

Resources for ACEP

<http://www.livingenlightenment.life>

Addiction/Substance Abuse:

Soozi Bolte, LPC, LIPAC

www.soozibolte.com

By collaborating with my patients around their particular issues, a holistic discovery process unfolds that becomes transformative; turning life difficulties into healing, hope, and wholeness...for individuals, couples, families, and communities. I completed my undergraduate work in Sociology at UCLA. After two decades of working in the world of non-profit and church ministry, I finished an MA in ministry and leadership at Fuller Theological Seminary and completed my MC in Counseling from University of Phoenix. I am licensed in Arizona as a professional counselor (LPC) and an independent substance abuse counselor (LISAC). I have enriched my clinical training by completing a Residency in Dialectical Behavior Therapy (DBT) and Cognitive Behavior Therapy (CBT). I studied to become a Certified Practitioner in Psychodrama and have done extensive training in both Emotionally Focused Couple Therapy (EFT), and Accelerated Experiential Dynamic Psychotherapy (AEDP). I am EMDR Certified, an EMDRIA Approved Consultant and EMDRIA/Hap Facilitator. Much of my work in addictive compulsive behavior is focused on those with sexual addiction and I am a certified sex addiction therapist (CSAT). I enjoy the process of ongoing learning and have

pursued all of my education with the focused intent of maximizing my effectiveness in helping you.

Aura Reading and Reiki Therapy:

JoDe Ann Moore

Oldmama801@gmail.com

JoDe will enlighten us with her description of how auras are read and what the different colors indicate. An aura is the energy field that is believed to surround every living being including plants and animals. She sees auras as layers of color around subjects. During your aura reading you can learn about your life colors and what that means for you in regards to challenges and attributes. You may learn whether your chakras are open, closed, balanced or if you are an old soul. Angels and guides often appear in aura photos.

Therese C. Martell-Bosshardt

www.empoweringsteps.com

As the executive head of Empowering STEPS, LLC and a Certified Educational Trainer with The Institute of HeartMath™, Therese Martell-Bosshardt has coached scientists, educators, counselors, social workers and mental health professionals in the U.S. and abroad. She works with individuals and organizations, such as Harvard Medical School, University of Arizona, International Schools of Singapore, Phoenix Union School District and Hope Lives. Her specialty is training the trainer, ensuring optimal results throughout the organization by strategically engaging learners who are in key roles. Martell-Bosshardt has a conventional degree

from Cornell University in Consumer Economics and Nutrition. Her passion for complete wellness further led to becoming a Reiki Master and certified Life Coach. This synergy of conventional and progressive study provides a comprehensive foundation for her clients.

Empathy and Spiritual Guidance:

Genevieve Hogan, M.S.

Genevieve@lamiriada.com

Genevieve is a transformational counselor and consciousness educator. For over ten years she has been working with individuals and small groups guiding expansion and learning. She has a master's degree in education and a doctoral degree in theology with a focus on spiritual healing and a minor in transpersonal psychology. She is trained in many modalities including energy and sound healing. Genevieve is editor of [Subtle Energies Magazine - Bridging Science and Spirit.](#)

Executive Coaches & Leadership Development:

Carla J. Roterling, M.D., M.A.

carlaroterling@yahoo.com

Dr. Roterling has 25 years of medical staff leadership including Chair of Medicine, Director of Critical Care, Chief of Staff, and Chair of Professional Health and Wellness – all of which have allowed me to gather wisdom and has informed my consciousness and awareness around the contemporary challenging experiences for the people of medicine. I have

been the chair of Professional Health & Wellness at Banner Thunderbird since 2002, and have hosted several regional professional health retreats and have been gaining knowledge and wisdom in this area since that time. Dr. Roterling has greater than five years of transformational coaching within medicine and the larger community. She has a certificate as a Soul Centered Professional Coach from the University of Santa Monica, and a certificate as a Transformational Coach from Michael Neill's Supercoach Academy.

I hold a profound devotion to enhancing the experience of people in medicine, alleviating unnecessary suffering, strengthening our professional relationships, and re-connecting with the noble essence of our work. It is my heart's desire to make a difference in people's lives.

Fitness and Nutrition:

Rich Jacobs, M.S.

<https://www.richjacobsfdn.com>

Rich has a Master's Degree in Kinesiology and has over 15 years of experience in health, wellness, and the performance industry where he spent time as a Division I strength coach winning 7 Championships. He now focuses his efforts on those who want to increase energy and get better sleep. Rich believes in eliminating symptoms by eliminating the root cause instead of masking them with drugs. He is a precision nutrition specialist and will discuss stress and hormones with us. He is now working with women and premenstrual symptoms, helping them to enhance their lives.

Functional Medicine And Hormone Therapy:

Shauna Lynch, DO, AOBFP, ABOIM, ABAARM
www.zuganhealth.com

Dr. Lynch is a dual board certified Family Practice and Integrative Physician who is trained in traditional western medicine and also trained to take a holistic view of the body. Her integrative, complementary and functional medicine approach allows her to delve deeper into the root causes of your medical symptoms. This patient-centered focus facilitates her customized and personalized plans of care for her patients. She focuses in on preventative lifestyle changes to help improve GI and hormonal function with diet, exercise, herbal supplements, nutraceutical supplements, BHRT, mind-body medicine and, when appropriate, prescription pharmaceuticals. She is your health coach and your advocate.

Dr. Lynch obtained her Bachelors of Arts in biology and psychology from Merrimack College in Andover, MA. She completed her Doctor of Osteopathic Medicine degree from Western University of Health Sciences in Pomona, CA. Dr. Lynch performed her internship and residency in family practice at Kingman Regional Medical Center in Arizona and completed her metabolic and nutritional fellowship through the American Academy of Anti-Aging Medicine. Dr. Lynch is licensed in the state of California and Hawaii and has enjoyed serving the San Luis Obispo County for 6 years in integrative family practice, urgent care, and occupational medicine.

HeartMath and Resiliency Training:

Therese C. Martell-Bosshardt

www.empoweringsteps.com

As the executive head of Empowering STEPS, LLC and a Certified Educational Trainer with The Institute of HeartMath™, Therese Martell-Bosshardt has coached scientists, educators, counselors, social workers and mental health professionals in the U.S. and abroad.

She works with individuals and organizations, such as Harvard Medical School, University of Arizona, International Schools of Singapore, Phoenix Union School District and Hope Lives. Her specialty is training the trainer, ensuring optimal results throughout the organization by strategically engaging learners who are in key roles.

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Life Coaches:

Ellen Freidman, P.T., M.A.

ellen@healinghousecalls.com

Ellen is a Soul-Centered Professional coach as well as a health and wellness consultant. She is also a certified Holoenergetic® Healing practitioner who was trained by Leonard Laskow, MD. Visit www.laskow.net for more information. Ellen will facilitate us through Holoenergetic® Forgiveness for giving ourselves love and freedom. In addition, she

will begin a series of experiential learning sessions focused on conscious parenting of children at any age!

Kathleen Thoren, MA, CLL

www.thorengroup.com

Kathleen teaches you how your deepest hurts and needs can become your greatest assets for happiness and achievement. She helps you to discover your next level through the engaged living experience. This experience is based on 25 years of working with individuals, couples, and small groups. Kathleen compassionately guides you in the discovery of new possibilities for life and relationship satisfaction and happiness by freeing you from exactly what's blocking you in your heart and mind. You will discover that you are more amazing and more powerful than you think you are!

**Marital and Family
Therapy:**

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**Motivational
Authors & Speakers:**

Patty Kogutec, Ed.D. "7 Secrets to Guilt-Free Living"

Patty Kogutec, author of "[A Change of Habit](#)," has helped thousands cure their anxiety, living "guilt-free." Living as a Catholic nun for 7 years, and working her way through a 12 year failed marriage, Patty gathered "7 Secrets to Guilt-Free Living" that gave her the courage and the permission to finally follow her heart putting the expectation of others aside.

**Puberty Education and
Connecting Children
And Parents:**

Jodi Kaye, RN

<https://theritesofpassage.biz>

Jodi began teaching puberty education classes to help others contribute to the growth and education of their children and has been helping families to openly discuss puberty and adolescent stages since the early 2013. The name of the presentation is “Speaking the Unspeakable: Helping parents break through the barriers to effective communication regarding puberty and sexuality.” She covers statistics, teen pregnancy, and the dangers of porn. She will share with us the details she covers and answer questions so that you can make an informed decision if this will benefit your family.

Weight Loss/Shame:

Lisa Galper, PsyD

<http://poweroverfood.com>

Dr. Galper specializes in the emotional causes of over-eating. Her passion comes from her personal experience of overcoming compulsive eating, dieting, and weight obsession. She served as chief psychologist for Balance Weight Management program at Scottsdale Healthcare. She designed and taught curriculum for Scottsdale Weight Loss Center.

Yoga & Stretch Coach:

Mimi Solaire

<http://www.mimisolaire.com>

Mimi is a yoga instructor who studied dance at ASU, The School of Ballet Arizona, and has performed with Opedance since 1994. She strives to make yoga successful and fun. She believes that it is a healing process for the mind, body, and spirit. She believes that it reveals where we are stuck and opens the door to

possibility, freedom, and peace. She lived with neck and back pain for 10 years and is now pain free and attributes it to the healing powers of yoga.