



Michele Kolakowski

**Curriculum Vitae**

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**Education & Credentials**

- Licensed Massage Therapist, State of Colorado 2009 - present
- Certified Lactation Counselor®, Academy of Lactation Policy & Practice 2014
- Childbirth & Postpartum Professional Association Certified Lactation Educator™ Training 2013
- Certified Postpartum Doula, DONA International 2013
- Certified Birth Doula, DONA International 2005
- Certified Arvigo Techniques of Maya Abdominal Therapy® Practitioner 2003
- Bodywork for the Childbearing Year™ Certification 1998
- M.A. Candidate Somatic Psychology, Naropa University 1996
- Certified Educator of Infant Massage, Infant Massage USA 1993
- Certified Massage Therapist & Honors Graduate, Boulder College of Massage Therapy 1992
- B.A. Journalism & Advertising, University of North Carolina – Chapel Hill 1986

**Work Experience**

- Owner, Sanctuary Healing Arts LLC, Longmont, CO 1992 - present
- Member, Birth Assistants of Boulder, Boulder County, CO 2006 - present
- Faculty, Body Therapy Education, San Diego, CA 2011 - present
- Program Supervisor, Health Center of Integrated Therapies & PrestigePLUS, Longmont United Hospital, CO 2007 - 2012
- Faculty, Boulder College of Massage Therapy, Boulder, CO & Cortiva Education, Hoboken, NJ 1994 - 2011

**Presentations & Publications**

- Author, "Massage Therapy Provides Proven Benefits to New Mothers" & "How to Start a Hospital-Based Program" Massage Magazine, August 2018 2018
- Presenter, "Postpartum Doula Business Essentials" Birth Healing Summit for Professionals Webinar 2018
- Presenter, "Loving the Uterus with Maya Abdominal Therapy" Colorado Midwives Association Conference 2014
- Panelist, "Interacting with the Perinatal Health Care System" American Massage Therapy Association National Convention, Denver, CO 2014

**Curriculum Vitae**

- Guest Presenter, "Growing a Prenatal Massage Therapy Practice with Carole Osborne," Ben Benjamin Webinars 2012
- Guest Presenter, "Prenatal Massage with Michele Kolakowski," Massage Podcast (episode 30 - November 3, 2011) 2011
- Presenter, "Addressing the Fear that Some Women Have of Physicians and Hospitals: What Each of Us Can Do About It" Kaiser OB-GYN Staff CME, Denver, CO 2011
- Foreward Author & Reviewer, "Pre- and Perinatal Massage Therapy" 2<sup>nd</sup> edition, Carole Osborne, Lippincott, Williams & Wilkins 2011
- Foreword Author & Reviewer, "Pregnancy & Childbirth: A Holistic Approach to Massage & Bodywork," Suzanne Yates, Churchill, Livingstone Elsevier 2011
- Presenter, "Massage Techniques for Laboring Women" Colorado Midwives Association Conference 2007
- Presenter, "Pregnancy Massage 101" MediSpa Expo, New York, NY 2006
- Presenter, "Touch in Hospitals' Patient-Centered Care" Annual Planetree International Conference, Estes Park, CO 2003

**Teaching, Curriculum Development & Consulting Experience**

- Expert Panelist, *iBirth* application product, Boulder, CO 2013 - present
- Instructor, "Nurturing New Mothers: Hospital-Based Postpartum Massage Therapy" Exempla Good Samaritan Medical Center for Childbirth, Lafayette, CO 2012
- Instructor, "Pre- and Perinatal Massage Therapy Certification Workshop" Body Therapy Education, San Diego, CA 2011 - present

**Associations & Awards**

- Professional Member, American Massage Therapy Association 1992 - present
- Professional Member, DONA International 2005 - present
- Certified Basic Life Support for Health Care Providers, American Heart Association 2001 - present
- Instructor Credentials, Colorado Department of High Education 1994 - present
- Magnificent Leader Award, Longmont United Hospital, 1<sup>st</sup> Quarter 2008
- Faculty Team Leader Award, Boulder College of Massage Therapy 2004
- Academic Excellence Award, Boulder College of Massage Therapy 1992

**Interests**

- professional birth and postpartum care, maternity massage therapy, infant massage, inter-disciplinary maternity care teamwork, integrative medicine and educational excellence