

## **Turtle N. Farahat, LAc.**

### **Education**

#### **Masters of Science of Oriental Medicine, June 2014**

National College of Natural Medicine, Portland, OR 2010-2014

Completed an accredited program of coursework and supervised practice in Classical Chinese Medicine. Completed Traditional Mentorship Tutorial and Fixed Shift with Brandt Stickley. Completed Traditional Mentorship Tutorial with Dr. Sheila Murphy emphasizing structural bodywork and energetics.

#### **Batchelor of Arts, Sociology (*cum laude*)**

Bryn Mawr College, Bryn Mawr, PA 2001-2005

University of Cape Town, Cape Town, South Africa 2003 (Fall semester)

Portland Community College, Portland, OR 2009-2010

- Emphases on the sociology of HIV/AIDS and education.
- Experience in community health education in Cape Town, South Africa.
- Pursued experiential learning and teaching through practicum-based courses, such as, "The Sociology of HIV/AIDS," "Empowering Learners: Theory and Practice of Extra-Classroom Teaching," and, "Arts Teaching in Educational and Community Settings."

### **Work Experience**

Seven Circles Natural Medicine, Portland, OR October 2015-Present

#### **Practitioner of Chinese Medicine**

- Provide care in an integrative, patient-centered clinic, using acupuncture, moxibustion, bodywork, qigong, dietary therapy, herbal medicine, and other adjunctive techniques.

National University of Natural Medicine, Portland, OR, September 2015-Present

#### **Adjunct Faculty, Classical Chinese Medicine**

- Teach Introduction to Clinic, CCM 530.
- Participate in conversations around cultural humility, equity, and inclusion.

Outside In, Portland, OR February 2015-December 2017

#### **Volunteer Acupuncturist**

- Provided care for patients in a community clinic setting, using acupuncture, moxibustion, bodywork, dietary therapy, and herbal medicine.

Peer (Peer Education Arts Recreation), Portland, OR 2013-October 2016

#### **Volunteer Mentor**

- Met informally with youth (ages 14-24) who are homeless or in transition in an arts-based day center.

National College of Natural Medicine, September 2014-August 2015

#### **Acupuncture and Oriental Medicine Resident**

- Supported clinical faculty and students during NCNM clinical rotations.
- Taught a weekly diagnostics lab.
- Taught Clinical Observation shifts.
- Taught "Intro to Clinic," CCM 443 (Spring 2015).

National College of Natural Medicine 2013-2014

#### **Peer Counselor**

- Participated in group and one-on-one supervision sessions with Dr. Adrienne Wolmark.
- Met with NCNM students as a counselor, under Dr. Wolmark's supervision.

National College of Natural Medicine 2013-2014

#### **Orientation Coordinator for Equity and Inclusion**

- Facilitated conversations about cultural humility, marginal and mainstream identities for orientation team and for incoming students.
- Organized Medicine on the Move for January orientation.

Ecofaith Recovery, Portland OR 2012-2013

**Ecofaith Intern**

- Conducted an independent project around alternative economic models for healthcare practitioners.

National College of Natural Medicine 2012 (Spring)

**Community Clinics' Student Coordinator**

- Worked with peers to organize and conduct focus groups of student interns in community clinics, in order to increase understanding of NCNM's clinical education.
- Co-created and presented a report to the NCNM community.

Kokolulu Farm and Cancer Retreat Center, Havi, HI 2011 (Summer)

**Intern**

- Worked on a small farm and participated in community life, including qigong practice.

National College of Natural Medicine 2011-2012

**Student Facilitator**

- Planned and facilitated community nutrition education workshops and cooking demonstrations with a team of natural medicine students and doctors.

National College of Natural Medicine 2010 (Fall)

**Clinic Billing Student Employee**

- Assisted with filing, photocopying, etc. and was introduced to coding and billing logistics.

Outside In, Portland OR 2009-2011

**Chinese Medical Clinic Assistant**

- Assisted in the medicinary by combining bulk herbs, placing herb orders, washing linens, etc.
- Observed interns diagnostic processes.

Living Classrooms, Washington, DC 2008

**Maritime Educator**

- Team-taught environmental science learning experiences for students of all ages, aboard a boat.

On Earth Peace, New Windsor, MD 2005-2008

**Program Coordinator for Peace Education**

- Organized and provided peace education retreats, workshops, and materials for youth.
- Recruited, trained, and coordinated volunteer retreat leaders and young adult travel team.
- Published brochures and web pages, and created training manuals.
- Created and managed program budget, including grant writing.

Bryn Mawr College Sociology Department, Bryn Mawr, PA 2004-2005

**Teaching Assistant**

- Professor's assistant for "Society, Culture, and the Individual," and, "U.S. Social Structure."
- Facilitated weekly discussions, conducted review sessions, held office hours.
- Assisted in creating and grading exams.

Masizikhulise Women's Empowerment Project, Cape Town, South Africa 2003 (Fall)

**Student Facilitator**

- Worked with a student group to research, coordinate, and present workshops on various health topics for HIV positive mothers.

**Additional Relevant Information**

A. Unpublished thesis: Farahat, Turtle. "The Practitioner's Experience of Inflicting Pain." MA thesis. National College of Natural Medicine. 2014.

**B. Professional Conferences and Trainings (Attended):**

Craniosacral Therapy I and II, Moving Mountains Institute, 2016, Portland, OR  
Traditional Roots Annual Herbal Conference, May 2016  
Trauma Release Level I Training, David Bercei, May 2014, Damascus, OR  
Meaningful Care Conference on LGBTQ Health, April 2014, Portland, OR  
Ethics in Clinical Practice Through Social Justice Theater, June 2013, NCNM, Portland, OR  
Acupuncturists Without Borders Training, April 2013, NCNM, Portland, OR  
Gaia's Process: Worldwork for People and Planet, Process Work Institute, September 2009, Yachats, OR  
"Training for Social Action Trainers" and "Class Matters," Training For Change, October 2006,  
Philadelphia, PA

**C. Awards:**

Making a Difference Alumni Award, 2015, NCNM  
Nominee for Best Thesis 2014, NCNM CCM Department  
Otto and Gertrude Pollak Grant Recipient, 2004  
Lucent Technologies Community Service Scholar 2001-2005

**D. Languages:**

French: verbal proficiency 4, reading proficiency 3, writing proficiency 4  
Arabic: verbal proficiency 4, reading proficiency 5, writing proficiency 5