



Nicole Freed

Acupuncture and Traditional Chinese Medicine

Transitioning to Web Development and Mobile Software Design

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Education

Pacific College of Oriental Medicine (5/03–8/10)

Master's in Traditional Oriental Medicine (M.S.T.O.M.) (acupuncture and Chinese herbology),
August 2010.

National-Louis University (1–6/02)

Bachelor's completion program in Applied Behavioral Sciences.

International Academy of Merchandising and Design (IAMD) (1/97–3/99)

Associate of Applied Science (A.A.S.) in Computer Graphics, 3/99.
President's List, Honors List.

The Naropa Institute (9/94–6/96)

Undergraduate Religious Studies program.

Amherst College (9/88–12/90)

Studies in Religion, Music, Women's Studies, Creative Writing.

Interlochen Arts Academy (9/85–5/86)

Creative Writing Major, Voice Minor.

University of Chicago Laboratory Schools (9/82–6/85; diploma 6/86)

College preparatory. National Merit Semifinalist, 1986.

Certification And Licensure

Licensed Acupuncturist (L.Ac.), Illinois, 2/2012–6/2013.

License currently in lapsed status.

National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) (2011)

Board examinations in acupuncture, Oriental medicine, biomedicine, and Chinese herbology.
Certification currently inactive.

Council of Colleges of Acupuncture and Oriental Medicine (CCAOM) (Passed 5/10)

Certification in Clean Needle Technique.

Internships

Traditional Chinese Medicine

Clinical Intern, Pacific College of Oriental Medicine Clinic, Chicago, IL (1/09–8/10)

Treated patients with diabetes, hypertension, chronic renal failure, cancer, HIV/AIDS, and gynecological, urogenital, gastrointestinal, respiratory, musculoskeletal, dermatological, and psychological complaints using acupuncture, Chinese herbs, and a variety of accessory techniques, such as gua sha, cupping, and moxibustion. Managed own caseload, trained and guided assistants and observers.

Chicago Women's Health Center, Chicago, IL (9–12/09)

Treated patients with gynecological, psychological, and a variety of other complaints using acupuncture, Chinese herbology, and accessory techniques.

Project Vida, Chicago, IL (9–12/09)

Treated low-income and Latino patient population with HIV/AIDS, as well as a variety of musculoskeletal, gynecological, urogenital, respiratory, gastrointestinal, dermatological, neurological, and psychological complaints using acupuncture and accessory techniques.

Heartland Health Outreach, Chicago, IL (5–8/08)

Assisted in the treatment of low-income patients with HIV/AIDS and a variety of related concerns using acupuncture, Chinese herbology, and accessory techniques.

Clinical Assistant, Pacific College of Oriental Medicine Clinic, Chicago, IL (5/05–8/08)

Assisted interns in treating patients with above conditions. Performed a variety of accessory techniques, such as gua sha, cupping, and moxibustion, took blood pressures, cleaned and prepped equipment and treatment rooms, prepared raw herbal formulas in clinic pharmacy.

Clinical Observer, Pacific College of Oriental Medicine Student Clinic, Chicago, IL (9–12/05)

Observed interns treating patients with above conditions. Cleaned and prepped equipment and treatment rooms.

Additional Training

Healing, Coaching, And Teaching

Reiki Master Practitioner and Teacher, Portland, OR (6/2014–present)

Master-Level training in Usui, Lavender Flame, Karuna Ki, Violet Flame, Karmic Reiki, Shamballa MDH, Mahatma Ascension Reiki, Jo Dunning's Quick Pulse, and a variety of other energy healing systems.

Graduate Mentorship Program, White Pine Healing Arts, Amherst, MA (12/06–9/08)

Two-year advanced training in Chinese herbology.

Sedona Method Level I Coach/Facilitator Training, Chicago, IL (10/04)

Learned to coach individuals and small groups in powerful emotional release technique.

The School For The Work of Byron Katie, Los Angeles, CA and Stamford, CT (10/03, 6/04)

Learned to coach individuals, couples, and small groups in highly effective cognitive restructuring technique.

Computer Programming

- *Programming for the Absolute Beginner* (Python), LearnToProgram.tv, March–April 2014
- *Build an Interactive Website, Javascript, and Python* courses, Codecademy.com, June–September 2014
- *Intro to Interactive Programming in Python* (Coursera), summer/fall 2014 (?)
- FreeCodeCamp's HTML, CSS, and Javascript tracks, October–December 2015
- Accepted to Mozilla's Ascend Project open-source programming bootcamp, Portland, OR, September 2014; dropped from enrollment two days before course start due to discrimination
- Currently enrolled in LaunchCode's LC101 Portland bootcamp, April–September 2017 (Python, HTML/CSS/Javascript; additional languages TBD [most likely Java and/or C#])
- Will start Epicodus Portland in May 2017 (May–December 2017)

Graphic Design And Publishing

QuarkXPress for the Designer, Continuing Education, University of Colorado at Boulder, Boulder, CO (1995)

How to Design Eye-Catching Ads, Flyers & Brochures, CareerTrack Seminars, Boulder, CO (1995)

Professional Experience

Entrepreneurship / E-Commerce

Owner, Developer, and CEO, Practical Reiki, www.practicalreiki.online (1/16–present)

Designed, developed, and built WordPress-based e-commerce website to sell a variety of specialized Reiki (energy healing) attunements (empowerments). Wrote website and product copy, managed IT and back-end technical issues.

Healing, Coaching, And Teaching

Live-in Nanny, Happy Valley, OR (6/15–10/15)

Took care of 10-year old boy and 12-year-old girl with emotional problems. Planned activities and outings, prepared meals, administered medication.

Coordinator, The Work of Byron Katie Hyde Park Meetup Group, Chicago, IL (6/07–10/09)

Led individuals and small groups in powerful cognitive restructuring technique.

Coach and Facilitator, The Work in Chicago, Chicago, IL and nationwide (9/05–2/08)

Coached and facilitated private clients to overcome stressful thoughts and emotions with Lester Levenson and Hale Dwoskin's Sedona Method, The Work of Byron Katie, and Bruce DiMarsico's Option Method.

Instructional Aide, Sunny Sands School, Palm Springs Unified School District, Palm Springs, CA (12/91–5/92)

Taught reading, math, and social studies to small groups of limited-English proficiency second-graders. Tutored individuals in reading and math. Designed intervention and behavior modification strategies for "difficult" students. Supervised and counseled students on playground.

Teacher, Afternoon Enrichment Program, Palm Valley School, Palm Springs, CA (9–12/91)

Co-designed and taught experimental afterschool program for grades K–5. Supervised small groups in games, sports, arts & crafts, music and dance. Tutored individuals in reading, math, language arts, and computers.

Volunteer, Necessities/Necesidades, Northampton, MA (6–8/90)

Responded to crisis calls and counseled clients at a battered women's shelter.

Medical/Scientific

Home Health Aide, Amherst, MA, 5–8/90.

Cared for elderly and homebound patients in their homes.

Junior Lab Technician, Department of Biochemistry, University of Chicago (8/87–8/88).

Ran experiments in protein crystallography and ion-exchange chromatography for Dr. Paul Sigler, award-winning biochemist, resulting in development of new, improved protocol for gel-filtration chromatography experiments. Real Estate/Entrepreneurial

CEO, Realiant Partners, LLC., Nevada & Chicago, IL (12/09–12/2011)

Raised nearly \$80K in business capital to purchase tax liens and tax deeds. Planned to purchase one or more 20–50-unit multifamily properties. Business is currently defunct.

Owner & President, JustTrades Internet Auctions, Chicago, IL (1/02–10/03)

Owner of part-time eBay business. Contracted with suppliers; inventoried, tested, and shipped merchandise; designed and placed auction listings; provided customer support; performed routine bookkeeping and office management tasks.

Design, Publishing, and Editorial

Editor, People's Medical Publishing House, Beijing, China (accepted 5/10; never took any assignments due to illness)

Contract editorial position. Will edit and assist the translation of Chinese medicine textbooks into English.

Freelance Graphic Designer and Production Artist, Chicago, IL (12/97–9/03)

Designed and produced textbooks as well as print and internet marketing materials for clients, including Cancer Treatment Centers of America, Healthcare Branding Group, Priceline.com, Washington Daniel Advertising, Quarasan, Ambrosi & Associates, Vickers & Benson Advertising, Trend Publishing, Award Graphics, Ragan Communications, Three Communication Design (3CD).

Freelance Computer Trainer & Tutor, IAMD & Chicago, IL (12/97–12/98)

Trained faculty, students, and private clients in graphics software and basic computer skills (Mac/Windows).

Co-Editor and Editor, Shambhala *Mirror*, Shambhala Meditation Center, Chicago, IL (5/97–4/98)

Redesigned newsletter format. Responsible for monthly editing, layout, and production.

Associate Editor, *AcadeMe!*, IAMD, Chicago, IL (1997)

Assisted with newsletter design and layout.

Design Assistant, Advertising Department, International Academy of Merchandising and Design (IAMD), Chicago, IL (8–12/97)

Designed variety of marketing materials for in-house promotions and events.

Computer Graphics Lab Assistant, IAMD, Chicago, IL (1–8/97)

Designed departmental memos and flyers, assisted students with software, hardware, and printing problems (Mac/Windows).

Production Intern, Colorado Daily Newspaper, Boulder, CO (10–12/95)

Designed and edited newspaper ads. Re-shot photos for production.

Bookseller, Naropa Institute Bookstore, Boulder, CO (12/94–5/95)

Sold merchandise, assisted customers, and managed store in manger's absence.

Bookseller, Seminary Co-Operative Bookstore, Inc., Chicago, IL (12/93–6/94)

Sold, stocked, and processed merchandise at large member-owned cooperative bookstore. Assisted with weekly book re-ordering and management of member charge accounts.

Publicity Coordinator, Dharmadhatu Meditation and Study Center, Chicago, IL (12/92–6/93).

Designed publicity flyers and newspaper ads for visiting speakers and center events.

Administrative

Director of Planning and Development, Life Rising & Nature's Health Corporations, Chicago, IL (4–6/00)

Developed positioning strategy for brand and product line(s); assisted with development of marketing and sales strategy; collected and analyzed third party market research; consulted with outside design, marketing, and legal experts.

Internal Department Assistant, Karmê Chöling Buddhist Mediation Center, Barnet, VT (10–12/96)

Designed and updated departmental forms, scheduled sixty residents weekly for house tasks.

Practice and Study Assistant, Vajradhatu Seminary, Shambhala Mountain Center, Red Feather Lakes, CO (6–8/96)

Managed education department office during three-month meditation retreat. Served as information center, designed forms, prepared reports and memos, maintained database.

Administrative Assistant, University of Colorado at Boulder and various temp agencies, Boulder, CO (8/95–5/96)

Various assignments in Boulder area, including departmental secretary for Department of Spanish and Portuguese, University of Colorado; purchasing agent/sales assistant for computer network consulting company; manuscript transcription, troubleshooting, and general office support for Institute of Cognitive Science, University of Colorado.

Administrative Assistant, American Academy of Arts and Sciences, Chicago, IL (9/92–6/93)

Coordinated academic conferences of various lengths. Finalized organization of 3-day international conference and managed office when supervisor was hospitalized. Designed publicity brochure, edited and assisted translation of manuscript from Russian, composed and edited correspondence and publicity materials.

Visit Coordinator for Aurora Levins Morales, Visiting Writer, Amherst College, Amherst, MA (1/90)

Planned event, raised \$1400 honorarium, wrote press releases, designed publicity posters, reserved venues, arranged accommodations for visiting writer.

Awards And Honors

- **Winner, Logo Competition, Windy City Starz Fashion Show, IAMD, Chicago, IL (1999)**
- **Third Place Winner, Ravinia Poster Competition, Chicago, IL (1998)**
- **Windy Award, Best Advertising Concept, IAMD, Chicago, IL (1997)**
- **Winner, 1999 National Wheelchair Basketball Competition Logo Design Contest, Chicago, IL (12/98–3/99)**
- **National Merit Semifinalist (1986)**
- **National French Contest (1981–1984)**
 - 3rd place nationally (out of 65,000 students), Level 1B, 1981
 - 1st place nationally, Level 1B, 1982
 - 2nd place nationally, Level 2B, 1983
 - 3rd place nationally, Level 3, 1984

Computer / Programming Skills (Cross-Platform Macintosh/ Windows)

Proficient In:

- Microsoft Office (Word, Excel, PowerPoint), iWork (Pages, Numbers)
- Database Software (FileMaker Pro)
- Internet, E-mail
- Desktop Publishing & Design Software (Adobe Photoshop, Illustrator, InDesign, QuarkXPress)

Familiar With:

- Blogging and Web Design (WordPress, HTML, CSS)
- Brand Design and Internet Marketing Principles

Learning:

- Python
- Javascript
- LiveCode (very-high-level, natural language-based, rapid application-development language)

Professional Organizations

- **PyLadies PDX**
- **Women Who Code Portland**
- **Girl Develop It! Portland**

Extracurricular Interests

Energy Healing

Over 100 attunements, empowerments, and initiations into various energy systems. Daily practice of self-healing. Interested in integrating energy healing with other modalities, such as acupuncture, bodywork, allopathic medical practice, or psychotherapy.

Editorial

Member of literary editorial board of high school and college literary magazines.

Music/Voice

- 10+ years Classical voice student, 1980–90
- Chicago Children's Choir, 1978–1985, 1987–88
- Performed in Gilbert & Sullivan operetta productions, National Music Camp at Interlochen and Chicago, IL, and 1984, 1985, 1991
- Various community choirs, Amherst, MA and Chicago, IL
- National Music Camp at Interlochen, Interlochen, MI, 1984, 1985

- Northwestern University Summer Music Program, Evanston, IL, 1983
- Indiana University Summer Music Clinics, Bloomington, IN, 1981, 1982

Personal Skills

- Versatile, talented polymath with multiple interests and skill sets.
- Strong left-brain logical, analytical, mathematical, and problem-solving skills.
- Skilled and compassionate healer, coach/facilitator, and patient advocate.
- Experience in one-on-one coaching, facilitation, cognitive restructuring, and energy healing.
- Background in spirituality, meditation, and personal growth.
- Personal experience with 12-step programs and recovery.
- Background in design, editing, publishing, advertising, and marketing.
- Independent thinker, self-starter, entrepreneur.
- Strategic, analytical thinker and problem-solver.
- Excellent writing, editing, and proofreading skills.
- Able to articulate concepts clearly and concisely in speaking and in writing.
- Attention to detail as well as to the overall picture.
- Comfortable wearing many hats and learning new skills quickly.
- Able to work closely in a team as well as independently.