

# Judith A. Brooks

## Education

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### **Master of Oriental Medicine**

International Institute of Chinese Medicine, Santa Fe, NM 1998

**Diplomat of Acupuncture (NCCAOM)** January 1999

**North Carolina Acupuncture License #133** February 1999

### **Massage Therapy Diploma**

New Mexico Academy of Advanced Healing Arts, Santa Fe, NM 1992

Licensed New York State, 1992; New Mexico, 1995; North Carolina 2002 #1313

### **M. Ed. in Counseling**

St. Lawrence University, Canton, NY 1988

### **B. A. in English**

Potsdam College, Potsdam, NY 1986

## Arvigo Institute, LLC

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### **2009 - present**

Arvigo Techniques of Maya Abdominal Therapy®

- Level 1 - Self Care 2010
- Level 2 - Professional Care 2013
- Advanced Pregnancy Techniques 2016
- Traditional Maya Healing Approaches for Body, Mind & Spirit, Beginning 2009 & Advanced Studies 2010 Belize
- Assistant for Traditional Maya Healing

## Bridges to Health

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### **1999 – 2003**

### **Durham, NC**

- Specialized in acupuncture treatments, Chinese herbology and massage in an integrative health care center
- 2003 – present acupuncture practice in Durham and Saxapahaw, NC

## **Reachout of St. Lawrence County - Assistant Director**

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**1998-1991**

**Postdam, NY**

- Coordinator of volunteer training programs for county-wide crisis hotline and Employee Assistance Program Coordinator

## **St. Lawrence Renewal House**

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**1988**

**Canton, NY**

- Facilitator of group therapy for women with domestic violence issues

## **Advanced Studies**

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- Roots of Herbalism - Chestnut School of Herbal Medicine Asheville, NC
- Arvigo Techniques of Maya Abdominal Therapy®
- Kiiko Style Japanese Acupuncture with David Euler, Maryland
- Medicines From the Earth Herb Symposium, Black Mountain, NC – attendance since 2001

## **Teaching**

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- Tree of Life Center, Efland, NC 2012 developed curriculum,
- Tree of Life Center, Efland, NC 2013-2016 Taught 5 Element Acupressure classes
- Ongoing herbal classes, Graham, NC

## **Community Service**

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- Cornucopia House, Chapel Hill, NC 1999 – Volunteered at support center for people with cancer
- CAARE of Durham 2010-2017 – Providing Community Auricular Acupuncture for detox and post-traumatic stress.

## **Presentations**

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**2012 - 2014**

**University of North Carolina, Chapel Hill**

- Principles and Practices of Alternative and Complimentary Medicine