

## **Ann Holland, ND, MSOM, LAc**

### Professional Activities

April 2018-Present. Adjunct Clinical Faculty, Course Developer and Clinical Supervisor. Masters in Integrative Mental Health, National University of Natural Medicine, Portland, Oregon.

2004-Present. Naturopathic Physician and Licensed Acupuncturist (Independent Contractor). Watershed Wellness, Portland, Oregon.

2003-2015. Naturopathic Physician and Licensed Acupuncturist, Co-founder and Owner. Health Roots Natural Medicine, Portland, Oregon.

2004-2015. Adjunct Faculty Instructor of Plant Medicine and Botany. Birthingway College of Midwifery, Portland, Oregon.

2005-2007. Adjunct Academic Faculty Course Developer and Instructor of Chinese Herbs Lab I and II. National College of Natural Medicine, Portland, Oregon.

### Education

2004. Doctor (Honors) of Naturopathic Medicine. National College of Naturopathic Medicine, Portland, Oregon.

2004. Master (Honors) of Classical Chinese Medicine. National College of Naturopathic Medicine, Portland, Oregon.

1997. Bachelor of Arts. Pre-Medicine. The Evergreen State College, Olympia, Washington.

1995-1997. Pre-Medicine Studies (High Honors). Portland State University, Portland, Oregon.

1988-1990. Liberal Arts Studies. Vassar College, Poughkeepsie, New York.

### Relevant Continuing Education

2004-Present. Continuing Education in naturopathic and Chinese medicine topics including Pain Management, Integrative Mental Health, Women's Health, Herbal Medicine, Endocrinology, Gastroenterology, Pharmacology, Transgender Healthcare. Several institutions, including the National University of Natural Medicine, the Institute for Women's Health & Integrative Medicine, and Oregon Board of Naturopathic Medicine, Portland, Oregon.

2018. Crossfields Institute certificate of completion, Introduction to a Person-Centered Approach to Death and Dying. 5 day end-of-life doula training with completion of a 62 page portfolio of research and writing. Living Well Dying Well, Sussex, England.

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2015-2017. M.E.T.A. Two Year Comprehensive Training. 290 hours of study in the Mindful Experiential Therapeutic Approaches including the Hakomi Method, The Re-Creation of the Self model, Trauma and Attachment theory. M.E.T.A. Institute, Portland, Oregon.

Selected volunteer activities

2013-2014. Teaching yoga to youth at Edwards Day-Treatment Program, Living Yoga, Portland, Oregon.

1994-1995 Patient care. Hopewell House Hospice, Portland, Oregon.