Teaching Assistant, JET Program, Kagoshima, Japan **July 1993-July 1996**

- * Represented American culture and language inside and outside of the classroom
- * Encouraged continued English conversation and development outside of the classroom
- * Innovated new teaching techniques to improve English conversation in the classroom
- * Participated in school sports festivals with students to show team and school support
- * Demonstrated interest in Japanese culture through study of martial arts, Taiko drumming, Ikebana, Japanese dance and language

Back packing Travel through SE Asia **July 1996-Oct 1996**

Studies: Physics, Chemistry, Organic Chemistry, Psychology **Jan 1997-June 1998**
University of Massachusetts at Lowell and Middlesex Community College

HOBBIES AND INTERESTS

Dancing, reading, creative writing, travel and cooking