



# Michele Kolakowski

Curriculum Vitae  
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## Education & Credentials

Licensed Massage Therapist, State of Colorado	2009 - present
Registered Massage Therapist, Cities of Boulder & Longmont	1992 - 2008
Certified Lactation Counselor®, Academy of Lactation Policy & Practice	2014
Childbirth & Postpartum Professional Association Certified Lactation Educator™ Training	2013
Certified Postpartum Doula, DONA International	2013
Trauma to Triumph: When Survivors Give Birth Training	2013
DONA International Labor TENS Workshop for Doulas	2010
American Massage Therapy Association Council of Schools Annual Teachers' Conference	2002 & 2006
Certified Birth Doula, DONA International	2005
Human Cadaver Dissection with Lady Margaret, Laboratory of Anatomical Enlightenment	2004
Certified Arvigo Techniques of Maya Abdominal Therapy® Practitioner	2003
Pre and Perinatal Massage Therapy™ Certification	2002
Mother Massage® Training	2002
Dr. Vodder Manual Lymphatic Drainage Workshop	2002
Upledger Institute Visceral Manipulation I Workshop	2002
Sacroiliac Joint Dysfunction Workshop	2001
Nurturing Neonatal Intensive Care Training	2000
Bodywork for the Childbearing Year™ Certification	1998
M.A. Candidate Somatic Psychology, Naropa University	1995 - 1996
Certified Educator of Infant Massage, Infant Massage USA	1992
Certified Massage Therapist & Honors Graduate, Boulder College of Massage Therapy	1992
B.A. Journalism & Advertising, University of North Carolina - Chapel Hill	1986

## Work, Teaching, Curriculum Development & Consulting Experience

Owner & Founder, Sanctuary Healing Arts LLC, Boulder County, CO	1992 - present
Founder & Advisory Board Member, Postpartum Abundance Project 501(3)c, Boulder County, CO	2018 - present
Faculty, Prenatal Essentials Class, Boulder Massage Therapy Institute, Boulder, CO	2019 - present
Authorized Instructor, Pre- & Perinatal Massage Therapy Workshops, Body Therapy Education, San Diego, CA	2011 - present
Member, Birth Assistants of Boulder, Boulder County, CO	2006 - present
Program Supervisor, Health Center of Integrated Therapies & PrestigePLUS, Longmont United Hospital, Longmont, CO	2007 - 2012
Lead Massage Therapist, Longmont United Hospital BirthPlace, Longmont, CO	2001 - 2006
Director of Maternity Massage Therapy Education & Faculty, Cortiva Education, Hoboken, NJ	2005 - 2011
Faculty & Faculty Team Leader, Boulder College of Massage Therapy, Boulder, CO	1994 - 2005
Sale Manager, Jackson Hole Ski School, Jackson Hole, WY	1988 - 1991
Account Executive, Grey Advertising, New York, New York	1986 - 1988

## Presentations & Publications

Co-Author, "Pre- and Perinatal Massage Therapy" 3rd edition, Handspring Publishing, Edinburgh	2020
Presenter, "Preparing Your Postpartum Nest: Your Journey For Creating Postpartum Abundance" The Year of Joy Presentations, Boulder, CO	2019
Author, "Massage Therapy Provides Proven Benefits to New Mothers" Massage Magazine August, Issue 267	2018

Author, "How to Start a Hospital-Based Program" Massage Magazine online, August	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
Expert Panelist, iBirth Application product, Boulder, CO	2013
Instructor, "Nurturing New Mothers: Hospital-Based Postpartum Massage Therapy" Exempla Good Samaritan Medical Center for Childbirth, Lafayette, CO	2012
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
Foreword Author & Reviewer, "Pre- and Perinatal Massage Therapy" 2nd edition, by Carole Osborne, Lippincott, Williams & Wilkins	2011
Foreword Author & Reviewer, "Pregnancy & Childbirth: A Holistic Approach to Massage & Bodywork," by Suzanne Yates, Churchill, Livingstone Elsevier	2011
Presenter, "Massage Techniques for Laboring Women" Colorado Midwives Association Conference	2007
Graduate Series National Instructor, "Pregnancy Massage 101," Cortiva Education, Hoboken, NJ	2006
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

## Volunteer Work

Volunteer Infant Massage Educator, Boulder County Children and Family Services, Avista Physical Therapy Center, Boulder Montessori Instructor Training, Boulder Valley School District Teen Parenting Program, and new mom support groups	1992 - present
Home Visit Volunteer, Bright Beginnings/The Parenting Place, Boulder, CO	2003 - 2004
Professional Mentor, Boulder College of Massage Therapy, Boulder, CO	1992 - 2004

## 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 - 2011
Magnificent Leader Award, Longmont United Hospital, 1st Quarter	2008
Faculty Team Leader Award, Boulder College of Massage Therapy	2004
Academic Excellence Award, Boulder College of Massage Therapy	1992
President, Society of Hellenas, University of North Carolina - Chapel Hill	1985 - 86
Publicity Chair, University of North Carolina - Chapel Hill Student Union	1985 - 86
Standards Board, Kappa Delta Sorority, Beta Chi Chapter, University of North Carolina - Chapel Hill	1985 - 86
Vice President, Kappa Delta Sorority Beta Chi Chapter, University of North Carolina - Chapel Hill	1984 - 85

## Interests

maternity care innovation and excellence, professional birth and postpartum care, pre- and perinatal massage therapy, infant massage, inter-disciplinary maternity care teamwork, integrative medicine, educational excellence, gardening, surfing, the mandolin, and Tarheel blue skies