

Curriculum Vitae

Dorena Rode

EDUCATION (Overall GPA = 4.0)

1982-1985	Cabrillo College, Aptos, CA	Chemistry	
1985-1988	University of California, Santa Cruz	Chemistry	B.A.
1988-1989	Diablo Valley College, Pleasant Hill, CA	Biology	
1997-1998	Sonoma State University	Integrative Studies, Pharmacognosy	
1998-2004	University of California, Davis	Molecular, Cellular, Integrative Physiology	Ph.D.
2002	Calistoga Massage Therapy School	Massage Therapist	CMT
2004-2007	Santa Rosa Junior College	Business Administration	
2011	Sedona School of Massage	Massage Practitioner	LMT
2014-2015	Rio Salado College	Addiction and Substance Use Disorders	AAS

OTHER TRAINING

1982-1984	Institute for Traditional Medicine, Santa Cruz, CA (120 hours - Subhuti Dharmananda)
1994	Environmental Automation Training, US Army Environmental Center, Maryland
1994-1996	Pacific School of Herbal Medicine, Oakland, CA (240 hours - Adam Seller)
1995	Santa Rosa Tai Chi and Energy Arts, Santa Rosa, CA
1996	Natural Foods Education Program, Level II Training, Sebastopol, CA
2001	Reiki Master Attunement, Santa Rosa, CA
2002	Ten day Vipassana retreat, California Vipassana Center (S.N. Goenka)
2004	Calistoga Massage Therapy School, Santa Rosa, CA (400 hours)
2005	Massage Therapy Institute, Davis, CA (40 hours)
2006	Non-Violent Communication, Santa Rosa, CA
2007	DNA I & II Theta Healing, Santa Rosa, CA
2007	Minister ordination, Universal Life Church
2008-2010	Asian Classics Institute, Teacher Training Course (M. Roach)
2009	Advanced Theta Healing, Fremont, CA
2009-2010	Resident Student (Dharma Treasure, Culadasa)
2010	Reach Institute for School Leadership—Teacher Training Course
2011	Introduction to Community Gardening - Valley Permaculture Alliance, Phoenix, AZ
2011	Self I-Dentity through Ho'oponopono Basic I Class, Milpitas, CA
2011	Competent Communicator, Toastmasters International, Phoenix, AZ
2012	The Essence of Christian Mysticism (retreat), Bernadette Roberts
2013	Fruit Trees, The Summer Edition—Valley Permaculture Alliance, Phoenix, AZ
2013	Foundations of Science of the Mind, Peoria, AZ
2013	Basic Practitioner Instructor—ThetaHealing Institute of Knowledge, Idaho Falls, Idaho
2013	Manifesting and Abundance ThetaHealing Course, Scottsdale, AZ
2013	Intuitive Anatomy ThetaHealing Course, Phoenix, AZ
2014	Touch for Health, Phoenix, AZ (Level 1 and 2)
2015	Garab Dorje Dzogchen Empowerment (Chogyal Namkhai Norbu)
2015	Mandarava Chulden Practice (Chogyal Namkhai Norbu)
2015	Dance of the Three Vajras (Leela Whitcomb-Hewitt)
2015	Access Consciousness THE BARS (Three courses: Sara Licht, Diane Harshman, Kacie Crisp)
2015	Access Consciousness Foundation and Level One (Kacie Crisp)
2015	Access Consciousness Level 2&3 (Gary Douglas)
2016	Access Consciousness Foundation (Gary Douglas & Dain Heer)
2016	Access Consciousness COP (Dain Heer)
2016	Access Consciousness ROAR & 3-Day Body Class (Lisa Cooney)
2016	Access Consciousness BARS (Gary Douglas & Dain Heer)
2016	Dance of the Vajra that Benefits Beings (Carisa O'Kelley)
2017	Access Consciousness 7 Day Event (Africa, Gary Douglas)
2017	Dance of the Song of the Vajra (Bodhi)
2017	Dzogchen Retreat (Tsoknyi Rinpoche)
2017-2018	Quantum Leap Program (Steve Harrison)
2018	Trust Technique Video Course (James French)
2019	Trust Technique Practitioner (James French)
2019	Taoist Inner Alchemy (Lee Holden)
2019-2020	Tier 1 Holden Qi Gong Teacher Training (Lee Holden)
2020-2023	Tier 2 Holden Qi Gong Teacher Training (Lee Holden)

PROFESSIONAL ORGANIZATIONS

Memberships

1996-2011 California Native Plant Society
1998-2003 American Herbalist Guild & American Botanical Society
2000-present United Plant Savers
2009-2012 Toastmasters International

PUBLIC SERVICE

2004-2005 Graffiti removal, Volunteer Graffiti Abatement Program, Santa Rosa
2006-2007 Board member, Liberty Meadows Homeowners Association
2007-2009 Saint Vincent High School Community Garden Project Volunteer
2011-2013 Public Information/Professional Outreach Committee chair for 12 Step Fellowship

HONORS AND AWARDS

1984-1986 Sam and Audrey Nigh Scholarship
1985-1986 Soroptimist International of Santa Cruz Scholarship
1985-1986 Beth Blanchette Memorial Scholarship
1985-1986 Burt-Lowe Memorial Scholarship
1985-1987 University of California Regents Scholarship
1988 Election to Santa Cruz Chapter of Phi Beta Kappa
1988 College Honors (UCSC College Eight)
1988 Highest Honors in Chemistry
1997-1998 Presidential Scholar Award, Sonoma State University (SSU)
1997-1998 Ernest L. and Ruth W. Finely Foundation Scholarship, SSU
1998-2000 Eugene Cota-Robles Fellowship, UC Davis
2000-2001 Physiology Graduate Group Block Grant, UC Davis
2000-2001 Graduate Research Award - Graduate Studies, UC Davis
2000-2001 Jastro Shields Award - College of Agriculture & Env. Science, Davis (\$3,000)
2001 Election to Delta Chapter of Phi Sigma Society
2001-2002 Floyd and Mary Schwall Dissertation Year Research Award (\$5,000)
2001-2005 NIH - NCCAM Predoctoral Fellowship (\$71,000)
2009 First Place, Toastmasters Evaluation Speech Contest, District 57, Area D3
2012 First Place, Toastmasters International Speech Contest, District 3, Area Y4

INVITED PRESENTATIONS & SEMINARS

1996 Sonoma State University, Rohnert Park, CA Topic: Immunology
1996 Northern California Women's Herbal Symposium, Laytonville, CA
Topic: Beginning Medicine Making
1997 Dry Creek Herb Farm, Auburn, CA Topic: Percolation Method of Making Tinctures
1998 Sonoma County Herb Association Fair, Santa Rosa, CA
Topic: Ethical Wildcrafting
1998 Northern California Women's Herbal Symposium, Laytonville, CA
Topics: Pharmacognosy and Medical Chemistry & The Scientific Validation of Herbs!?
1998 Hoes Down Harvest Festival, Rumsey, CA
Topic: Making Medicinal Herb Tinctures
1999 Northern California Women's Herbal Symposium, Laytonville, CA
Topics: Physiology of the Immune System.
Pharmacognosy and Medical Chemistry.
Physiology of the Female Reproductive Hormones.
The Scientific Validation of Herbs!
2001 Living Awareness Institute, Vacaville, CA Topic: Herbs and Liver Physiology
2002 Experimental College Health Fair, Davis, CA. Topic: Scientific Validation of Herbs?!
2003 Meeting of the Sonoma County Herb Association, Santa Rosa, CA.
Topic: Herbs, Healing and the Heart.
2003 Integrative Medicine Grand Rounds – Sutter Hospital, Santa Rosa, CA.
Topic: CAM Research Report.
2008 Drug Abuse Alternatives Center – Santa Rosa, CA
Topic: Healthy Weight and Nutrition
2014 Harmony Center for the Joyful Spirit – Oakland, CA

PUBLICATIONS

1. Rode, D. 2001. *Bias in Cancer Product Use Patterns Article?* HerbalGram, 52, 74 (letter)
2. Rode, D. 2002. *Comfrey Toxicity Revisited*, Trends in Pharmaceutical Sciences, 23:11, 497-499.
3. Rode, D. 2004. **comfreycentral.com** (Informational Site on Comfrey).
4. Eliaz, I., A. Hotchkiss, M. Fishman, D. Rode 2006. *The effect of modified citrus pectin on the urinary excretion of toxic elements*, Phytotherapy Research, Jul 11.
5. Rode, D. 2006. *Mercury amalgam fillings safe for children? An evaluation of recent research results*, Alternative Therapies in Health and Medicine, 12:4, 16-17.
6. Rode, D. and A.M. Oberbauer 2008. *A Prolactin Bioassay for assessing activity of Vitex agnus-castus*, The Journal of Alternative and Complementary Medicine, 14:9, 1173.
7. Rode, D. 2012. **The Twelve Steps as a Path to Enlightenment—How the Buddha works the Steps**, ISBN 1477601430, 158 pages.
8. Rode, D. 2013 **The Answers are Within—Collection of Personal Stories**, Volume 1: The Early Writings, ISBN 149230980X, 103 pages.
9. Rode, D. 2015. **Deconditioning Ground**, The Answers are Within—A Collection of Personal Stories, Volume 2, ISBN 1941894054, 108 pages.
10. Rode, D. 2015. **Natural Approaches to Women’s Health**, ISBN 1941894070, 108 pages.
11. Rode, D. 2017 **Developing Awareness**, The Answers are Within—A Collection of Personal Stories, Volume 1, ISBN 1941894100, 128 pages.

ABSTRACTS

1. Guess B., M. Scholz, S. Strum, R. Lam, H. Johnson, R. Jennrich, & D. Rode 2003. *MCP Increases the PSA Doubling Time in Men with Prostate Cancer*. Proceedings: Science of the Whole Person Healing Conference, Washington, D.C. (presentation).
2. Eliaz, I. and D. Rode 2003. *The effect of modified citrus pectin on the urinary excretion of toxic elements*, Proceedings: Fifth Annual Conference of Environmental Health Scientists: Nutritional Toxicology and Metabolomics, University of California, Davis (poster).
3. Rode, D. and A.M.Oberbauer 2008. *A Prolactin Bioassay for assessing activity of Vitex agnus-castus extracts*, Fifth Annual Natural Supplements: An evidence based update, Scripps Center for Integrative Medicine, San Diego, CA (poster). *Won second place in basic research division.
4. Carl, J., L. Groesz, D. Rode, L. Skarpnes, E. Epel 2009. **Do perceptions of stress and social status drive hunger and overeating?**, American Psychosomatic Society Annual Meeting, Chicago, IL.

TEACHING AIDS and OTHER CREATIVE ACTIVITIES

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| 2000 | Performed initial development of an interactive web-based laboratory information management system for the Henderson-Harkey Laboratory using Cold Fusion. |
| 2005-2007 | Design and creation of course web sites for physiology, anatomy and cardiopulmonary courses. http://www.dorenarode.com/teaching.htm |
| 2006-2007 | Design and creation of on-line quizzes for anatomy students. http://online.santarosa.edu/presentation/schedule/?2910 |
| 2007 | Design of short courses and preparation of course notes.
Making Run and Control Charts using Excel and
Creating Power Point Presentations
Making Flow Charts Using Visio |
| 2007 | Design and creation of on-line “open lab” with photos of models for anatomy students. http://www.dorenarode.com/anatomy/openlab.htm |
| 2010 | Course web pages for geometry course: http://www.dorenarode.com/base/base.htm |
| 2011 | Online Courses for Asian Classics Institute: http://www.theheartanswers.org/aci.htm |

TEACHING

Fall 1987	Petrolia High School, Petrolia, CA Course: General Chemistry	Resident Faculty
1989-1993	Private Classes as Childbirth Educator	
1996-2003	California School of Herbal Studies, Forestville, CA Courses: Physiology, Herbal Medicine Making, Herb Walks	Staff Instructor
1996	Private practice of Lois Johnson, M.D., Santa Rosa, CA Course: Herbal Medicine Making	Instructor
1999-2002	University of California, Davis Courses: Cellular Physiology and Neurobiology, Animal Biochemistry and Nutrition, Human Heredity	Teaching Assistant
2002	Sutter Center for Integrative Medicine, Davis Course: Herbal Medicine for Health Care Professionals	Instructor
2002	Sacramento State University Course: Systemic Physiology Laboratory	Part-Time Faculty
2005-2007	Santa Rosa Junior College, Life Sciences Department Courses: Human Anatomy, Human Physiology	Adjunct Faculty
2007	Sonoma College, Petaluma, CA Course: Cardiopulmonary Pathology and Intervention	Instructor
2007	Redwood Community Health Coalition, Santa Rosa, CA Courses: Making Run Charts using Excel Making Run and Control Charts using SPC for Excel Creating Power Point Presentations	Instructor
2008	Calistoga Massage School, Santa Rosa, CA	Substitute Massage Instructor
2009	Harmony Center for the Joyful Spirit Health Circle: Exploring and Sharing Self-Help Methods for Optimal Health	Group Leader
2010-2011	Alternatives In Action - Bay Area School of Enterprise Courses: Leadership and Geometry	Coach/Instructor
2011-2014	Asian Classics Institute Courses: ACI Teacher Training Courses - Sutra Series	Teacher
2013-2014	Transitional Living Communities (TLC) Mesa, AZ Mindful Gardening, Mindfulness Relapse Prevention	Health Educator
2013-2015	TLC & Private home, Phoenix AZ Dragon and Tiger Chi Gung & Wu Style Tai Chi	Chi Gung Instructor
2014	Transitional Living Communities (TLC) Mesa, AZ Trauma Healing Groups (gender specific)	Health Educator
2014	The Enlightenment and Simple Living Institute Business Class for Health and Healing Businesses	Instructor
2014	The Enlightenment and Simple Living Institute Enlightenment Study Group/Talking Circle	Facilitator

PROFESSIONAL EXPERIENCE

- 1989-1995 Superior Precision Analytical, Inc. (environmental laboratory), San Francisco, CA
Quality Assurance Officer, Data Manager & Analytical Chemist
Duties and Activities
- Managed projects involving regulatory compliance
 - Directed and oversaw the work of 20 chemists in three locations
 - Obtained and/or maintained accreditation in seven states and the US Army Corp of Engineers
- 2002-2006 EcoNugenics, Inc. (supplement company), Santa Rosa, CA
Director of Research and Development
Duties and Activities
- Designed and oversaw the clinical research evaluating the effectiveness of nutraceutical products
 - Authored manuscripts and professional presentations for publication in peer reviewed journals
 - Provided sales and customer technical support
 - Wrote content for educational web site including health, nutrition and disease topics
 - Ensured internal and subcontractor compliance with FDA and regulatory agencies
 - Developed and managed R&D budget
 - Reported directly to the president and was involved in strategic planning and implementation
 - Supervised research assistant and production manager
- 1996-present Project Management and Consulting Services
Clients and Activities
- Health education and coaching services. (Kronos Optimal Health, Sutter Center for Integrative Medicine, Alta Mira Treatment Programs, Transitional Living Communities)
 - Trauma Healing Group
 - Design and implementation of in-house software training programs. (Redwood Community Health Coalition [RCHC])
 - Analysis of hospital and public health data sets and preparation of aggregate reports. (RCHC)
 - Quality control, writing and review of hospital discharge sheets. (Exit-Writer Software)
 - Owned and operated an independent herbal apothecary. Advised and educated physicians, other health care providers and their clients. (1996-2000)
 - Massage services and health coaching to private clients. (2002-present)
- 2010-2011 Alternatives in Action - Bay Area School of Enterprise—High School Geometry Teacher
Duties and Activities
- Taught two sections of Geometry to at risk youth.
 - Developed curriculum for students with skills below grade level.

ACADEMIC RESEARCH EXPERIENCE

Undergraduate

- Quantitative Analysis of Cynaogenic Glycosides

Graduate

- The quantitative determination of kavalactones in Kava Kava
- Mechanistic studies of *Cimicifuga racemosa*
- Analysis of serotonin receptor in enteric neurons of rat ileum
- Chelation Properties of Pectin
- Activity of Vitex

Post-Doctoral Research

- UCSF - Center for Obesity Assessment, Study and Treatment (COAST) (Fall 2008)
- Institute for Noetic Sciences (IONS) (Fall 2008)
- Kaiser Permanente Santa Rosa - Clinical Research Center of the North Bay, (April - Aug 2004)

OTHER RESEARCH EXPERIENCE

- Environmental Laboratory Research and Development 1988-1995
- Herbal Medicine Research and Development 1996-2000
- Public Health Research 2007

OTHER SKILLS & INTERESTS

Small Animal Husbandry

- Many years experience raising and breeding rabbits, goats and chickens for food production.
- Owned and cared for the following pets: fish, snakes, turtles, gerbils, guinea pigs, rabbits, dogs, and cats.

Large Animal Husbandry

- Experience owning and caring for horses, mules and donkey.
- Experience in equine training using Trust Technique, positive reinforcement, and some "natural horsemanship".

Gardening

- Avid gardener since childhood with over 30 years organic gardening.
- Four years participation in the Experimental College Community Garden Project (1998-2002)
- Gardening as well as leading herb walks and teaching about the medicinal properties of herbs.
- Two years volunteer participation involved in the creation of the Saint Vincent High School Garden (2007-2009).
- Direct experience with all forms of composting, organic gardening and farming (close ties to organic farmers in central valley), seasonal crops, perennial crops, vegetable gardening, herb gardening, pruning, growing worms, aquaculture, landscape planting, drip irrigation, dry-farming, drought resistant plants, botany, greenhouse construction, plant identification, permaculture, as well as harvesting and processing the harvest.

Property Management

- Twenty years property management experience. Personally performing all tenant relations, contracts, maintenance of units, landscaping and grounds-keeping, book-keeping and tax preparation (1982-1998, 2016-present).

Construction and Property Maintenance

- Ability to install and maintain irrigation systems.
- Experience installing fences, retaining walls, and French drains.
- Ability to troubleshoot and perform most plumbing and electrical repairs.
- Experience framing rooms, installing flooring, re-roofing houses, installing radiant flooring, earthbuilding, tiling of showers and backsplashes, and other light construction activities.

Creative Activities

- Sewing, needlework and quilting.
- Painting, pen and pencil art and sacred geometry.