

LILLIAN J TRYON, DNP, APN

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EDUCATION

Doctorate of Nursing Practice, 5/2014

- Lifestyle Medicine emphasis
- Southern Adventist University, Collegedale, TN
- Scholarly Project: *The Effect of a Group Lifestyle Coaching Model on HbA1c, Weight, & Psychosocial Constructs in Low-Income Patients with Type 2 Diabetes*

Post-Master's Certificate, 12/2012

- Family Nurse Practitioner
- Southern Adventist University, Collegedale, TN

Master of Science in Nursing, 12/2006

- Versatile Individualized Program (clinical focus on health behaviour change & health coaching)
- Drexel University, Philadelphia, PA
- Capstone: *Facilitating Successful Lifestyle Change through the Integration of Group Health Coaching with Faith-Based Health Education Programs: A Process Model*

Post-Secondary Certificate in Nursing Education, 8/2006

- Theories of Adult Learning, Curriculum Design, Evaluation Methods
- Drexel University, Collegedale, Philadelphia, PA

Bachelors of Science in Nursing, 5/2004

- Drexel University, Collegedale, Philadelphia, PA

Associate of Science in Nursing, 5/1982

- Southern Adventist University, Collegedale, TN

CURRENT LICENSURE & CERTIFICATIONS

- Tennessee Advanced Practice Nurse License #17534
- Tennessee Registered Nurse License #179484
- Georgia Registered Nurse License #65949
- Board Certified Family Nurse Practitioner, American Nurses Credentialing Center
- Diplomate, American College of Lifestyle Medicine
- National Board Certified Health & Wellness Coach, Int. Consortium of Health & Wellness Coaches
- Certificate in Plant-Based Nutrition, T. Colin Campbell Center for Nutrition Studies, eCornell

- Certified Exercise Physiologist, American College of Sports Medicine
- Certified Health & Wellness Coach, Wellcoaches Corporation
- Certified Intrinsic Coach, Totally Coached, Inc.
- Certified Lifeforming Leadership Coach, Lifeforming Leadership Coaching
- Basic Cardiac Life Support, American Heart Association

TEACHING EXPERIENCE

Associate Professor, Southern Adventist University, Collegedale TN, 1/2011 - present

- NURS751 Practicum: Lifestyle Medicine, 1/2017 - Present
- NURS8xx Scholarly Project, Faculty Advisor 6/2016 - Present
- NURS746 Nutritional Approaches for Disease Prevention & Management, 8/2015 - Present
- NURS744 Exercise Modalities for Lifestyle Change, 5/2015 - Present
- NRS734 Educating & Motivating Lifestyle Change, 1/2015 - Present
- NURS728 Introduction to Lifestyle Medicine, 8/2014 - Present
- NURS594 MSN Capstone, Faculty Advisor, 8/2014 - Present
- NURS520A Health Promotion Across the Lifespan, 1/2014 - Present
- NURS579 Practicum Continuance, Faculty Preceptor, 6/2013 - Present
- NURS665 & NURS670 Practicum: Primary Care Family I & II, Faculty Preceptor, 6/2013 - Present
- NURS645 & NURS655 Practicum: Primary Care Adult I & II, Faculty Preceptor, 6/2013 - Present
- NRS734L Community Health Nursing, Clinical Instructor, 1/2011 - 8/2014
- RELP467 Health Evangelism, 1/2012 - 12/2013
- PETH495 Keys to Metabolic Efficiency & Health (Directed Study), 1/2013 - 5/2014
- NRS710L Nursing Fundamentals Clinical Instructor, 1/2011 - 12/2001
- Committee Membership:
 - School of Nursing Graduate Research Committee, chair, 6/2017 - present
 - School of Nursing Wellness Champion, 8/2015 - present
 - School of Nursing DNP Program Committee, member, 5/2014 - present
 - School of Nursing Graduate Research Committee, member, 5/2014 - 5/2017
 - School of Nursing Faculty Development Committee, 6/2013 - present
 - School of Nursing MSN Program Committee, member, 6/2013 - present
 - School of Nursing Faculty Council, member, 6/2013 - present
 - Southern Adventist University New Faculty Mentor, 8/2015 - 5/2017
 - Collegiate Adventists for Better Living, sponsor 8/2011 - 5/2014

Adjunct Faculty, Reading Area Community College, Reading PA, 9/2006 - 6/2007

- Nursing Skills Lab, 9/2006 - 6/2007 (part-time)

NURSING EXPERIENCE

Family Nurse Practitioner

- **Volunteers in Medicine**, Chattanooga TN, 5/2013 - present (part-time). Adult primary care; diabetes education; direct LEAD (Lifestyle Education to Address Diabetes) grant project.
- **Family Nurse Practitioner Practicum**, Southern Adventist University. 500 hours in adult primary care and 120 hours in pediatric primary care. 708 patients seen in mix of family, IM, OB/GYN, lifestyle medicine, and public health practice settings.

Lifestyle Coach

- **Keys to Living Well**, Collegedale TN, 1/2007 - present. Health coaching, speaking, writing.

Registered Nurse

- **Adventist WholeHealth Wellness Center**, Wyomissing PA, 1/2000 - 12/2010. Positions held include: Community Health Educator, Office Manager, Clinic Manager, Program Director, Wellness Coaching Coordinator, Health Ministries Coordinator. Job responsibilities during employment period included: community health education, health risk appraisals, organized startup of lifestyle medicine practice and physician house-call service, staffing, policy development, lab credentialing, health plan credentialing & contracts, CHIP[®] director, Depression Recovery Seminar leader, corporate wellness coaching, organized annual 5K run, grant writing, Berks County Parish Nurse Coordinator, CEU coordinator.
- **Mollen Immunization Clinics**, Scottsdale, AZ, 8/2010 - 10/2010 (part-time). Clinic Nurse. Conducted influenza vaccine clinics at various locations in Reading, PA.
- **Pennsylvania Conference of Seventh-day Adventists**, Reading, PA, 6/2003 - 12/2010 (part-time). Health Ministries Director, Coordinated & conducted health ministries training workshops and camp meeting health emphasis, assisted Pennsylvania Adventist churches in developing health ministries
- **Pat Wagner Associates**, Reading, PA, 9/2002 - 5/2003 (part-time). Site Reviewer. Conducted medical record audits and site inspections for health plan credentialing.
- **Nurses Available Staffing**, Reading, PA, 2/1997 - 12/1999 (part-time). Independent Nurse Contractor for long-term care facilities.
- **Pennsylvania Conference of Seventh-day Adventists**, Reading, PA, 6/1996 & 6/1997 (part-time). Nurse on-call for first-aid and medical emergencies during Pennsylvania Conference Camp Meeting.
- **G. W. R. Personnel Resources**, Reading, PA, 3/1996 - 7/1997 (part-time). Independent Nurse Contractor for long-term care facilities.
- **Majestic Oaks Nursing Home**, Warminster PA, 1/1992 - 5/1994 (part-time). Staff nurse.
- **Medic Ayers Nursing Home**, Trenton, FL, 6/1986 - 3/1988. Staff Nurse & Patient Care Coordinator. Coordinated transition of LTC facility in use of ICD-9 codes.
- **Lazar Brody, Fields, MD, PA**, Miami, FL, 1/1985 - 5/1986. Office Nurse for EENT practice. Wrote procedure and instruction manual for practice.
- **University Medical Specialties, Ltd.**, Berrien Springs, MI, 2/1983 - 8/1984. Office Nurse for Pediatric & Allergy practice.
- **Memorial Hospital**, St. Joseph, MI, 1/1983 - 8/1984 (part-time). Staff Nurse, pediatrics.
- **Smyrna Hospital**, Smyrna, GA, 5/1982 - 12/1982. Staff Nurse, Medical-Surgical floor.

PROFESSIONAL ORGANIZATIONS

- **Adventist Association of Faith Community Nurses**, Member
- **American College of Lifestyle Medicine**, Member & Co-chair RN/APN Working Group
- **American College of Sports Medicine**, Member
- **Institute of Coaching**, Member
- **National League of Nursing**, Member
- **Sigma Theta Tau International Honor Society of Nursing**, Member & Governance Chair for Rho Iota Chapter
- **Tennessee Public Health Association**, Member

SCHOLARLY WORK

Research Activities:

- Tryon, L. & Gadd, H. (Ongoing). Lifestyle education to approach diabetes (LEAD): Jumpstart. PICO: In a sample of diabetics at the Volunteers in Medicine clinic in Chattanooga, Tennessee, what effect would a

21-day LEAD Jumpstart program have on diabetes self-management and diabetes-related biometric measures?

- Tryon, L. & Christman, R. (Ongoing). Impact of the SAU Higher Education Biblical Foundation Course Design Model on student perception of Biblical worldview.
- Tryon, L. (2016). Effect of group lifestyle coaching on goal attainment and biometric measures in participants attending a community Reversing Diabetes seminar at the Standifer Gap Seventh-day Adventist Church.
- Tryon, L. & Gates, J. (2015). Effect of a faith-based 28-day sleep challenge on sleep quality, stress, and daily spiritual experience college-age students attending a private Christian university.
- Tryon, L., Gadd, H., Gates, J., Wright, J., Asbury, J., Gallardo, E., & Peters, R. (2014). Effects of a faith based 28-day lifestyle transformation program on cardiovascular markers and spirituality.
- Tryon, L. (2014). The effect of a group lifestyle coaching model on HgA1c, weight, and psychosocial constructs in low-income patients with type 2 diabetes.
- Hobbs, C. & Tryon, L. (2013). Physiological and spiritual effects of a 21-day Daniel Fast on the resting metabolism in females.

Publications:

- Gadd, H., & Tryon, L. (2016). Building Biblically founded faith and values through a campus-wide healthy lifestyle project. *The Journal of Biblical Foundations of Faith and Learning*, 1(1).
- Tryon, L. (2014). The 3 questions that lead to change: What to ask yourself to ignite a transformation. *Vibrant Life* Jul/Aug 2014.
- Tryon, L. (2011 - 2013). Facts with Hope. Regular feature in *Health Unlimited*, monthly newsletter for NAD Health Ministries department.
- Flynt, P. & Tryon, L. (2012). Fifteen devotionals in *The Adventists: Educational companion guide*. Collegedale, TN: Southern Adventist University.
- Tryon, L. (2011). *Let's move: Adventists InStep for Life took=kit*. Lincoln, NE: AdventSource. Resource for Seventh-day Adventist churches, schools, and health care organizations to implement the national *Let's Move* initiative.
- Tryon, L. (2011). Breakthrough: How to make positive change. *Vibrant Life*, Jan/Feb 2011.
- Tryon, L. (2010). *Coaching lasting lifestyle change*. Lincoln, NE: AdventSource. 15-hour coach training program with DVD, facilitator guide, participant workbook, and resource CD.
- Tryon, L. (2006 - 2011). WholeHealth. Monthly column in the Columbia Union *Visitor* magazine.

Professional Presentations:

- Tryon, L., & Christman, R. (2017, May 15). *Impact of the SAU Higher Education Biblical Foundation Course Design Model on student perception of Biblical worldview*. Oral presentation at SDA Nurse Educator Conference, Southern Adventist University.
- Tryon, L. (2017, May 6). *Called to Care*. Keynote for SAU Nursing Dedication, Chattanooga, TN.
- Tryon, L. (2017, March 11). *Biblical concepts of restoration as a foundation for lifestyle change*. Presentation for the 2017 Biblical Foundations of Faith and Learning Conference Cruise.
- Tryon, L. (2016, October 6). *Plant-based Rx: Integrating nutrition conversations into clinical practice*. Presentation at the Southern Union Health Professional Convention, Stone Mountain, GA.
- Tryon, L. (2016, April 27). *Teaching from a Biblical foundation*, Presentation for Faculty Showcase, Southern Adventist University.
- Tryon, L. (2015, November 1 - 4). *The effect of group lifestyle coaching in low-income diabetic patients*. Poster presentation for the American College of Lifestyle Medicine conference, Nashville TN.
- Tryon, L. (2015, September 3). *Understanding lifestyle change and Coaching lifestyle change*. Presentations for the Creating a Vibrant Health Ministry conference, Pine Forge Academy, PA.

- Tryon, B. & Tryon, L. (2015, July 26-28). *RESTORED!* Eight presentations for the Kentucky-Tennessee Conference Minister's Meeting at Indian Creek Camp in Liberty, TN.
- Tryon, L. (2015, June 11). *Communication and collaboration*. Presentation at the North American Division Faith Community Nursing Preparation Course, Collegedale, TN.
- Tryon, L. (2015, June 9). *Health promotion*. Presentation at the North American Division Faith Community Nursing Preparation Course, Collegedale, TN.
- Tryon, L. (2015, June 9). *Lifestyle coaching in faith community nursing practice*. Presentation at the North American Division Faith Community Nursing Preparation Course, Collegedale, TN.
- Tryon, B. & Tryon, L. (2015, March 20-21). Several presentations for the *Love for a Lifetime* Engaged Couples Retreat, Southern Adventist University.
- Gadd, H., & Tryon, L. (2015, March 13). *Building Biblically founded faith and values through a campus-wide healthy lifestyle project*. Presentation for the 2015 Biblical Foundations of Faith and Learning Conference Cruise.
- Tryon, L. (2015, January-March). *Coaching lasting lifestyle change*. Six-session seminar presented at the Standifer Gap Seventh-day Adventist Church, Chattanooga, TN.
- Tryon, L. (2014, November 10). *Natural remedies for fighting colds and flu*. Presentation for *Dinner with the Doctors* at the Collegedale Seventh-day Adventist Church, Collegedale, TN.
- Tryon, L. (2014, November 7-9). *Understanding lifestyle change* and *Coaching lifestyle change*. Presentations for the NAD *Creating a Vibrant Health Ministries* training course in Norcross, GA.
- Tryon, L. (2014, October 10). *Beyond the Rx: How to motivate your patients to adopt healthy lifestyles*. Presentation for the Southern Union Medical/Dental/Health Professionals conference in Gatlinburg, TN.
- Tryon, L. (2014, August 20-31). *Understanding lifestyle change* and *Coaching lifestyle change*. Presentations for the NAD *Creating a Vibrant Health Ministries* training course at Southwestern Union Ministries Conference, Frisco, TX.
- Tryon, L. (2014, July 8-18). *Total health: Gaining fitness, energy, and vitality*. Six health presentations for *Recharge: Pastoral Summer Study Retreat* at Southern Adventist University, Collegedale, TN.
- Tryon, B. & Tryon, L. (2014, March 14-15). Several presentations for the *Love for a Lifetime* Engaged Couples Retreat, Southern Adventist University.
- Tryon, L. (2014, March 7-9). *Understanding lifestyle change* and *Coaching lifestyle change*. Presentations for the NAD *Creating a Vibrant Health Ministries* training course at Leoni Meadows, CA.
- Tryon, L. (2014, January 29). *Health promotion & health coaching in FCN practice*. Presentations for the NAD Faith Community Nursing Preparation Course, Orlando, FL.
- Tryon, L. (2014, January 27-31). *Coaching lasting lifestyle change*. 15-hr seminar at the 2014 NAD Health Summit, Orlando, FL.
- Tryon, L. (2013, September 27-29). *Understanding lifestyle change* and *Coaching lifestyle change*. Presentations for the NAD *Creating a Vibrant Health Ministries* training course at Glendale, CA.
- Tryon, L. (2013, August 10). *Coaching lasting lifestyle change*. 6.5 hrs seminar for the FCN Advanced Course at Ephraim McDowell Health, Danville, KY.
- Tryon, L. (2013, July 7-19). *CREATION Health: Nutrition; CREATION Health: Rest; and Life after Recharge*. Presentations for *Recharge: Pastoral Summer Study Retreat* at Southern Adventist University, Collegedale, TN.
- Tryon, L. (2013, April 12-14). *Understanding lifestyle change* and *Coaching lifestyle change*. Presentations for the NAD *Creating a Vibrant Health Ministries* training course in Gladstone, OR.
- Tryon, L. (2013, March 15-16). *Coaching lasting lifestyle change*. 11-hr seminar at the NAD Health Summit in Manhattan, NY.
- Tryon, L. (2013, March 15). *Health promotion & health coaching in FCN practice*. Presentations for the NAD Faith Community Nursing Preparation Course in Manhattan, NY.

- Tryon, L. (2013, January 27). *Understanding change*. Presentation for the Ministerial Externship Brunch, Southern Adventist University, Collegedale, TN.
- Tryon, L. (2012, June 3). *Turning everyday dialogue into transformational conversations*. Presentation for the Health Ministries Association Annual Meeting pre-conference, Nashville, TN.
- Tryon, L. (2012, June 5). *Integrating health coaching in health ministries*. Seminar at the Health Ministries Association Annual Meeting, Nashville, TN.
- Tryon, L. (2012, March 16 & 17). *Coaching lasting lifestyle change*. Carolinas Medical Center- Northeast, Charlotte, NC.
- Tryon, L. (2012, January 30 - February 3). *Coaching lasting lifestyle change*. 15-hr seminar at the 2012 NAD Health Summit in Orlando, FL.
- Tryon, L. (2012, February 2). *Coaching lasting lifestyle change*. Presentation for the NAD Faith Community Nursing Preparation Course, Orlando, FL.
- Tryon, L. (2011, October 8). *The Master Restorer*. Sermon for SAU School of Religion Faculty Retreat, Laurelbrook Academy Lodge
- Tryon, L. (2011, June 20-24). *Coaching lasting lifestyle change*. 15-hr seminar for the Michigan Conference Camp Meeting, Edmore, MI.
- Tryon, L. (2010, October 13). *A Christian approach for coaching the chronically ill*. Presentation for the FCN Meeting at Holy Spirit Hospital, Harrisburg, PA.
- Tryon, L. (2010, September 15). *A Christian approach for coaching the chronically ill*. Presentation for the FCN Meeting at Lancaster Parish Resource Center, Lancaster, PA.
- Tryon, L. (2010, July 24). *Care coordination*. Presentation for the Sacred Heart Faith Community Nursing Preparation Course, Allentown, PA.
- Tryon, L. (2010, July 10). *Parish Nursing: The call and the journey*. Presentation for the Berks County Parish Nurse Network Meeting, Reading, PA.
- Tryon, L. (2010, April 29-30). *Coaching lasting lifestyle change*. 15-hr seminar for the Washington Adventist Hospital Faith Community Nursing Retreat, Hallwood Retreat Center, Dickerson, MD.
- Tryon, L. (2010, April 9-11). *Coaching lasting lifestyle change*. 15-hr seminar for the Mt. Pisgah Academy Church, Candler, NC.
- Tryon, L. (2010, March 28). *A Christian approach for coaching lasting lifestyle change*. Presentation at the CHIP Leadership Training, Hamburg PA.
- Tryon, L. (2010, February 4). *Coaching lifestyle change*. Presentation for the NAD Faith Community Nursing Preparation Course, Orlando, FL.
- Tryon, L. (2010, January 29 - 31). *Coaching lasting lifestyle change*. 15-hr seminar at the 2010 NAD Health Summit in Orlando, FL.
- Tryon, L. (2009, November 7 - 8). *Health ministry team building*. 5.5 hour seminar at Adventist WholeHealth Network, Wyomissing, PA.
- Tryon, L. (2009, September 25). *Coaching lasting lifestyle change*. Pre-conference seminar for the Westberg Parish Nurse Symposium, St. Louise, MO.
- Tryon, L. (2009, August 23). *Coaching lifestyle change*. Presentation for the Berks County Parish Nurse Network, Reading, PA.
- Tryon, L. (2009, February 2-6). *Coaching lifestyle change*. 15-hr seminar at the 2009 NAD Health Summit in Orlando, FL.
- Tryon, L. (2009, January 18-21). *Enhancing health ministry through lifestyle coaching*. Seminar presented at the Adventist Ministries Convention, Myrtle Beach, SC.
- Tryon, L. (2008, October 9). *A lifestyle approach to prevention & management of depression*. Presentation for the Berks County Parish Nurse Network, Reading, PA.
- Tryon, L. (2008, September 23). *Introduction to lifestyle coaching*. Teleconference training for the Sligo Seventh-day Adventist Church Health Ministries.

- Tryon, L. (2008, June 23-27). *Coaching lifestyle change*. 15-hr seminar for the Southern New England Conference Camp Meeting, S. Lancaster, MA.
- Tryon, L. (2008, June 20). *Integrating faith into practice*. Keynote for the Adventist Nursing Connection Conference, New Market, VA.
- Tryon, L. (2008, June 14-15). *Coaching lifestyle change*. 15-hr seminar for the Pennsylvania Conference Camp Meeting, Hamburg, PA.
- Tryon, L. (2008, February 4-8). *Health ministry coaching*. 15-hr seminar at the 2008 NAD Health Summit in Orlando, FL.
- Tryon, L. & Huber, C. (2007, January 29 - February 2). *Health ministry coaching*. 15-hr seminar at the 2007 NAD Health Summit in Orlando, FL.
- Numerous presentations and publications to non-professional groups on various health, health behavior change, health coaching, faith community nursing, and health ministry topics, including:
 - Eat Mindfully, Live Vibrantly
 - Taking Care of Me
 - Help! I'm Overbooked, Overstretched and About to Snap
 - The Weight of Evidence: 10 Non-Dieting Tips Every Woman Needs to Maintain a Healthy Weight
 - How to Put Yourself First into Your Schedule
 - Thriving the Holidays
 - The Master Restorer: An Extreme Makeover Story
 - Integrating Faith into Practice
 - Understanding, Preventing, and Overcoming Depression
 - Depression and the Elderly
 - Self-care and the Ministry
 - Wellness Planning 101
 - Keys to a Successful Life Journey
 - Turning ANTS into PETS: Countering Negative Self-Talk
 - The Key in Your Pocket: Spiritual Secrets for Living Healthfully
 - Making a Difference with Health Ministry
 - Fitting in Fitness
 - LIFEstyle Makeover for Achieving Optimal Health
 - Health Do-ables
 - ABCs of Stress Management
 - Believe the Best – Achieve the Most
 - Changing for Good
 - Coronary Health Improvement
 - Fats that Heal, Fats that Kill
 - Humor & Health
 - Importance of Eating a Good Breakfast
 - Know Your Numbers
 - Lifestyle Approach to Prevention & Management of Depression
 - Moving Towards a Healthier Diet
 - NEWSTART
 - Sugar—How Sweet It Isn't!
 - Ten Practical Steps to a Healthy Weight
 - Use It or Lose It (Strength-training)
 - Water—More Than a Thirst Quencher
 - What is a Healthy Spirit?
 - Your Carb Questions Answered
 - Your Path to Lasting Change

CONTINUING EDUCATION ATTENDED IN THE LAST THREE (3) YEARS

Conferences Attended:

- **New Drugs and a Few New Bugs.** William Carroll. Florence Oliver Anderson conference, Southern Adventist University, 10/31/2017.
- **Transforming Health. Redefining Healthcare.** American College of Lifestyle Medicine 2017 conference, Tucson AZ, 10/22 - 10/25, 2017.
- **The Pharmacy in Your Kitchen: An Overview of Medical and Medicinal Foods,** Institute for Brain Potential, Chattanooga TN, 9/13/2017.
- **Summer Institute,** Center for Teaching Excellence and Biblical Foundation of Faith and Learning, Southern Adventist University, Collegedale TN, 7/17 - 7/21, 2017.
- **Affirming Creation,** General Conference of Seventh-day Adventists Faith and Science conference, St. George UT, 7/ 6 - 7/14, 2017.
- **Teach Students to Think Like a Nurse,** Linda Caputi, Southern Adventist University, Collegedale TN, 5/16/2017.
- **Transforming Adventist Nursing Education: Theory to Practice,** Southern Adventist University, Collegedale TN, 5/14 - 5/15, 2017.
- **Biblical Foundations of Faith & Learning Conference,** Southern Adventist University, Caribbean Cruise, 3/5 - 3/11, 2017.
- **Cardiovascular Disease Prevention and Reversal,** Caldwell Esselstyn, Jr., Cleveland Clinic Wellness, Cleveland OH, 11/4/2016.
- **Legal Issues Facing Nurses and Nursing Students: What You Need to Know,** Elizabeth Rudolph, Florence Oliver Anderson Conference, Southern Adventist University, Collegedale TN, 11/1/ 2016.
- **Running Lifestyle Medicine Group Visits,** American College of Lifestyle Medicine, Naples FL, 10/26/2016.
- **Healthy People, Healthy Planet,** American College of Lifestyle Medicine 2016 conference, Naples FL, 10/23 - 10/26, 2016.
- **Southern Union Biennial Medical/Dental/Health Professional Convention,** Stone Mountain GA, 10/6/2016.
- **The Evolving Cardiology Landscape,** UTCOM-IMEF-Erlanger Internal Medicine conference, Chattanooga TN, 9/28 - 10/1, 2016
- **Getting Back to our Roots Botanical Medicine Seminar,** Wildwood Lifestyle Center, Wildwood GA, 9/25 - 9/27, 2016.
- **Summer Institute,** Center for Teaching Excellence and Biblical Foundation of Faith and Learning. Southern Adventist University, Collegedale TN, 7/11 - 7/15, 2016.
- **2016 Biblical Foundations of Faith and Learning Workshop,** Ed Zinke, Southern Adventist University, 5/10/2016
- **Forks Over Knives Plant-Based Cooking Course,** Rouxbe Online Cooking School, completed 4/6/2016.
- **Culinary RX Cooking Course,** Rouxbe Online Cooking School, completed 3/15/2016.
- **Emerging Insights into Optimizing Mental Performance,** David DeRose, Florence Oliver Anderson Conference, Southern Adventist University, Collegedale TN, 2/16/ 2016.
- **Integrating Evidence into Practice,** American College of Lifestyle Medicine 2015 conference, Nashville TN, 11/1 - 11/4, 2015.
- **Summer Institute,** Center for Teaching Excellence and Biblical Foundation of Faith and Learning. Southern Adventist University, Collegedale TN, 7/13 - 7/23, 2015.
- **Effective Diabetes Therapies,** Wildwood 40th Annual Medical Seminar, Chattanooga TN, 3/25 - 3/27, 2015.

- **Biblical Foundations of Faith & Learning Conference**, Southern Adventist University, Caribbean Cruise, 3/8 - 3/14, 2015.
- **How can I use Frequent student feedback to improve my courses?** Mary Clement, Professional Development Video Seminar, Southern Adventist University, Collegedale, TN, 2/19/2015.
- **Moral Agency Theater**, Florence Oliver Anderson Conference, Southern Adventist University, Collegedale TN, 2/10/2015.

RELEVANT CONTINUING EDUCATION PRIOR TO 2014

- **Advanced Practice of Motivational Interviewing**, Deborah H. A. Van Horn, PhD, LLC, 4/2009 - 6/2009
- **Group Coaching**, The Institute for Life Coach Training, 4/2009 - 6/2009
- **Intrinsic Coach Training**, Totally Coached, 1/2008 - 3/2008
- **Transformational Leadership Coach Training**, Lifeforming Leadership Coaching, 5/2007 - 4/2008
- **Depression Recovery Seminar Train-the-Trainer Program**, NAD Health Summit, Orlando, FL, 1/2007
- **CHIP Train-the-Trainer Certification Program**, Lifestyle Medicine Institute, Rockford, IL 2/2006
- **Wellness Coach Training**, Wellcoaches Corporation, 1/2005 - 3/2005
- **Hydrotherapy and Home Remedies**, NAD Health Summit, Orlando, FL, 1/2005
- **Health Ministry Team Coordinator Course**, Florida Hospital, Orlando, FL 4/2004
- **IPNRC Parish Nurse Basic Preparation Course**, Florida Hospital, Orlando, FL, 4/2003
- **Successful Health Management Systems Seminar**, Wellsource, Inc., 10/2002
- **Conducting Effective Community Health Ministry Programs**, LifeLong Health, 4/2001

AWARDS & HONORS

- **Natural Medicines Comprehensive Database Recognition Award**, 2014
- **Summa Cum Laude**, Drexel University, 2004
- **Magna Cum Laude**, Southern Adventist University, 1982.

SERVICE ACTIVITIES

- **Adventist Association of Faith Community Nursing**, Membership Coordinator, 2012 - 2015
- **NAD Health Ministries Advisory Board**, Member 2007 - 2014
- **Berks County Parish Nurse Network**, Coordinator, 2006 - 2010
- **Honduras Mission Trip**, Coordinator & Nurse, 2/2000. Organization of 50-member team for a two-week mission trip to Honduras to build church and hold medical/dental clinic.
- **First Place Leader**, Hampden Heights Seventh-day Adventist Church, 2003-2004. Biblically based, Christian health and weight-loss program.
- **Health Ministries Leader** for several congregations, 1985 - 2004