

Kathleen Bauer CV

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Primary Education

Certified, Nutrition Educator and Health Coach, Bauman College, Boulder CO, 350 hrs (2009)
Thesis: *Nutritional support for resolution of intestinal permeability with irritable bowel syndrome*

Executive Director Leadership Training, Denver Office of Strategic Partnerships, 100 hrs, Denver CO (2008): Training included grant writing, team/board development, program/curriculum development, and program evaluation.

Certified, Natural Foods Chef, Professional School of Natural Cookery, 400 hrs, Boulder CO (2006)
Final Project: *Whole foods, plant based cooking for the time starved*

Certified, Clinical Herbalist, Academy of Scottish Herbalism, Eugene OR, 400 hrs (2004)
Thesis: *The antimicrobial and anti-inflammatory activity of berberine and of the non-alkaloid constituents of the root of Oregon grape (Mahonia aquifolium)*

Communication Studies M.A. Coursework, CSU Long Beach (1999-2000)
Coursework completed in Interpersonal Communication, Small Group Communication, and Public Speaking while teaching undergraduate communication courses

B.S. Political Science Major and Women's Studies Minor, University of Oregon (1994)
Awards: First woman to receive top speaker in the northwest region at the NorthWest CEDA Champs Debate Tournament (1998), Awarded one of the Top 25 Most Influential Women in the History of Policy Debate (1998)

Additional Education and Certifications

Internal Family Systems Practitioner Certification, 350 hrs + clinical supervision hours in process (Anticipated Completion 2022). Completed thus far:

- **Level I, Internal Family Systems**, 100 hrs, w/Nancy Sowell, MSW, LICSW; Pilar de la Torre, MA; and Imma Lloret, MA through The Internal Family Systems Institute (Dec 2020)
- **Healing the Fragmented Selves of Trauma Survivors: Transformational Approaches to Treating Complex Trauma Integrating Sensorimotor Psychotherapy, Internal Family Systems and Ego State Therapy**; with Janina Fisher, Ph.D. through Professional Education Systems Institute (PESI) (Feb 2020). 12 CE hours. 8 Modules on working with parts & fragmentation including modules on trauma & attachment and sensorimotor psychotherapy.

- **Treating Complex Trauma with Internal Family Systems Training** with Frank G. Anderson, MD through Professional Education Systems Institute (PESI) (2019). 15 CE hours. 10 Modules including trauma types; managing health co-morbidities; neuroscience-informed practice; attachment disorders & trauma; and integration of IFS with therapeutic modalities.

Qigong Practitioner Program 4 yrs, 400 hrs, in process, The Center Place, Boulder CO (300 hours completed so far, Anticipated Completion 2021 may be delayed due to COVID). Cultivating and teaching predominantly Nei Dan forms of qigong (internal meditations).

EMDR and Telehealth Mastery Course: Advanced EMDR Trauma Treatments via Telehealth and In-Person with Jennifer Sweeton, PsyD; Megan Howard, LCSW; and Melissa Westendorf, JD, PhD (2021). 27 CE hours. 12 Modules including using EMDR for trauma; a guide for virtual EMDR, and certified clinical telemental health provider training course. I will not be certified as an EMDR practitioner given that it is outside of my scope of practice. I trained in EMDR for the neuroscience education and to apply the first 3 phases of the 7 phases of EMDR to coaching: Phase 1 (target sequence planning: identify the negative cognitions and their associated emotions, and physical sensations; and identify the positive cognitions, and their associated emotions and physical sensations); Phase 2 (grounding, resourcing, stabilization including sensory awareness techniques, breathwork exercises, vagus nerve activation, body scanning, autogenic training, imagining safe place, developing a circle of support, attunement), Phase 3 (Somatic targeting for sensations as opposed to memories).

Hypnosis for Trauma and PTSD Certification Training: Effectively Integrating Hypnosis, Neuroscience, and Mind/Body Approaches in Clinical Practice with Carol Kershaw, Ed.D and Bill Wade, M.Div., LPC, LMFT through Professional Education Systems Institute (PESI) (2020). 13 CE hours. 11 Modules including the neurophysiology of trauma/PTSD; adverse childhood experiences; trauma and attachment; neuroscience research on body/mind healing; long-term stress and its impact on the limbic system; strategies for developing traumatic memory reconsolidation; post-traumatic growth; and trauma-informed therapy strategies. I trained in this work for the neuroscience education and to utilize hypnosis techniques in leading group and one-on-one meditations for creating healthier habits among coaching clients.

Wise Speech: The Foundations of Mindful Communication, 6-week live course: 6/15/20 – 7/22/20; with Oren Jay Sofer and the Barre Center for Buddhist Studies. Teachings on key aspects of meditation & interpersonal communication; Instruction on integrating meditative principles into conversation; Guided meditations on cognitive, emotional & somatic aspects of communications; Intersection between spiritual practice & relationship.

Clinical Anxiety Treatment Professional Certification Training: Applied Neuroscience for Treating Anxiety, Panic & Worry, with Catherine M. Pittman, Ph.D., HSPP through Professional Education Systems Institute (PESI) (2018). 19 CE hours. 10 Modules including using neuroscience in

the treatment of anxiety; working with the amygdala; managing the cortex; medications in the treatment of anxiety; exposure strategies for teaching the amygdala; Mindfulness in the anxious brain; neuropsychologically informed CBT; treating comorbid depression; cognitive restructuring interventions; and using re-consolidation approaches.

Mindfulness Meditation for Increasing Focus & Reducing Stress (5/2016), Algarve Center for Mindfulness, Per Norrgren

Antar Traditional Yoga Practices of Self-Awareness, Meditation & Contemplation (2/2016 – 12hrs), Abhyasa Ashram & Swami Jnaneshvara Bharati

Access Consciousness: Access Bars Certification Training with Brain & Body Balancing, Denver (2015) Coaching focuses on asking questions of clients to facilitate awareness and change.

Jon Kabat-Zinn's Mindfulness-Based Stress Reduction 8 Week Course (2-3/2015), online, Dave Potter, MA

Core Strength Vinyasa Yoga Teacher Training with Sadie Nardini and Tyler McCoy (85 hrs):

- Core Strength Vinyasa Yoga Teacher Training (1/2014 – 20 hrs)
- Evolution Yoga Teacher Training (3/2014 – 20 hrs)
- Total Transformation Yoga Teacher Training: Vinyasa Yoga and Anatomy (5/2014 – 16 hrs)
- Revolution Yoga Teacher Training: Anatomy, Movement and Cueing (6/2014 – 12 hrs)
- Journey Training: Linking Anatomy and Yoga Sequencing (7/2014 – 16 hrs)

Nutrition & Health Coach Teacher Training, Bauman College Boulder (2010); Ed Bauman, Ph.D. & Erin Livers, ICNT

List of [Continuing Education courses completed linked here.](#)

Relevant Work Experience

Ginger, Virtual - *Behavioral Health Coach Manager* (12/2020 - Present)

- **Develop and deliver programming for the Ginger Training Institute (GTI)** aligned with NBHWC standards. Created and provided trainings on each of the following: 1) the first session, 2) establishing a coaching agreement, and 3) creating a coaching plan utilizing SMART goals, values work, and the Wellness Wheel (NBHWC Content Area 1, Coaching Structure: 1.2 and 1.3); 4) supporting clients emotions, energy, and 5) fostering self-compassion (NBHWC Content Area 2, Coaching Process: Relationship/Communication/Techniques: 2.4); and 6) coaching autoimmune diseases, 7) chronic pain, 8) metabolic syndrome, 9) arthritis, 10) inflammation, and 11) emotional eating (NBHWC Content Area 3, Health and Wellness: 3.2 and 3.3).

- Provide oversight and leadership for the GTI Working Group: collaborating with subject matter experts to create compelling content and reviewing content and presentation plans to maintain alignment with NBHWC and Ginger standards.
- Offer two monthly trainings to the 125-175 coaches on staff on a positive psychology or solution-focused brief therapy topic applied to behavioral health coaching as continuing education support for coaches that have already onboarded and completed the GTI.
- Provide oversight and lead the research department's coach working group. My specific area of research is related to measuring coaching effectiveness with the use of positive psychology and solution-focused brief therapy techniques for populations struggling with chronic pain, anxiety, and depression and defining the role of coaching with clinical populations. I wrote the [Behavioral Health Coaching Research Brief](#) used to inform clients.
- Provide one-on-one weekly supervision hours to 15 coaches to strengthen their work, add tools, provide oversight on clinical and challenging cases, and create safe space for coaches to process transference, countertransference, member low readiness for change, and compassion fatigue. I utilize a strengths-based approach with supervision, building on coaches' values, priorities, and goals while promoting their confidence as practitioners.
- Facilitate two weekly process groups for 10 non-direct report coaches in each, providing responsibility for the direction, flow, and decision-making in terms of the well being of the group; validating ideas and concerns of coaches; using acknowledgments; and involving all coaches in a compassionate way that takes into account power dynamics and communication styles.
- Provide a monthly quality assurance report of 10 non-direct report coaches using NBHWC and Ginger-specific standards of exceptional care and coaching.
- Be the on-call supervisor once a week to be the front-line support to coaches working with high-risk scenarios involving suicidal ideation, homicidal ideation, self-harm, and situations involving mandated reporting.
- Review high-risk case review reports of direct reports within 24 hours, connect appropriate members to higher levels of clinical care outside of Ginger, and support communication between Ginger coaches, therapists, and psychiatrists.

Ginger, Virtual - *Behavioral Health Coach* (12/2016 - 12/2020)

- Personally coached over 2,500 adult members with Ginger, an on-demand, mental health, international, virtual platform that works with companies, schools, and health insurances.
- Coached members on stress management, emotional wellness, mindfulness, healthy communication, boundary setting, self-compassion, self-confidence, productivity, resilience, sleep hygiene, healthy eating, physical activity, self-care, spiritual health, connection, and to access elevated care with therapy and/or psychiatry, as needed.
- Utilized techniques of motivational interviewing, cognitive behavioral therapy, strengths & values-based coaching, dialectical behavior therapy, acceptance and commitment therapy, internal family systems, mindfulness-based stress reduction, neuro-linguistic programming, mindful self-compassion, and the transtheoretical model of behavior change all through a culturally responsive lens.
- Collaborated with 5-10 therapists and 1-2 psychiatrists weekly. Receive weekly supervision.

- Mentored 1-3 coaches through 1:1 meetings weekly on adapting to the Ginger platform, developing clinical tools and skills, case support, and connecting with the Ginger community.

LiveWell Longmont, Longmont CO - *Wellness Program Development & Evaluator* (7/2009 - 7/2018)

LWL was a 10-year grant-funded community project to promote healthy eating and active living (HEAL) through community programming, school wellness, and worksite wellness in Longmont through a public health lens. I was responsible for using experimental and observational methods to identify barriers to healthy behaviors to inform interventions, coordinate program development, and lead an assessment of the interventions' effectiveness. [For more information on programs, outcomes, and research.](#)

Nourished Health, Denver CO - *Functional Medicine Nutritionist and Health Coach* (2005 - 2016)

Specializing in digestive health and autoimmune conditions. Offered workshops, group programs, and 1 on 1 sessions. Regularly provided presentations on evidence-based care for the management of autoimmune conditions, digestive disorders, and chronic pain.

- [For testimonials from clients.](#)
- [To access my articles and videos on emotional wellness and mindfulness.](#)
- [To access my articles and videos on nutrition and physical health.](#)
- [To access my employee wellness speaking engagements page](#) (page is archived and no longer active on the site or maintained)

Nourished Health Center, Denver CO - *Founding Director & Clinical Operations Coordinator* (7/2010 - 6/2016)

Manage an integrative and holistic care team of healthcare providers and instructors (massage, chiropractic, acupuncture, nutrition, ayurvedic medicine, naturopathic medicine, physical therapy, psychotherapy, health coaching, yoga, meditation, herbalism, cooking classes & others) to collaborate on community and patient support through a collaborative model of care.

Nourished Health Cooking School, Denver CO - *Lead Instructor & Founder* (1/2011 - 6/2016)

Teach 2 healthy, plant-based cooking classes a week on topics including vegan cooking, anti-inflammatory cooking, paleo cooking, raw foods cuisine, cooking for picky eaters, and more.

Harvesting True Growth, Commerce City, CO - *Volunteer & Founder* (2009 - 2011)

Offered nonprofit development, business & health coaching to felons transitioning out of the prison system to build their own companies based in the local food system while building healthier lives, learning to garden, cook healthy, and cater events. Turned the nonprofit over to be completely run by felons who had completed the program. The organization has since closed.

Share Our Strength, Colorado - *Volunteer Nutrition Instructor* (2008 - 2009)

Teach adults how to make healthy food and cooking choices using the Cooking Matters 6 week curricula. Taught the program at halfway houses and WIC offices.

Produce & Health Fair County Collaboratives, CO - *Volunteer Nutritionist* (2008, 2015, 2016)

Offer Health Screenings and nutrition education based on screening results.

9 Health Fairs, CO Volunteer Nutritionist (2016)

Offer Health Screenings and nutrition education based on screening results.

Classroom Teaching Experience

Course Title	Role	School	Students	Dates	Frequency	Enrolled
Solution Focused Brief Therapy & Positive Psych for Coaches	Instructor	The Ginger Training Institute (GTI)	Coaches	1/2021 - Present	2x/mo	125-175
Anti-inflammatory cooking classes	Lead Instructor	Nourished Health Cooking School	Community	2012-2016	2x/wk	10
Debate Camp	Lab instructor	U. of Oregon	High School	2002-2004	Daily summers	10
Speech & Debate Team	Coach	CSU Long Beach	Undergrad	1999-2001	Daily	75
COMM 130: Essentials of Public Speaking	Teaching Associate	CSU Long Beach	Undergrad	Fall 2000/ Spring 2001	2x/wk	25-30
COMM 331: Essentials of Argumentation	Graduate Assistant: Teach lab	CSU Long Beach	Undergrad	Spring 2000	1x/wk	25
COMM 110: Interpersonal Communication	Graduate Assistant: Teach lab	CSU Long Beach	Undergrad	Spring 2000	1x/wk	25
Speech & Debate Team	Head Coach	South Eugene High School	High School	1998-1999	Daily	15
Speech and Debate Skills	Seminar Provider	West Coast Publishing Debate Camps	High School	1997-2002	Summer Weekends	20

Conference Paper Presentations

Bauer, K., Glantz N., & Trecoske-Houghton M. (2015, September). *Expanding on the experiences of LiveWell Longmont: Transitioning from the development of "grasstops" collaborations to integration of "grassroots" relationships through a collective impact framework* (Peer-reviewed paper presentation). Public Health in the Rockies Conference 2015, Vail, CO, United States.

Bauer, K. (2014, July). *Review of dietary therapy for rheumatoid arthritis: Calming inflammation through diet* (Conference session). 2014 Juvenile Arthritis National Conference, Keystone, CO, United States.

Feuerborn, L., **Bauer, K.**, & Trecoske-Houghton, M. (2012, April). *Working in collaboration on worksite wellness* (Peer-reviewed paper presentation). 2012 Culture of Health Conference, Denver, CO, United States.

Bauer, K. (2011, September). *Celiac disease, gluten intolerance, and public health: New studies clear up confusion and create the need for better public education* (Peer-reviewed paper presentation). Public Health in the Rockies Conference 2011, Steamboat Springs, CO, United States.

Bauer, K., & Feuerborn, L. (2011, September). *Planning and evaluating for sustainability* (Peer-reviewed paper presentation). Public Health in the Rockies Conference 2011, Steamboat Springs, CO, United States.

Feuerborn, L., & **Bauer, K.** (2011, September). *Working in collaboration on worksite wellness*. Public Health in the Rockies Conference 2011 (Peer-reviewed paper presentation). Steamboat Springs, CO, United States.

Feuerborn, L., & **Bauer, K.** (2011, June). *Working together in collaboration to enhance employee wellness programs with 3 large Longmont employers* (Conference session). 2011 North Colorado Worksite Wellness Workshop, Loveland, CO, United States.

Bauer, K. (2008, February) *Greening your farmer's market* (Conference session). 2008 North American Farmers Direct Marketing Association Convention. Wisconsin Dells, WI, United States.

Invited Presentations & Workshops

Bauer, K. & Fields Williams K. (2021, March). [Knowing who you are: Exploring your identity](#). Live class open to the community through Ginger. Virtual. I created the [accompanying workbook](#), pgs 4-21 and presented on "A Strengths-Based Approach to Identity".

Bauer, K. (2016, June & 2015, June & 2014, June & 2013 June). *Eating to minimize flares in Inflammatory Bowel Disease: Managing inflammation through diet*. Denver Take Steps Fundraiser, Crohn's & Colitis Foundation of America. Denver, CO.

Bauer, K. (2016, May). *What to do: When celiac children are reacting to other foods besides gluten*. Celiac Support Association, Cel-Parents meeting. Denver, CO.

Bauer, K. (2016, March & 2014, April). *Love your body & love what you get to eat*. Mile High Montessori Early Learning Centers' Professional Development Institute, Lowry Conference Center. Denver, CO.

Bauer, K. (2016, March & 2014, April). *Eat your way to better health*. Mile High Montessori Early Learning Centers' Professional Development Institute, Lowry Conference Center. Denver, CO.

Bauer, K. (2016, March). *The essentials of worksite wellness program evaluation*. Longmont Chamber of Commerce. Longmont, CO.

Bauer, K. (2016, March). *The essentials of program evaluation*. Presentation held at Sun Construction to the OUR Center, The Chamber of Commerce, the City of Longmont, & Longmont United Hospital. Longmont, CO.

Bauer, K. (2016, February). *Program planning for evaluation*. Presentation held at Sun Construction to the OUR Center, The Chamber of Commerce, the City of Longmont, & Longmont United Hospital. Longmont, CO.

Bauer, K. (2015, June). *Eat your way to better health lunch n' learn*. Send Grid. Denver, CO.

Bauer, K. (2015, March). *The gut-brain axis: The mental and emotional connection to gut health and the gut's effect on the nervous system*. 3rd Trimester Professional Herbalist Studies at the Academy of Scottish Herbalism. Eugene, OR.

Bauer, K. (2015, January). *Vitality transformation: Digest your way to more energy*. Greatest Year of Your Life Seminar. Denver, CO.

Trecoske-Houghton, M., **Bauer, K.** & Glantz, N. (2015, January). *The LiveWell Longmont and Boulder County Public Health collaboration*. City of Longmont. Longmont, CO.

Bauer, K. (2014, June). *Eating to avoid arthritis flares*. Arthritis Foundation's Arthritis Education Day, Porter Adventist Hospital Conference Center. Denver, CO.

Bauer, K. & Scott, J. (2014, March; 2013, November; 2013, July; 2013, August; 2013, June; 2013, April; 2013, March; & 2012, November). *Bringing back mind-body balance with a seasonal ayurvedic cleanse*. CorePower Yoga. Denver, CO.

Bauer, K. (2014, March). *Live healthy with HIV: Supporting gut health and a healthy microbiome*. Denver Infection Disease Consulates, Rose Medical Center. Denver, CO.

Bauer, K. (2014, March). *Digestive health and inflammation: Getting your digestion feeling its best*. GFree and Happy. Virtual.

Bauer, K. (2014, February). *Restore your digestion and restore your health*. Evolve Expo 2014. Denver, CO.

Bauer, K. (2014, January). *The anti-inflammatory diet for arthritis*. Arthritis Foundation. Denver, CO.

Bauer, K. (2013, December). *Eating to manage arthritis flares during the holidays*. Arthritis Foundation's Tips and Tools Forum, Panorama Orthopedics & Spine Center. Golden, CO.

Bauer, K. (2013, March and 2012, March). *Eat your way to better health*. Mile High Montessori Early Learning Centers' Professional Development Institute, Clayton Early Learning Campus. Denver, CO.

Bauer, K. (2013, February). *Nutrition therapy for autoimmune conditions*. Survey of Medicine Class at Colorado School of Traditional Chinese Medicine. Denver, CO.

Bauer, K. (2012, November). *Restoring gut health and calming inflammation*. Mothers of Severely Allergic Infants and Children (MOSAIC). Arvada, CO.

Bauer, K. & Seymour, B. (2012, January). *Cooking with tea and tips to be gluten-free*. Denver Tea Room. Denver, CO.

Bauer, K. (2011, October). *Food allergies and kids*. Colorado's Best, Channel 2. Denver, CO.

Bauer, K. (2011, September). *Eat your way to better health lunch n' learn*. TeleTech. Denver, CO.

Bauer, K. (2011, September). *Better brain function*. Trinity United Methodist Church. Denver, CO.

Bauer, K. (2011, September). *Are you tired of being tired? Grow your energy to grow your business & life*. Triple Threat Telesummit: Expert Advice on Mastering Money, Relationships & Health. Virtual.

Bauer, K. (2011, August). *Eat your way to health*. South Adams County Water & Sanitation District. Commerce City, CO.

Bauer, K. & Bresee, V. (2011, May). *Nourishing recovery: A holistic approach to addiction*. Cornerstone Books. Englewood, CO.

Bauer, K. & Bresee, V. (2011, May). *Nourishing recovery: A holistic approach to addiction*. Moderation Management, First Unitarian Church. Denver, CO.

Bauer, K. (2011, February). *Role of phase II detoxification channels*. Bauman College. Boulder, CO.

Bauer, K. (2011, January). *Mindful eating*. Bauman College. Boulder, CO.

Bauer, K. (2010, December). *Program planning for evaluation*. Longmont Library presentation to the City of Longmont, St Vrain Valley School District, & Longmont United Hospital. Longmont, CO.

Bauer, K. (2010, November). *Outcome program evaluation: Beyond measuring program participation*. Presentation to the City of Longmont, St Vrain Valley School District, and Longmont United Hospital. Longmont, CO.

Bauer, K., LaPlante, L., & Perrymond, N. (2009, October). *Harvesting True Growth*. Hunger and Environmental Nutrition Working Group, American Dietetics Association Conference. Denver, CO.

Self-Sponsored Free Community Talks

September 2015 - March 2016, three times/month, 2-hr presentation on different topics related to *Anti-inflammatory nutrition and digestive health*. Cherry Creek Whole Foods: Denver, CO; Capitol Hill Whole Foods: Denver, CO; & Washington Park Whole Foods: Denver, CO.

January 2016: *Know your body through your digestion*, 3 part webinar series.

April 2012 - August 2015, monthly, 2-hr presentation on different topics related to *Anti-inflammatory nutrition and digestive health*. Whole Foods Cherry Creek: Denver, CO.

November 2013: *Anti-Inflammatory webinar series*. 4 parts.

September - October 2013: *Go with your gut webinar series*. A webinar a week for 6 weeks on topics: Gluten's effect on mental and emotional health; Conducting a safe and effective cleanse for digestive health; Supporting your immune system through your digestion; How to optimize mental and emotional health through digestion; Is a special diet for digestive health right for you?; Naturally support your thyroid through calming digestive inflammation;

March 2011 - November 2011, once monthly: *The specific carbohydrate diet and the gluten-free, casein-free diet for autistic spectrum disorders*. Nourished Health Center. Denver, CO.

September 2011 - November 2011, once monthly: *Adopting the grain-free and paleo lifestyle for diabetics*. Nourished Health Center. Denver, CO.

January 2011 - August 2011, once monthly: *Introduction to gluten-free living*. Nourished Health Center. Denver, CO.

May 2011, two sessions: *Spring into summer: Cleanse and rejuvenate*. Nourished Health Center. Denver, CO.

January 2011, two sessions: *Cleanse and rejuvenate for 2011*. Nourished Health Center. Denver, CO.

Languages

Conversational in Spanish (B2 Intermediate proficiency)

Committees & Board Roles

August 2020 - Present	DEI Affinity Group Member Ginger, Virtual
January 2014 - December 2016	Medical Advisory Committee Member Crohn's & Colitis Foundation, Rocky Mtn Region
July 2010 - July 2016	Founder and Board President Nourished Health Center, Denver CO
June 2015 - December 2016	Board Nutritionist & Medical Advisory Committee Chair Denver Celiac Support Association, Colorado
2009 - 2011	Founder and Board Technical Advisor Harvesting True Growth, Commerce City, CO
2006 - 2009	Co-chair, Inclusiveness Committee Colorado Farmers' Market Association

Professional and Association Memberships

American Association of Drugless Practitioners
Celiac Support Association
Council of Holistic Health Educators
Crohn's and Colitis Foundation
Gluten Intolerance Group
Healthcare Providers Service Organization
International Association of Health Coaches
National Association of Nutrition Professionals, Mbr #15093
NPI # 1508107947