JULIA BALZER RILEY, R.N., M.N., AHN-BC,

Registered Expressive Arts Consultant and Educator

Certified Expressive Therapist®

PRESIDENT

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EXPERIENCE

1976- Present	Constant Source Seminars, President Consultant/Professional Speaker/Author
2002- Present	Adjunct Faculty, Department of Nursing, University of Tampa (Tampa, FL) Complementary and Alternative Therapies for Self Care and Professional Practice (NUR 430) Expressive Arts in Healinghealth promotion through the arts (NUR 346) (an art and nursing elective)
2006 - Present	Faculty, Ringling School of Art and Design, Art and Healing Certificate Program Art in Small Spaces, a methods course-14 hours Applications in Art in Healing20 hours (AT235) Trust the Process18 hours (AT240) Personal Process20 hours (AT405) Practicum(AT270) Skills Workshop(AT400) Expressive Arts and the Science of Healing (AT175) Consultant, Continuing Education for Nurses
2001-2010	Complementary Therapist/Facilitator of Expressive Arts, TideWell Hospice Palliative Care
2002- 2008	Guest Artist-Facilitator/Consultant for Expressive Arts, Creative Expressions Program, Bayfront Medical Center (St Petersburg, FL)
1999- 2003	Co-founder Holistic Nursing Institute/Faculty (Tucker, GA)
1996- course) 2001	Adjunct Faculty (Taught Leadership in nursing, classroom, clinical, and online Brenau University (Gainesville, GA)

1982-	Baptist Medical Center (Jacksonville, FL)
1995	Manager Organizational Effectiveness(1994-1995)
	Staff Instructor, Training and Development(1982-1994)
	Psychiatric Nurse Consultant to Critical Care (1982-1983)
1982	Adjunct Assistant Professor, Department of Nursing
	University of Florida (Gainesville, FL)
1981-	Adjunct Assistant Professor, College of Nursing
1982	University of North Florida (Jacksonville, FL)
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1982	Adjunct Assistant Professor, Division of Nursing
	University of Florida, Graduate Program (Jacksonville, FL)
	Visiting Assistant Professor, College of Nursing
1977-	Northern Virginia Mental Health Institute (Falls Church, VA)
1980	Clinical Nurse Specialist
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1976-	University of Florida Undergraduate Program (Gainesville, FL)
1977	Visiting Instructor, College of Nursing
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1975-	University of North Carolina, Undergraduate Program (Chapel Hill, NC)
1976	Instructor, College of Nursing
1973-	Community Hospital of Roanoke Valley School of Nursing (Roanoke, VA)
1974	Instructor/Coordinator, Psychiatric Nursing
1970-	Blue Ridge Community Mental Health Center, (Charlottesville, VA)
1972	Community Mental Health Nurse and Clinical Appointment
	CERTIFICATION

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- *Registered Expressive Arts Consultant and Educator, the International Expressive Arts Therapy Association (2007)
- *Certified TimeSlips Facilitator (Creative storytelling with people with Dementia (2005)
- *Certified Expressive Therapist®, National Expressive Therapies Association (2004)
- *Advanced Practice Board Certification in Holistic Nursing, American Holistic Nurses' Certification Corporation (2004)
- *Certified Sage-ing® Circle Leader, Spiritual Eldering Institute (2003)
- *END-OF-LIFE TRAINING--E.L.N.E.C Train-the-Trainer preparation. Pasadena, CA (2002)
- *Certification in Holistic Nursing, American Holistic Nurses' Certification Corporation (2000) Basic Certification and Advanced Practice Board Certification (AHN-BC)
- *Certified Seminar Leader Spiritual Eldering Institute (2000) (Teach Intensive workshop and serve as a mentor for the leadership training 2007-present)
- *Juran Quality Improvement Facilitator, 1993

SAMPLE OF PUBLICATIONS

BOOKS

Art in Small Spaces: Art at the bedside. 2010, CSP, Ellenton, FL, 2010, second printing 2012

<u>Communication in Nursing</u>, 7th edition St. Louis: Mosby. 2012. (Selected to be included in the Brandon/Hill list of recommendations for nursing libraries and departmental collections as described in "Brandon/Hill selected list of nursing books and journals,)" <u>Nursing Outlook</u>, Jan/Feb2000. 48(1). Received award for integration of end of life and pain management content from the Last Acts Foundation, research grant sponsored by the Robert Wood Johnson Foundation) (7th edition in press)

<u>Customer Service from A to Z...making the connection.</u> Hartman Publishers, Inc, N.M., 2003

Humor at Work, CSP 2003

The Gift of the Caregiver, Hartman Publishers, Inc., NM, 2003

Coloring Book for Stress. CSP. 2002

Lessons from my Cats and from my Life...a book of poems. CSP. 2002

From the Heart to the Hands...keys to healthcaring connections. IMP, 1999 (book and CD)

CHAPTERS, ARTICLES, COLUMNS

Forgiveness the Gift you Give Yourself, <u>Second Journey</u>, Spring 2011 http://www.secondjourney.org/itin/ISSUES/11Spr.htm

Taking Life Lightly...Humor, the great alternative in Eliopoulus, C,(ed) <u>Invitation to</u> Holistic Health, 2nd edition, Sudbury, MA, Jones and Bartlett Publishers, 2009

From, "I'm not a poet to "AH....": The legacy of Roger Skinner's expressive arts journey, <u>IEATA: Newsletter of the International Expressive Arts Therapy Association</u>, Edition No 2 of the year 2009, pp 38-39.

Healing Presence, chapter in, Luethje, K (ed) (2009) <u>Healing with Art and Soul:</u> Engaging one's Self through Art Modalities, UK: Cambridge Scholars Publishing.

Life Review, Repair, and Purpose, chapter in, Henry, JF and LG, Transformational Eldercare From the Inside Out: Strength-based Strategies for Caring, Silver Spring, MD, 2007, American Nurses Association.

Communication, chapter in Potter, PA and Perry, AG, 6th edition, <u>Basic Nursing:</u> <u>Essentials for practice</u>, St Louis, 2007, Mosby Elsevier.

Expressive Arts in Healing, <u>Beginnings</u>, publication of the American Holistic Nurses Association (2006, in print)

Contributing Editor, Gulf Coast Nursing Times (2002 to 2005)

Holistic Self Care: Strategies for Initiating a Personal Assessment (Continuing Education article AAOHN Journal, 51(10):439. October 2003

SELECTED CONTINUED EDUCATION AND TRAINING

CERTIFICATE in Spirituality, Health and Healing, Allegra Learning Solutions, LLC. (2011)

Graduate, ARTS IN HEALING, CERTIFICATE PROGRAM, Ringling College of Art and Design. Sarasota, FL (2004-2009)

FACILITATOR TRAINING *RETURN TO INNOCENCE* (Collage communication with persons with Alzheimer's disease) (2006)

ARTS IN MEDICINE SUMMER INTENSIVE Expressive Arts Facilitation training and clinical experience, University of Florida, Gainesville, FL, Summer (2003)

ELNEC (End of Life Nursing Education Curriculum) Train-the-Trainer facilitator certification, Pasadena, CA, 2003

PASTORAL CARE VOLUNTEER VISITATION TRAINING/CREATIVE

EXPRESSIONS TRAINING Bayfront Medical Center, St Petersburg, FL (2002)

HOLISTIC NURSING Seeds and Bridges Certificate in Holistic Nursing. (2000)

BLACKBOARD training to teach online, University of Tampa, 2000

CONVENE ONLINE COURSE to develop and teach online, Brenau University (1999),

LOSS, GRIEF, CHRONIC ILLNESS, H.I.V. Counselor training, Jacksonville, FL (1990),

"WINDOWS" Six week course. On grief management. Jacksonville, FL (1992)

Training to work with people experiencing loss and grief (1994)

EDUCATION

M.N., University of Florida, Gainesville, FL

Major: Psychiatric/Mental Health Nursing

B.S.N., with distinction, University of Virginia, Charlottesville, VA

Major: Nursing

Wycliffe-Yulee Creative Writing Scholarship

Algernon-Sydney Sullivan Award for Character and Leadership

Charter member, Sigma Theta Tau, Beta Kappa Chapter (National Nursing Honor Society)

Diploma in Nursing, Alexandria Hospital School of Nursing, Alexandria, VA

Scholarship (3 years)

Salutatorian, Llewelyn-Powell Memorial Medal for Leadership

LICENSURE FLORIDA Registered Nurse #RN71874-2