

Nicole Heenan

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STATE LICENSURE

Licensed Professional Counselor, South Dakota- License LPC20383

Licensed Professional Counselor, Texas- 85894

Licensed Massage Therapist, South Dakota- License MT10519

EDUCATION

South Dakota State University 2016
M.S. in Clinical Mental Health
3.8 GPA

Black Hills State University 2013
B.S. in Psychology with a minor in Philosophy
3.115 GPA

6 Time Dean's list

Internship with Dr. Carol Borden

Conducted an extensive literature review on relevant and similar studies surrounding the benefits of expressive writing. Established preliminary experiment to control and measure the effects of expressive writing.

Research team with Dr. Emilia Boeschen-Flint

Studied performance anxiety of athletes within the Special Olympics. Included research trip to South Korea for data collection at the Special Olympics Winter World Games, literature review on relevant topics, data collection, and entry for analysis. Experience in grant writing.

Surya Chandra Yoga School 2012
500 hour yoga teacher training program with studies in anatomy, physiology, structural alignment, yoga philosophy, Hindu texts, and Ayurvedic studies.

Headlines Academy of Massage Therapy, Rapid City, SD 2007
Completed over 600 hours of training in anatomy, physiology, pathology, kinesiology, as well as various massage modalities.

Sturgis Brown High School, Sturgis, SD 2001

ADDITIONAL TRAININGS & CERTIFICATIONS

Certified Brain Injury Specialist (CBIS) 2017
Certification through the Brain Injury Association of America that recognizes a distinct level of experience with knowledge and experience while working with individuals who've sustained a brain injury.

Rocky Mountain Vipassana Meditation Course 2017
Vipassana course instructed through S.N. Goenka's teachings.

Love Your Brain Yoga Teacher Training 2016
A program designed for survivors of traumatic brain injuries. The curriculum includes restorative yoga and meditation designed on the science of resilience while working to make yoga an inclusive, community-based experience for TBI survivors and their support system.

The STOP Program 2016
A behavioral treatment program designed to reduce the risk of future relationship violence. The (S)kills, (T)echniques, (O)ptions and (P)lans Program is a curriculum created by Dr. David Wexler that integrates cognitive behavioral skills and a client-centered, skill-building approach to working with participants.

Mindfulness-Based Stress Reduction Program 2014
MBSR program offered through Duke's Integrative Medicine that uses meditation and yoga to cultivate and encourage mindfulness and to reduce stress.

CAREER SUMMARY

Dharma Wellness Institute, Rapid City, SD 2012-present
Owner, Psychotherapist, Massage Therapist, Yoga and Meditation Instructor
Recognizing the need for holistic care, created with the intention of branding a new definition of wellness in the Black Hills.
Specific and Unique Skills:
 Small business management and growth
 Advertising and marketing
Positive group experiences
 Compassionate and mindful presence

Brain Injury Rehabilitation Center, Rapid City, SD 2017-2019
Licensed Professional Counselor
Addressing the social and emotional needs of individuals recovering from traumatic brain injury in a post-acute setting.

Psychometrist
Administer and score various psychological and cognitive tests. Specific focus on learning disabilities in children, cognitive impairment within geriatric population, and neurocognitive functions and abilities after injury.

Scovel Psychological, Rapid City, SD 2016-2018
Psychometrist
Administer and score various psychological and cognitive tests. Specific focus on learning disabilities and neurocognitive issues.

Mystique Edge & Day Spa, Rapid City, SD 2007-2012
Massage Therapist
Worked in a successful day spa with a large team of professionals. This position requires an extensive knowledge of human anatomy and pathology, great interpersonal skills, ability to keep detailed medical notes for specific treatments, and working together as a team.

LECTURES AND CONFERENCES

South Dakota Association of Addiction and Prevention Professionals June 2020
Mitchell, SD
Mindfulness and METTA Meditation

Mental Wellness Conference September 2019
Yankton Area Mental Wellness- Yankton, SD
Mindfulness and Compassion Fatigue

MEMBERSHIP & COMMUNITY INVOLVEMENT

MEMBERSHIP

United State of Women (USOW) 2020-2021

South Dakota State Ambassador

The United State of Women is a national organization dedicated to convening, connecting, and amplifying voices in the fight for full gender equity. Born out of the Obama Administration's White House Council on Women and Girls, USOW holds a unique position within the movement; sitting at an uncommon intersection of politics, community engagement, culture change, and leadership development.

American Association of University Women (AAUW) 2012- 2021

A national organization that strives towards advancing equity for women and girls through the means of advocacy, education, philanthropy and research. Focus on raising funds for local women and girls and non-profits which align with our mission.

State President 2016-2021

Prepare and lead board meetings and regular membership business meetings.

Branch President 2014-2016

Prepare and lead board meetings and regular membership business meetings.

VP of Programs 2013

Assist branch officers in developing and implementing programs and other projects that promote education and equity.

COMMUNITY INVOLVEMENT

Celebrating Women's Work: 100 Years of Suffrage 2020

Committee member. A conference to celebrate 100 years since women have earned the right to vote. This event highlights some of the historical women and events that have fueled the progress of women's rights over the last 100 years. We will also shed light on the progress yet to be made and empower you to take action.

Her Vote. Her Voice. 2019-2020

Education and Marketing committees. A statewide effort commissioned by Governor Kristi Noem to celebrate and commemorate 100 years of women's rights to vote. The campaign consisted of a series of speaking events, conferences, fundraising events, community engagements, public displays, and museum exhibits.

Early Learner RC 2019-present

A community-driven, grassroots effort to bring awareness and support to the importance of how access to a variety of early learning environments impacts our community's future.

Wellspring 2014-15

Volunteered, teaching yoga to youth within a residential setting that works towards addressing substance and behavioral issues

Girls, Inc. 2013

Volunteered during their summer program and taught yoga to over a hundred girls every week

VDAY Rapid City 2010

Produce and co-direct The Vagina Monologues as a part of VDAY 2010. In doing so, raised over \$3000 for WAVI, Inc. Secured a location, oversaw the casting, rehearsal, and performance of twenty performers. Contacted local and state media coverage that included television, radio, print, and internet press.

Everybody Deserves a Massage Week 2010

Organized the industry's national charity on a local level, with the proceeds benefiting WAVI, Inc

REFERENCES

AVAILABLE UPON REQUEST