

Whitney T. Willman

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SUMMARY

Results-oriented instructor/trainer with extensive experience in planning, developing, implementing, and/or coordinating, both individual and group activities, for both ambulatory/non-ambulatory veteran populations. Effective communicator with excellent analytical, organizational, and interpersonal skills, with a discerning understanding of human motivation and behavior as well as the ability to motivate passive, anxious and/or depressed patients. Flexible team member and congenial individual, experienced working with multidisciplinary treatment teams. Resourceful problem solver, able to assess needs, determine causes, choose a course of action, and work with a team to accomplish common goals.

RELEVANT EXPERIENCE

WHITNEY WILLMAN YOGA INSTRUCTION, Newburyport, Massachusetts

Independent Contractor/Yoga Instructor/Wellness Trainer/Program Developer, 2005 - present

Have provided yoga instruction, wellness training, and program development at a veteran administration center, as well as privately-owned organizations, for at-risk populations for nearly a decade. Provide yoga instruction for students of all levels in a broad array of yoga styles. Conduct differing levels of instruction to meet students where they are most comfortable; and often instruct simultaneously different need levels. Use a variety of modalities of trauma sensitive yoga for people with Post Traumatic Stress, Anxiety Disorders, and physical injuries and disabilities, with special focus on combat veterans and First Responders.

- **Bedford Veterans' Administration**, Bedford, MA: **Instructor** (2013 - present) for the first yoga program. The program was initially for domiciliary veterans in the drug and alcohol treatment program, and later made available to any veteran. The program experienced tremendous growth in participation and received positive feedback from staff who reported marked improvement in mood and demeanor of participants.
- **University of Alabama**, Birmingham: Served as one of two **Researchers** for **Brave Initiative** (2014 – 2015) working under the direction of Drs. Edward Taub and Gitendre Uswatte in conjunction with UAB and DOD. Worked in the initial recruiting phase with the mission of “Bringing rehabilitation to American veterans in an enriched environment -- improving the quality of life of veterans diagnosed with Traumatic Brain Injury.” Searched for veterans who matched TBI protocol, using cold calling process and direct mail methods to contact VA polytrauma hospitals, Veteran Service Offices, and National Guard units nationwide.
- **The On-site Academy**, RESTORE weekend retreats, city/town, MA: **Staff Instructor** (2014 – present) for once-a-month retreat in Critical Incident Stress Management for First Responder and veterans, as well as a weekly class. Developed and tailored five-point toolkit for building and maintaining resiliency. The Academy is dedicated to maintaining the health, safety, and wellbeing of rescue personnel and their families, and to help them in restoring to service in their chosen field.
- **The Warrior Connection**, Dummerston, VT: **Instructor** (2013 - present) Provide intensive mind/body wellness instruction in a five and half day retreat for veterans of OEF (Iraq), OIF (Afghanistan), and Vietnam. Teach yoga and meditation to combat veterans, many of whom have no familiarity with yoga or meditation building. Develop an individual resiliency toolkit to empower healing.
- **Veterans Northeast Outreach Center**, Haverhill, MA: **Instructor** (2011 – present) teaching ongoing weekly yoga classes for veterans of the on-campus population, as well as from the wider community. In addition, run a weekly clinic with yoga class, offering Reiki, reflexology, chiropractic and yoga.
- **Boston Medical Center**, Boston, MA: Serve as **Yoga Instructor/Researcher** (May 2015 – present). Work with Dr. Rob Saper for the Back to Health Study, which compared yoga and education for veterans with chronic lower back pain. Played key role in refining the protocol and educating the Principal Investigator regarding the special needs and concerns of a military population and their complicated physical/ psychological medical histories. Taught the protocol and modified the poses for each individual. Was recommended for this position due to my expertise, knowledge and years teaching veteran populations.
- **There And Back Again Program**, Charlestown, MA: **Program Coordinator, New England**, (2012 – 2014) for various efforts to aid and empower the healing and wellness of veterans who have been in combat. Provided a variety of modalities to aid their reintegration back into civilian life, as well as provide resiliency training for active duty military. Recruited and coordinated wellness practitioners working on a volunteer basis. Participated in Yellow Ribbon events to introduce our offerings to newly returning units, their families and communities, as well as to those units soon to be deployed. Sourced requested information.

**RELEVANT
2015)****EXPERIENCE
(Continued)**

- **The Fraternal Order of Fire Fighters and Military Veterans**, Newburyport, MA: **Writer** (August 2015) developed a proposal for a small, one day per week “Wellness Clinic”. Created the framework, located wellness practitioners, sourced materials/equipment, and created a budget for startup and ongoing costs.
- **Badger Wilderness Guides**, Carver MA: **Director of Wellness Programming**, (October 2014 – present) for veterans and non-veterans including women, family, corporate, youth and outdoor experiential programs.
- **Mass. School of Psychology (William James College)**, Newton, MA: Served as **Presenter/Faculty** (April 2015). Delivered a PowerPoint presentation called “Coming Home to the Body: Emerging Practices and Complementary Approaches” to help veterans and their families recover from the losses of war. Program described the use of breathing, visualization, and yoga in a clinical setting. Also showed parts of the brain affected by PTS and Trauma, and how the practice of yoga rewires the brain.
- **Amesbury Senior Center**, Amesbury, MA: **Instructor** (presently) for chair yoga for a well-attended weekly class open to any local senior. Manage the logistics of welcoming prior and new participants.
- **Jeanne Geiger Crisis Center**, Newburyport, MA: **Instructor** providing two programs (ten weeks once per week) of trauma sensitive yoga in a closed, controlled environment for survivors of domestic violence. Program was evaluated to track improvement of PTSD symptoms; successful first program led to second.
- **Zev Yoga Studios**, Exeter, Dover, and Portsmouth, NH: **Instructor** for three very active Yoga studios.

OTHER**EXPERIENCE**

WILLMAN & COMPANY, Newburyport, Massachusetts

Manager/Acting President, 2007 – 2008

Oversaw all aspects of a family-owned tax preparation and money management company during the absence of the president due to extended illness. Managed all operations, including staff supervision, client relations, bookkeeping/accounting, and other associated business functions.

YOGA WEST STUDIO, Katy, Texas

AHBYASA YOGA STUDIO, Houston, Texas

Yoga Instructor, 2006 – 2007

Designed and taught multiple yoga classes at two busy studios for students of various skill levels. Instructed classes of up to thirty students in a wide range of kinds of restorative and relaxing yoga, including challenging flow yoga, mother/daughter/kid yoga, as well as Yin, Anusara, and Acro-inspired yoga.

SELF EMPLOYED INSTRUCTOR OF DRAWING AND PAINTING, Houston, Texas

Private Art Instructor, 2006 – 2007

Taught weekly classes of between ten to twenty women covering all aspects of drawing and painting, including emphasis on line, contour and perspective. Guided students into landscape and still life drawings and then instructed in translating the drawings to paintings.

NEW HORIZON HOLDINGS CORPORATION, INC., Clifton Park, New York

Owner/Business Manager, 2002 – 2005

Oversaw all aspects of operations of a busy mortgage title company, including finance, business development, and service delivery during a hectic and complex period for real estate transactions.

WOODSTOCK GLASSWORKS, Woodstock, New York

General Manager, 2000 – 2002

Oversaw production, maintenance, and construction of shop equipment. Taught glassblowing workshops to adults and teens. Supervised the preparation of exhibitions and shows, and participated in trade shows.

HAVERHILL PUBLIC SCHOOLS, Haverhill, Massachusetts

Art and Art History Teacher, 1996 – 1998

Taught all aspects of art and art history, black/white photography, use of digital cameras, and alternative processes. Taught ceramics and sculpture. Maintained the photo lab, kiln room, prepared and mixed glazes, and fired the ceramics. Originally hired as **Substitute Teacher**.

EDUCATION NEW YORK STATE COLLEGE OF CERAMICS AT ALFRED UNIVERSITY, Alfred, New York
Bachelor of Fine Arts degree, 1990
Major: Sculpture, Concentration in Glass, Ceramics and Metals

ENDICOTT COLLEGE, Beverly, Massachusetts
Associate of Fine Arts degree, 1986

LICENSURE COMMONWEALTH OF MASSACHUSETTS: Teachers License: (#397811) 2005

CERTIFICATION

WARRIORS AT EASE:

Certified: The Fundamentals of Teaching Yoga and Meditation in a Military Setting, 2012

TRAUMA CENTER AT JUSTICE RESOURCE INSTITUTE, Brookline, MA
(Internationally recognized non-profit organization that has been involved in training, treatment outcome research, and service delivery with trauma impacted populations for over 30 years.)
Certified Trauma-Sensitive Yoga Instructor, June 2011

YOGA TEACHER TRAINING

Certified Hatha Yoga Instructor, Registered Yoga Teacher (RYT) (500 hours), 2005 - present

**YOGA
STUDIES**

LOTUS GROOVE YOGA, Portsmouth, NH
Teacher Mentorship Program: "Where Professional Development Meets Personal Evolution,"
with Julia Tirabassi, 2006 - present

ANUSARA INTERMEDIATE/ADVANCED WEEKEND, Woodlands, TX
with John Friend, March 2007

FLYING AND FLOATING/ALL ABOARD THE ASHTANGA TRAIN, Katy, TX
with David Swenson, February 2007

FOUNDATION FOR ACTIVE BEGINNERS (Forrest Yoga), Houston, TX
with Anne Hyde, January 2007

BOUSTANY METHOD/ACTIVE INTERMEDIATE, Houston, TX
with Robert Boustany, January 2007

**TRAINING &
PROFESSIONAL
DEVELOPMENT** UNIVERSITY OF ALABAMA (CITI programs) January 2014
Tests taken as requirement of working with human subjects.
Institutional Review Board Research: (ID #: 3911415)