



DR. JENNIFER HARRISON

**Stressed Self to Best Self™
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**Stress & Bodymind Health Expert, Best-selling Author & Speaker,
Certified Canfield Trainer of the Success Principles,
Certified Professional Success Coach, Live & Online Course
Developer, Certified Athletic Therapist, Doctor of Chiropractic**

BOOKS & MEDIA:

***Stressed Self to Best Self™: A Body Mind Spirit Guide to Creating a
Happier and Healthier You*, 2015**

***The Soul of Success* with NY Times best-selling author Jack Canfield,
2015 (Contributed chapter, "Overcoming Overwhelm", received an
Editor's Choice Award)**

Featured interview on ***Hollywood Live with Jack Canfield*** that aired on
A&E and Bravo in the US, March, 2016

<https://drjenniferharrison.com/media-2/>

Several book signings at two Indigo Chapters (national bookstore)
locations in Calgary, AB, 2015 - 2016

WORKSHOPS, CONFERENCES & SPEAKING ENGAGEMENTS:

Keynote Presentations and Guest Lectures:

October 19-20, 2018

Keynote Presenter at Mary Kay Retreat, *You Hold the Key to Your Health, Happiness and Success*, Lake Louise, AB

March 13, 2018

Guest Lecturer at Mount Royal University, Athletic Therapy Program, *How to Integrate Manual Therapies – Osteopathic Muscle Energy Technique*, Calgary, AB

November 15, 2017

Guest Speaker at Deer Park United Church's Women of Spirit, *How To Create Resiliency As We Age*, Calgary, AB

January 25, 2017

Guest Speaker at Deer Park United Church's Seniors and Women's Groups, *How To Decrease Stress 1 Breath at a Time*, Calgary, AB

November 30, 2016

Guest Speaker at Centennial Rotary Club weekly meeting, *How To Decrease Stress 1 Breath at a Time*, Calgary, AB

February 7, 2016

Guest Speaker at Living Spirit United Church, *New Age Christianity*, Calgary, AB

November 1, 2015

Guest speaker during church service, Deer Park United Church, *What I Learned from My Trip to Hollywood*, Calgary, AB

January 13, 2010

Developed and presented a 2 hour workshop on the BodyTalk System, BodyTalk Access and taught participants the Cortices Technique. Deer Park United Church Women of Spirit Group, Calgary, AB

April 2, 2008

Guest Lecture *Freedom in Health*, University of Calgary, Calgary, AB

February 16, 2005

Developed and presented free information session on nutrition for the Deer Park United Church's Women's Spirituality Group. The nutrition presentation followed a review of the movie *Super Size Me*. Calgary, AB

March 19, 2002

Developed and instructed Cervical Spine Refresher Course: Part II for Athletic Therapists. Created handout for the course. Calgary, AB

February 5, 2002

Developed and instructed Cervical Spine Refresher Course: Part I for Athletic Therapists. Created handout for the course. Calgary, AB

June, 1999 – 2006

Instructor at Foothills College of Massage Therapy, Calgary, AB
DUTIES: Course preparation and teaching of second year anatomy and physiology to students in the 2200 hour program of massage therapy.

March, 1999 – 2006, 2018

Guest lecturer at Mount Royal (College) University for the Athletic Therapy Program.

DUTIES: Create and present guest lecture including – “The Role of Chiropractic and Sports Medicine”. In 2003, created and presented “The Business of Athletic Therapy”. In 2018, spoke about Osteopathic Muscle Energy Technique.

September - November, 1997

Lab tutor for Canadian Memorial Chiropractic College (CMCC)
Emergency Care Course

DUTIES: Was granted an exemption from this course. Tutored and assisted in coordinating labs in emergency transport, support and immobilization and emergency action plans.

September, 1996 - February, 1997

Lab tutor for CMCC Auxiliary Chiropractic Course

DUTIES: Was given an exemption from this course and was offered the opportunity to tutor labs in ultrasound, interferential current, muscle stimulation and microcurrent application.

June - July, 1995

Tutor for CMCC Neuroanatomy

DUTIES: Professor requested I tutor students preparing to write the Neuroanatomy supplemental exam. Was responsible for organizing and teaching tutorial sessions based on exam preparation outline.

January - May, 1991

Instructor at Bellwood Community School in association with Durham Region School Board and Whitby Parks and Recreation, Whitby, ON

DUTIES: To design a "Massage and Stretching for Relaxation" course and teach community classes one hour per week.

February, 1991 - November, 1997

Instructor for Sports Injury Prevention and Care Program and Wrapping and Taping Course sponsored by the Ontario Ministry of Tourism and Recreation

Conferences:**June 10-11, 2016**

Natural Health Practitioners of Canada National Conference, Calgary, AB

Taught 1 day BodyTalk Access course & 1 day Stressed Self to Best Self™: How To Care For Yourself, Your Patients and Your Business workshop

April 24, 2014

Alberta Athletic Therapists Association AGM Weekend, Calgary, AB

Developed and taught Strain and Counterstrain for the Lower Quadrant workshop

May 26-27, 2011

Canadian Athletic Therapists Association Conference, Banff, AB

Introduction to BodyTalk 4x1 hour labs

October 6-7, 2007

Massage Therapist Association of Alberta (MTAA) Convention of Professional Touch, Calgary, AB

Taught 1 day Strain and Counterstrain workshop

September 23, 2006

MTAA Convention of Professional Touch, Canmore, AB.

Developed and taught Introduction to Strain and Counterstrain (AM) and Integrating Therapies: Strain and Counterstrain, Craniosacral Therapy, Visceral Manipulation and BodyTalk (PM) workshops

May 24, 2005

Canadian Athletic Therapists Association Conference, Calgary, AB

Developed and taught an Introduction to Strain and Counterstrain workshop

April 24, 2004

Alberta Athletic Therapists Association AGM Day, Calgary, AB

Presented Introduction to Strain and Counterstrain workshop

Workshops & Online Courses:**March 24, 2019**

Stressed Self to Best Self™ Retreat, Calgary, AB

January, 2019

Launched 6 Module/6 Week Online Course, How To Transform Stress to Success©, www.drjenniferharrison.com

May 6, 2018

How To Transform Stress to Success© – 1 day in person workshop, Calgary, AB

March, 2017

Launched 1 Hour Online Course, How To Decrease Stress 1 Breath at a Time, www.drjenniferharrison.com

Developed and instructed Osteopathic Muscle Energy Technique for Cervical and Thoracic Spine workshop. Course approved by the Canadian Athletic Therapists Association for CEUs. Also created manual and PowerPoint presentation for the course. Course dates and locations:

September 20-21, 2003, Calgary, AB

January 31 – February 1, 2004, Calgary, AB

May 1-2, 2004, Calgary, AB (Approved by the College of Chiropractors of Alberta)

August 14, 2004, Calgary, AB (Private class for 1 participant)
September 18-19, 2004, Calgary, AB
August 5-6, 2005, Calgary, AB
February 25-26, 2006, Red Deer, AB
April 22-23, 2006, Halifax, NS
July 8-9, 2006, Edmonton, AB
September 15-16, 2007 Langley, BC
February 16-17, 2008, Oakville, ON
July 27, 2008, Calgary, AB (Private class for 2 participants)
November 8-9, 2008, Calgary, AB
June 13-14, 2009, Calgary, AB (Private class for 2 participants)
September 19-20, 2009, Calgary, AB
September 18-19, 2010, Calgary, AB
June 11-12, 2011, Calgary, AB
October 1-2, 2011, Edmonton, AB
February 25-26, 2012, Calgary, AB
October 20-21, 2012, Oakville, ON
September 13-14, 2014, Calgary, AB
November 15-16, 2014, Sherwood Park, AB

Developed and taught Strain and Counterstrain: Parts I and II Workshop. Course approved by the Canadian Athletic Therapists Association and the Massage Therapy Association of Alberta for CEUs. Also created a course manual. Course dates and locations:

February 15-16, 2003 Part I Workshop, Calgary, AB
November 7, 2004, Part II workshop Calgary, AB
Combined Part I and II workshops:
June 11-12, 2005, Calgary, AB
January 28-29, 2006, Calgary, AB
October 21-22, 2006, Calgary, AB (MTAA and CATA)
June 2-3, 2007, Calgary, AB (MTAA and CATA)
April 12-13, 2008, Edmonton, AB
January 5-9, 2009, CCMH Foothills College of Massage Therapy, Calgary, AB
May 15-16, 2010, Calgary, AB

Instructed BodyTalk Access Courses on the following dates & locations:

November 3, 2007, Calgary, AB
February 2, 2008, Calgary, AB
March 15, 2008, Healing our Stuff Conference, Deer Park United

Church, Calgary, AB
January 31, 2009, Calgary, AB
June 20, 2009, Deer Park United Church, Calgary, AB
September 10, 2009 Did a BodyTalk Access demonstration for a
BodyTalk Public Presentation at the University of Calgary
February 6, 2010, Calgary, AB
November 27, 2010, Calgary, AB
November 13, 2011, Calgary, AB
January 22, 2012, Calgary, AB
November 1-2, 2014, Port Hope, ON
October 28, 2018, Calgary, AB

EDUCATION:

September, 1994 - May, 1998

Doctor of Chiropractic Diploma
Canadian Memorial Chiropractic College (CMCC), Toronto, ON
Chiropractic Foundation for Spinal Research Award
Co-author of article in June, 1998 Journal of the Canadian Chiropractic
Association (JCCA)

September, 1991 – April, 1994

Chemistry & Organic Chemistry pre-requisites for application to the
Canadian Memorial Chiropractic College (CMCC)
University of Toronto, Toronto, ON

September, 1986 - April, 1988

Sports Injury Management Diploma
Sheridan College, Oakville, ON
Voted Class Valedictorian, Graduated with Honours, Awarded Canadian
Athletic Therapists Association (CATA) Scholarship

September, 1982 - April, 1985

Three Year Bachelor of Science Degree
Brandon University, Brandon, MB
Major: Psychology Minor: Zoology
Voted Valedictorian for University Graduation, Dean's Honour List,
Awarded Entrance Scholarship

ADDITIONAL TRAINING AND CERTIFICATIONS:

November, 2018

Certified Professional Success Coach certification completed through the Success Coach Institute

July, 2018

Association for Comprehensive Energy Psychology (ACEP) Emotional Freedom Techniques (EFT) Professional Skills 1, online training (14 hours)

November, 2017

Level 1 Holistic EFT Practitioner, online training through the Awakenings Institute, (36 hours)

August, 2017

Certified Canfield Trainer of the Success Principles, completed online training with Jack Canfield (50+ hours)

February, 2007

BodyTalk Access Trainer with the International BodyTalk Association (IBA).

July, 2006

PaRama BodyTalk Practitioner with the IBA.

May, 2002

Certified BodyTalk Practitioner with the IBA.

September, 1998

Chiropractic College of Alberta License granted #1044

May, 1998

Passed National (Canadian) as well as Provincial (Alberta) Chiropractic Board Exams

December, 1989

Certified Athletic Therapist with Canadian Athletic Therapists Association (CATA), 1200 hours field and clinic practicum, plus written and oral practical exams

Continuing Education:

Extensive continuing education in personal development as well as in athletic therapy, osteopathic, and chiropractic techniques, nutrition and energy medicine techniques including BodyTalk, Reiki and EFT. (Course list available upon request.)

AFFILIATIONS AND EXTRA-CURRICULAR ACTIVITIES:

ACEP member since 2018

IBA Co-Vice President for BodyTalk Access for North, Central and South America and member of the BodyTalk Access Review Committee 2009 - 2017

IBA member since 2001

Member of the College of Chiropractors of Alberta since 1998

Member of the Canadian Chiropractic Association since 1998

CATA member since 1987, examiner for CATA oral practical exams, past supervisory athletic therapist.

AATA (Alberta Athletic Therapists' Association) member since 1998, past member of the Sports Medicine Council of Alberta and Ontario Athletic Therapists' Association.

Facilitator for workshops at the 2001 CATA Conference in Kananaskis.

Author of several articles published in Impact Magazine (Calgary) from 1999 - 2000.

Researcher with the Faculty of Kinesiology at the University of Calgary from 1999 – 2001.

Active member in my church communities from 1991-present in speaking, leadership, as well as healing and music ministries.