

Tiffany Anderson, BS, LMT, RMT, CHES

tiffany@andersontherapeutics.com

Education | Academics

Bachelors of Science

Health Education and Promotion

University of Utah 2005

Myotherapy College of Utah

Professional Therapeutic Massage & Bodywork Certification 1996

7th Generation Usui Lineage, Attuned by Dr. Carol Wilson 2009

Reiki Master Teacher

Professional Certifications | Teaching Endorsements

Certified Health Education Specialist (CHES)

Association of Humanistic Psychology Certification in Guided Imagery

Arthritis Foundation of Utah Self-Help Course Facilitator Training

American Cancer Society Smoking Cessation Instructor Certification

Apple Program Corporate Wellness Health Coach Training

Stepping On Facilitator Training – Utah Department of Health & CDC

Career History

PEHP Healthy Utah – Salt Lake City, Utah

2012 to 2015

Wellness Communications Specialist

Oversee development of website content for the PEHP Wellness division. Manage monthly Wellness newsletter and write health articles for numerous statewide publications. Conducted biometric screenings – reading blood pressure, cholesterol levels, and body composition and provided health consultation for PEHP members.

PEHP – Salt Lake City, Utah

2011 to 2012

Health and Wellness Coach

Monthly coaching by email/phone to 150-200+ insured members enrolled in company obesity intervention program. Emphasis on reducing or eliminating high-risk health behaviors. Assess participant needs and theory of change utilizing a holistic view. Designed and wrote health articles for member monthly health newsletter.

SALT LAKE COMMUNITY COLLEGE – Salt Lake City, Utah

2008 to 2011

Adjunct Faculty – Higher Education Teaching

Courses Taught: Social Health and Diversity, Nutrition 1010, and Mind/Body Health.

PRIVATE PRACTICE – Salt Lake City, Utah

1996 to 2011

Professional Licensed Massage Therapist/Health Educator and Wellness Coach

Published quarterly health newsletter distributed to 300+ clients annually. Facilitated workshops on therapeutic benefits of massage and bodywork within community. Employed a variety of therapeutic strategies and health coaching techniques to empower and educate clients on healthy lifestyles, wellness, exercise, bodywork, and alternative healthcare.

SALT LAKE COMMUNITY COLLEGE – Salt Lake City, Utah

2002 to 2010

Professional Licensed Massage Therapist/Health Educator

Create and distribute all Health and Wellness Massage Services department marketing to educate students, staff and faculty on the health benefits and efficacy of alternative healthcare. Co-wrote and received grant funding to research health benefits of massage therapy within single parent student population.

THE APPLE PROGRAM – Salt Lake City, Utah

2004 to 2005

Health & Wellness Coach

Health instructor and coach within corporate wellness program on a group and individual basis. Managed diverse clientele population while meeting learning and coaching objectives set by senior management. Led workshops on stress management, smoking cessation, healthy eating, meal planning, and aided in effective health flex spending account management.

HORIZONTE SCHOOL – Salt Lake City, Utah

2003 to 2004

Health Educator/Instructor

Co-created and implemented a nutrition course for single parents focusing on the needs of adolescent learners. Reputation for strong class management and capacity for broad range of lesson plans.

COMMUNITY EXPERIENCE

WESTMINSTER COLLEGE – Salt Lake City, Utah

2005 to 2011

Yearly guest speaker within Complementary Healing class discussing the health benefits, contraindications, and therapeutic uses of massage therapy.

UTAH UNIVERSITY COLLEGE COUNSELING CONFERENCE

2008

Annual conference board awarded proposal of poster presentation delivering findings of grant funded project. Discussed findings from 2007-2008 research studying the positive health benefits and increase in academic scoring of single parents receiving massage therapy.

SALT LAKE COMMUNITY COLLEGE

2007 to 2009

Delivered Annual Stress Management lecture at SLCC Staff Professional Development conferences.

ARTHRITIS FOUNDATION OF UTAH

2003 to 2004

Facilitated Arthritis Foundation 7-week Self-Help courses offering health management skills to those diagnosed with arthritis and arthritic related conditions.