

# Tiffany Anderson, LMT, RMT, BS, CHES

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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

**7<sup>th</sup> Generation Usui Lineage**, Attuned by Dr. Carol Wilson 2009

Reiki Master Teacher

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## 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 & Wisconsin Institute for Healthy Aging

Child Passenger Safety Technician – Safe Kids Worldwide

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## Career History

Book: *Butternut to Bionic: A Resource for Hip Replacement Surgery* 2015 to Present

**Writer/Author/Webmaster – Glass Spider Publishing – [www.AndersonTherapeutics.com](http://www.AndersonTherapeutics.com)**

Published resource guide to assist hip replacement recipients, caregivers, and healthcare providers (2017), in addition to several health related articles completed and published. Responsible for maintaining a professional website for presenting author content and a weekly wellness blog. Provided a private administrator page for

quickly adding, updating, and withdrawing site content. Incorporated social media tie-ins to share status updates and build readership.

Summit County Health Department – Park City, Utah

2016 to Present

### **Health Educator**

Develop and implement strategies to improve the health of community members. Coordinate and co-lead falls prevention class to adults age 60 and over. Manage semi-annual Health Connections Provider newsletter. Write articles for health department website and local publications. Mentor and advise South Summit Peer Leaders who promote health and safety behaviors to local youth. Lead tobacco/e-cigarette awareness and prevention classes at high school and middle school. Offer child passenger safety instruction to parents and caregivers at semi-monthly car seat checks. Serve on several health and safety coalitions at community, state, and national level ensuring county residents have access to quality services and receive environmental improvements.

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 – 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 distributed all Health and Wellness Massage Services 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. Assisted clients 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 improved health flex spending account management.

HORIZONTE SCHOOL – Salt Lake City, Utah

2003 to 2004

**Health Educator/Instructor**

Co-created and implemented 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

ANDERSON THERAPEUTICS – Salt Lake City, Utah

2016 to Present

Monthly wellness presentations and health coaching offered to individuals and groups. Web services include free health and wellness resources, a weekly wellness blog, and subscription services. Presentation topics include, though not limited to, 3 Key Concepts to Improved Health, Healthy Aging, Fall Prevention, Managing Chronic Conditions, Pain Management, Weight Management, and Patient/Caregiver Advocacy.

SUMMIT COUNTY HEALTH DEPARTMENT – Park City, Utah

2016 to Present

Co-presented Stepping On 7-week Fall Prevention Workshop within local senior centers. This [evidence based program](#) offers direction on balance and strengthening exercises, identifies hazards, instills confidence, and enhances lifestyle skills for people age 60 and over to help them reduce the incidence of harmful falls.

WESTMINSTER COLLEGE – Salt Lake City, Utah

2005 to 2011

Yearly guest invited to present at the Complementary Healing class for nursing students. Presentation discussed the health benefits, contraindications, and therapeutic uses of massage therapy, reflexology, Tuina, and Acupressure.

UTAH UNIVERSITY COLLEGE COUNSELING CONFERENCE

2008

Delivered poster presentation at annual event displaying findings of grant funded project. Discussed results 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

Invited to deliver annual Stress Management lecture during 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.