

HERESA. CARR, B.S. ARCB – CURRICULUM VITAE

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EDUCATION

American Reflexology Certification Board (ARCB) National Certification, Arvada, CO Completed 200 hours of documented case studies, practical and written exam	2004
Connecticut Center for Universal Reflexology , Wolcott, CT – Diploma in Reflexology	2002
Post University , Waterbury CT - B.S. Business Administration	1985
Naugatuck Valley Community College , Waterbury CT - A.S. Marketing	1981

CONTINUING EDUCATION

Facial Reflexology - Sorensensistem™ - with Lone Sorensen in Greensboro NC	2009
Reflexology for the Cancer Patient - Memorial Sloan-Kettering Cancer Center, Integrative Medicine Service in New York, NY	2008
Leadership Training and Organizational Workshop – RAA Conference, Portland ME	2008
American Academy of Reflexology – Bill Flocco Method of Hand, Foot & Ear Reflexology, Wolcott CT	2006
Leadership Northwest – NW CT Chamber of Commerce, Torrington CT Organized first Downtown Mayfest community event as a team project.	2005
Burnham System of Facial Rejuvenation – Training in Basics and Minor Miracles, Plainville CT	2005
The Interface of Reflexology, The 12 Meridians and 5 Elements , - Lilian Tibshraeney-Morten, Wolcott CT	2004
Rwo Shur Method of Reflexology – Father Josef Eugster – Taiwanese reflexology, Stamford CT	2003

EXPERIENCE

Inspired Touch LLC , Torrington CT - Co-owner of home office based business providing massage and reflexology complementary therapy services. Independent contractor to corporations and non-profit businesses.	2002-present
The Center For Cancer Care , Torrington CT – As independent contractor, provide reflexology services to patients during treatments and patient self-pay private visits.	2008-present
The Center For Cancer Care Fund, Inc. , Torrington CT – Complementary Program Coordinator Develop and coordinate complementary, patient support, and educational services for The Center For Cancer Care.	2010-present
The Charlotte Hungerford Hospital , Torrington CT – Integrative Therapies Program, Assisted in development of Integrative Therapies Program, provided Reflexology services to in-patients and staff. Taught and mentored volunteers for TLC, Tender Loving Care hand and foot rubs program.	2003-2008
Torrington Board of Education – substitute teacher for Torrington Middle School	2004-2006
Inertia Dynamics, Inc. , Torrington CT – Customer Service Representative Respond to customer requests for product information, quotes, sales orders, and expedites.	2001-2002
Litton Systems, VEAM Division , Watertown CT – Inside Sales Representative Customer support, formulate quotes, bills of material, sales orders, and account follow-through.	1999-2001
Howmet Corporation Machining , Winsted CT – Plant Sales Representative Primary liaison to portfolio of customer accounts. Coordinate projects from quotation to product delivery.	1996-1998
Southern New England Telephone Company , Hartford CT – Service Consultant, Custom Business Group Implement/coordinate network and equipment telecommunications and customer support.	1984-1996

RELATED EXPERIENCE/ VOLUNTEER WORK

Civitan Club of Torrington , Secretary	2005-2011
Research Committee Chair – Reflexology Association of America – plan meetings, organize group projects, write articles for quarterly RAA magazine, review and edit research articles submitted to committee.	2005-2009
“Research and Reflexology – Getting an Education” – presentation at RAA conference, Tucson AZ	2006
“Reflexology and Complementary Therapies” - presentations at WOW Forum, Torrington CT - 2006, Waterbury Chamber of Commerce- Business Women’s Forum, Southbury CT - 2005	
“Intro To Reflexology” – workshops at NW Connecticut Community College, Holistic Studies Dept.	2003-2004
“Reflexology and Its Role in Integrative Therapy” – presentation to CT State Society of Medical Assistants	2004
Reflexology Association of CT – Founding member and board member. Served as President for 2 ½ years. Volunteered as website committee chair and newsletter editor.	2002-present

MEMBERSHIPS

Reflexology Association of Connecticut, Past President
Reflexology Association of America, Past Research Committee Chair
Northwest CT Chamber of Commerce
Associated Bodywork & Massage Professionals - ABMP – professional liability insurance