

Work Experience

New Hope Counseling & Wellness Center, LLC *Owner and Founder of Group Practice.* **Columbia, SC**
Therapist: Trauma and Eating Disorder

Dec 2017-present

The founder and owner of a successful group practice that specializes in the treatment of eating disorders, disordered eating, body image disturbances, trauma, PTSD, and related disturbances. The practice provides forensic and mental health assessments and evaluations and works. The practice received an award for best practice in Columbia the second year in operation. Responsible for establishing standard operating procedures, business, and legal structures, hiring processes, and protocols. Our goal is to enable our patients and family members to achieve a balanced, healthy, and meaningful life.

Walbridge Southeast (2015-2016) *Process Analyst, Auditor* **Columbia, SC**
Quality Control Analyst

Designed and implemented systems to ensure quality control of new project leads. Routine analysis and audits of system to ensure procedures were followed, projects completed, and safety measures in place. Gained experience in systems between the closure of the Hearth Center and returning to school

The Hearth Center for Eating Disorders *Specialized dietitian for residential, partial hospitalization programming* **Columbia, SC**

Dec 2014-Sep 2015

Provided specialized nutrition counseling for all levels of care using evidenced-based treatment modalities. Worked with all patients under the age of sixteen. Made the determination of best fit for the client and personnel when staffing. Developed educational presentations for staff, medical providers, referral partners at local, state, and national conferences. Implemented trainings to ensure quality standards were met. Conducted routine audits to ensure operating procedures were following the standards we set. Developed programs and instructional materials for patients and families, including meal support, nutrition groups utilizing CBT, DBT, and ACT. Worked collaboratively with a multi-disciplinary team. Trained therapeutic counselors and coached new hires on implementing appropriate protocols. Attended weekly trauma lectures with Dr. Timothy Brewerton. Left due to closure of facility.

Private Practice *Business owner, dietitian, and preceptor* **Augusta, GA**

Jan 2008-Dec 2014

Created and ran a successful private practice. Established the legal structure of the business, the tax structure, business plan, budgeting, articles of incorporation, and marketing. Served as a preceptor for the University Hospital of Augusta, Dietetic Internship Dietetic Internship. Developed educational materials and presented lectures each year to the interns of the program for the pediatric, eating disorder, and nutrition support rotations. Collaborated with the Eating Disorder Program at the Medical College of Georgia. Collaborative work with multi-disciplinary network of referring professionals to provide medical nutrition therapy and nutrition counseling of mutual patients.

Children's Medical Center, AU Health *Training Consultant and Program Development.* **Augusta, GA**

Jan 2012-May 2013

Hired as a consultant to ensure the safe implementation of the ketogenic diet program for epilepsy *within the children's medical center*. Created the protocols, policies, and procedures for the therapeutic diet

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program and coordinated training for all employees, medical students, residents, nurses, and attending faculty. Created an algorithm for physicians to use when patients arrive to move patients more efficiently through the program. Assisted with National Research and supported National Foundation initiatives. Presented program developments at the 2013 Annual Conference on Nutritional Therapies for Epilepsy-Ketogenic Diet Symposium maintaining the therapeutic ketogenic diet for the treatment of epilepsy. Lectured at grand rounds on therapeutic treatments for individuals with neurological conditions.

Dietitian Central *Continuing Education Provider, Consultant*
Jan 2013-June 2014

Created and presented continuing education to dietitians and health professionals via webinars. Served as expert panelist for questions related to nutrition and medical issues, particularly pediatric development, pediatric nutrition, eating disorders, intuitive eating, counseling, women's health, and nutrition support.

McDuffie County *Director of School Nutrition* **Thomson, Ga**
Board of Education
Nov 2007-Nov 2009

Developed protocols and procedures for the audits that were held within the first six months of my hire- and passed these Federal and State Audits to ensure funding for the National School Lunch and Breakfast Programs. Managed the budget for seven schools within the district. Hired new employees and implemented a customer service driven philosophy focused on value and satisfaction. Developed and implemented a nutrition education program where cafeterias could be used as classrooms.

Children's Medical Center *Pediatric Nutrition Support Dietitian* **Augusta, Ga**
Medical College of Georgia *Certified Nutrition Support Dietitian*
June 2005 – Nov 2007

Performed nutrition assessment on all patients in the pediatric intensive care unit, pediatric surgical unit, pediatric psychiatry unit, and pediatric oncology unit. Attended morning rounds with medical staff on pediatric intensive care unit and wrote orders for pediatric patients on enteral and parenteral nutrition. Developed and trained medical students and residents on ordering TPN with electronic forms to minimize errors. Provided monthly lectures on the safe use of enteral and parenteral nutrition in the pediatric intensive care unit and the appropriate use of formula in hospitalized patients. Served on the nutrition sub-committee for the appropriate use of nutrition support and assisted in the development of the manual for the safe use of powdered formula in enteral formulas. Served on the committee to implement electronic charting and developed the key words for pediatric patients. Served on the committee to prepare staff for Joint Commission arrival and conducted mock interviews. Served on the palliative care committee. Provided nutrition support recommendations for patients referred to palliative care and/or hospice.

Professional Activities
Selected Presentations

- Content Writer, Reviewer, and Exam Question Writer for PMH-C Certification Exam (content related to trauma- I signed a NDA; therefore, I cannot provide more detail)
- Content Writer, Reviewer, and CEU question writer for new Trauma informed eating disorder certification (Inclusive Eating Disorder Specialist) NDA signed as well.
- Speaker, Empowered Tour. Application and Skill Interventions, Somatic Interventions and Creating Safety after Trauma, May 2024
- Interview, Fox News Navigating the Holidays with an Eating Disorder, November 2023
- Speaker, The Impact of Trauma on Ambivalence and Behavior Change, Empowerment Conference, November 2023

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- Speaker, Healing from Abandonment Betrayal Masterclass Featured Speaker, May 2023
- What is Narcissism? Podcast, January 2023
- Speaker, Trauma Informed Care and Somatic Experiencing, Today's Dietitian, April 2022
- Fox Columbia, Eating Disorders during the Pandemic, August 2022
- Speaker, Trauma Informed Care, Polyvagal Theory and Somatic Therapies, EDRDPro June 2021
- Co Presenter with Whitney Trotter, Ethical Practice in Dietetics, The state of our profession and future directions, July 2021
- Reviewer for International Association of Eating Disorder Professionals, (IAEDP) symposium presentations, 2020 and 2021
- "Body Positivity and Social Media" Hammond Middle School, 2020
- Speaker, "Trauma Informed Care for Eating Disorders" IAEDP-Atlanta, March 2020
- Speaker, "Exposure and Response Prevention, Strategies using Trauma Informed Care and Somatic Techniques, from meal exposure to body image sessions" Southeastern Eating Disorder Conference, August 2019
- Speaker, Self-care for trauma professional's plenary, SC National Association Social Workers, 2019
- Speaker, "Exposure and Response Prevention in the Treatment of Eating Disorders." Guzru Source Continuing Education, 2019
- Speaker, "Why women stay" Domestic Violence Week, Greek Village, 2019
- Podcast with Victoria Yates "Infertility and Women's Health"
- Podcast with McKenna Hydrick March 13th Just Keep Going "Eating during a Pandemic"
- "Eating Disorder Recovery" Interview for Daily Gamecock, 2019
- WISTV Interview Dawndy Price, Eating Disorders Advocacy Day State House, 2019
- Carolina Paper Interview National Eating Disorder Association Annual Walk, 2019
- Speaker, "Serving Convicted Felons: Effective Principles for Prison Re-entry" Presentation with Dan Freedman, PhD., SC-National Association of Social Workers, 2018
- FOX57 Interview "Teenage Dieting & Weight Watchers, Wake up Weight Watchers" 2018
- "Feel your Feelings", Women's Empowerment Tour, Augusta, Ga. 2018
- "Faith Based Treatment of Eating Disorders", National Association of Christian Social Workers, Oct 2018
- "Body Image and Eating Disorders", Richland Two County School District, March 2018
- "Intrapersonal Violence and Health Relationships", University of South Carolina December 2017
- Speaker for multiple NEDA walks, 2017
- Speakers Bureau Speaker for Sexual Trauma Services of the Midlands
- National Eating Disorder Association Walk 2017 "It can happen to Anybody."
- "Healthy Body, Healthy Mind and Healthy Body Image" Columbia College Youth Leadership Education Program, South Carolina, August 2015
- "Nutrition Care in Eating Disorders" continuing education seminar to the Georgia Psychology Association, June 2015
- "Family Based Treatment in Eating Disorders" presentation to the Licensed Professional Counselors of Georgia, May 2015
- "Nutritional Care in Eating Disorders" Lunch and Learn presentation to South Carolina dietitian providers at The Hearth Center, April 2015
- "Nutrition Therapies for Eating Disorders" Lecture Augusta Dietetic Internship Program, November 2014
- "Intuitive Eating, A Program That Works" Dietitian Central Webinar, February 2014

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- “Nutritional Therapies for Epilepsy” Dietitian Central Webinar, January 2014
- “Medical Complications of Eating Disorders” Lecture to Augusta Area Dietetic Internship Program, November 2013
- “Nutrition Therapies for Eating Disorders” Lecture Augusta Dietetic Internship Program, October 2013
- “Enteral and Parenteral Nutrition in Critically Ill Children” Dietitian Central Webinar, October 2013
- “Pediatric Nutrition, Basic and Practical Guidelines” Dietitian Central Webinar, October 2013
- “Exercise Physiology and Nutrition Management” Dietitian Central Webinar, September 2013
- “Private Practice: Starting and Running a Successful RD Practice” Dietitian Central Webinar, August 2013
- “Food Allergies, More Than What Not to Eat” Dietitian Central Webinar, July 2013
- “Eating Disorders Midlife, Why Now?” Dietitian Central Webinar, July 2013
- “Medical Complications of Eating Disorders” Lecture to Augusta Area Dietetic Internship Program, November 2012
- “Pediatric Nutrition” Lecture to Residents and Fellows at Medical College of Georgia, October 2011
- “Nutrition Support” Lecture to Medical College of Georgia Medical students, November 2010
- “Transitioning from Enteral to Oral Feeding” Presentation at The First Ketogenic Dietitians’ Forum: Current Nutritional Therapies & Practical Applications, Boston, Annual Meeting of Neurologists, 2007
- “Pre-term and Infant Formulas. The appropriate use of feeding.” Clinical Nutrition Week (The annual conference of American Society for Parenteral and Enteral Nutrition), ASPEN, 2006
- “The Association between Glycemic Load and Metabolic syndrome in a Nationally Representative Sample, NHANES III” Abstract presentation: Experimental Biology Conference, 2006

Certifications, Licensures, Trainings, Associations

- Somatic EMDR Certificate
- Certified Forensic Psychometrist
- Certified Forensic Mental Health Evaluator, Diplomate Status
- Certified Child Custody Evaluator
- Certified Perinatal Mental Health Clinician
- Danger Assessment, John Hopkins
- Inclusive Eating Disorder Specialist (IEDS)
- Somatic Experiencing Practitioner
- Licensed Independent Social Worker, Clinical Practice (LISW-CP), SC
- Licensed Clinical Social Worker, GA
- Licensed Dietitian: SC, GA, NC, FL, LA, MD
- Registered Dietitian, CDR 931928
- International Association of Eating Disorder Professionals (IAEDP) Certified Eating Disorder Specialist (CEDS-C) and Approved Consultant IAEDP
- Certificate Advanced Forensic Social Work, National Association Forensic Social Workers
- Certificate Forensic Social Work, National Association Forensic Social Workers
- Certified Family Based Therapy for Anorexia Nervosa, Treatment for Children and Adolescents, Stanford Medicine
- Advanced Parent Coordination
- Social Investigation and GAL

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- Certified Clinical Anxiety Treatment Professional, CCATP International Association of Trauma
- Certified Clinical Trauma Professional II (CCTPII) International Association Trauma Professionals and Complex Trauma Professional
- Certificate Cognitive Behavioral Therapy
- Certificate Enhanced Cognitive Behavioral Therapy, Oxford
- Certification Dialectical Behavioral Therapy (eight-week intensive course) DBT Therapist, Evergreen
- Holy Yoga Trauma Sensitive Yoga, 60 hours
- 200HR Yoga Certification, International Association of Yoga Therapists
- Certificate Drug and Addictions, University of South Carolina
- Military Matters Certificate, University of South Carolina
- Certificate Completion for IDISCUS Training-SBIRT (Screening, Brief Intervention, and Referral to Treatment)
- Certified Intuitive Eating Counselor, Intuitive Eating Institute

Professional Affiliations

- Diplomate, National Board Forensic Evaluators
- American Association of Forensic Professionals
- Association of Family and Conciliation Courts
- National Association Forensic Social Work
- Embody Lab, Trauma Professionals
- Academy for Eating Disorders
- International Association of Eating Disorder Professionals
- Postpartum Support International
- American Counseling Association

Teaching Experience

- New Mexico State University, Adjunct Professor Nutrition Communications, present
- Counseling Skills Course for Dietitians (2019-present)
- Wingate University, Capstone Instructor (2021-2022)
- Utah State University (2020-2021) Counseling Course
- University of Oklahoma Health Sciences Center (2019-2020), Preceptor for Specialty Rotations
- Eastern Michigan University, Preceptor (2019-2020)
- University of South Carolina, Instructor Group Counseling (2017-2018)
- University of South Carolina, Writing Curriculum (2016-2017)
- Augusta Area Dietetic Internship, Preceptor for Pediatric Rotation (2005-2015)
- Lecturer, Augusta Area Dietetic Internship: Pediatrics (2005-2015)
- Lecturer, Medical College of Georgia Department of Neurology (2013-2014)
- Lecturer, Medical College of Georgia Pediatric Residency Program (2005-2007)
- Lecturer, Medical College of Georgia Medical School, Pediatrics (2005-2007)

Professional Development – Selected experience 2018 to present

- (2024) Somatic EMDR Therapy Certificate Program, The Embody Institute, 60 hours
- (2024) Certificate in ADHD Assessment and Treatment (ADHD-PT), 14.25 hours
- (2024) Treatment of ADHD in Children and Adolescents, 5.25 hours
- (2024) Evidenced-Informed Treatment Approaches for ADHD: Adults and Children, 6.25 hours
- (2024) How to Clinically Assess ADHD Using Both Objective & Subjective Data, 2.75 hours
- (2024) Casting the Net: Considerations for Evaluating and Testifying in Catfishing Cases, National Board of Forensic Evaluators, 1 hour

- (2023) Filicide: Does Hidden Hostility at Home Lead to Murder, National Board of Forensic Evaluators, 1 hour
- (2023) A “Bad” Witness Vs a “Good” Witness: A Judges Perspective, National Board of Forensic Evaluators, 2 hours
- (2023) Reviewing Social Investigations and Forensic Reports, National Board Forensic Evaluator, 2 hours
- (2023) Filicide: Does Hidden Hostility at Home Lead to Murder? National Board Forensic Evaluators, 1 hour
- (2023) The Clinicians Guide to Conceptualizing and Assessing Personality Disorders, National Board of Forensic Evaluators, 2 hours
- (2023) Cannabis Update, Part 2: Evaluation and Clinical Decision-Making, National Board Forensic Evaluators, 3 hours
- (2023) Child Custody Evaluation Workshop, Advanced, National Board Forensic Evaluators, 5 hours
- (2023) Child Custody Evaluation Workshop, National Board Forensic Evaluators, 8 hours
- (2023) The Forensic Evaluator’s Guide to Parental Reunification, National Board Forensic Evaluators, 7 hours
- (2023) Testing for Forensic Populations Workshop, National Board Forensic Evaluators (qualified for level C testing), 40 hours
- (2023) The Victim Interview: Adapting the Forensic Interview Model to Sexually Trafficked Minors, The Justice Clearing House, 1.25 hours
- (2023) A “Bad” Witness vs. A “Good” Witness: A Judge’s Perspective, National Board Forensic Evaluators, 2 hours
- (2023) The Clinician’s Guide to Conceptualizing and Assessing Personality Disorders, National Board Forensic Evaluators, 2 hours
- (2023) Certified Forensic Evaluator Workshop, National Board Forensic Evaluators, 8 hours
Additional written report submitted and orally defended
- (2023) Advanced Parent Coordination Training, Conflict Solutions Group, 16 hours
- (2023) Why Forensic Interviewers Need to Ask about Manipulation Activities, National Children’s Advocacy Center, 1 hour
- (2023) Developmental Considerations for Forensic Interviewers, National Children’s Advocacy Center, 1 hour
- (2023) Suggestibility: Sources of Error in Children Testimony, National Children’s Advocacy Center, 0.75 hour
- (2023) Munchausen by Proxy? Medical Child Abuse? Factitious Disorder? A Rose by Any other Name, National Children’s Advocacy Center, 2 hours
- (2023) Childhood OCD: Behavioral Treatment Strategies, NOCD, 2 hours
- (2023) Interviewing of Domestic Minor Sex Trafficking Victims, National Children’s Advocacy Center, 1 hour
- (2023) Minimal Facts Interviews of Children
- (2023) Minimal Facts Interviews of Children, National Children’s Advocacy Center, 1 hour
- (2023) Asking about time and number, National Children’s Advocacy Center, 1 hour
- (2023) Defending the Forensic Interview from Suggestibility Claims, National Children’s Advocacy Center 1.25 hours
- (2023) Suggestibility: Sources of Error in Children Testimony
- (2023) The Ethics of Tele-Mental Health with Post-COVID Updates, 6 hours
- (2023) Advanced Issues for Family Law and Dispute Resolution Professionals, The Association of Family and Conciliation of Courts, 13 hours Including:
Child Sexual Abuse, Substance Abuse/misuse, Forgiveness Interventions with Parent-child Contact, Intimate Partner Violence, Child Interview, Trauma and Resilience
- (2023) Danger Assessment Training Program, John Hopkins,

- (2023) Emotionally Freedom Technique (EFT) Externship, 24.5 hours
- (2022) Trauma Defined: Bessel van der Kolk on the Body Keeps the Score, 1 hour
- (2022) The Ethics of Touch in Child Psychotherapy and Play Therapy, Janet Courtney, PhD, LCSW, 2.5 hours
- (2022) The fundamentals of Parent Coordination Training, The Association of Family and Conciliation of Courts, 20 hours including:
PC Process 1, PR process II, Family Dynamics, Techs, and Interventions I, II, and III, IPV and safety, Ethics Diversity and Safety
- (2022) Integral Somatic Psychology Professional Training: Attachment, Developmental Trauma, and Embodied Cognition, Emotion, and Behavior, Dr. Raja Selvam, 24 hours
- (2022) Guardian Ad Litem Training, Conflict Solutions Group, 8 hours
- (2022) Social Investigation Training, Conflict Solutions Group, 8 hours
- (2022) Narcissistic Abuse and Gaslighting Treatment Course: Help Clients End Emotional Manipulation and Reclaim Their Lives from Toxic Relationships
- (2022) Overcoming Trauma-related Shame and Self-loathing, Janina Fisher, 1 hour
- (2022) 2-Day Intensive Trauma Treatment Certification Workshop Evidenced Based Interventions to move clients from Surviving to Thriving, 12.5 hours
- (2021) Domestic and Sexual Violence, Alice Flannagan, PhD, MSW, NetCE, 5 hours
- (2021) Online Professionalism and Ethics by Alice Flannagan, PhD, MSW, NetCE, 3 hours
- (2021) Ethics and Boundary Issues, 5 hours
- (2021) The Fundamentals of Conducting Child Custody Evaluations, The Association of Family and Conciliation of Courts, 20 hours
Purpose and Roles, CCE Process I, CCCE Process II, CCE Process III, The Research I and II, Parenting Plans, Cultural and Diversity Considerations, Hypothesis and Cognitive Bias, Psychological Testing, Special Issues, Report Writing and Testifying
- (2021-2022) Integrative Somatic Trauma Therapy Certificate Program, The Embody Lab, 60 Hours
- (2021) CSTS Certification: Eating Disorders, Addictive Eating, Body Shame and More
- (2021) The Trauma Treatment Blueprint: Neuroscience-Based Treatment Interventions for Complex Trauma Clients
- (2021) Attachment & Trauma Mastery Program 6-week online training program, Neurobiology, Developmental Trauma, Attachment & Secure Relationships, Trauma Solutions, Diane Heller
- (2021) Advanced Perinatal Mental Health Psychotherapy Training, Postpartum Support International, 6 hours
- (2021) Perinatal Mood Disorders: Components of Care, Postpartum Support International, 14.5 hours
- (2021) Family Based Therapy for Anorexia Nervosa, (Children and Adolescents) Stanford Medicine, 21.25 hours
- (2020-2021) Thirty hours of trauma supervision and consultation throughout the somatic experiencing training, 1/2 of which were specific to child and adolescent trauma with SE faculty and supervisors
- (2021) Advanced Two Somatic Experiencing Training for Trauma, The Trauma Institute, 36 hours
- (2021) Advanced One Somatic Experiencing Training for Trauma, The Trauma Institute, 31.5 Hours
- (2021) Advanced Forensic Social Work Certificate, National Association Forensic Social Work
- (2021) Forensic Social Work Certificate, National Association Forensic Social Work
- (2021) Setting Ethical Limits: for Caring and Competent Professionals, NetCE, sx hours
- (2021) HIV/AIDS ce broker, 3 hours
- (2021) Somatic Experiencing Professional, Trauma Training, Intermediate Module Level Three
- (2021) Somatic Experiencing Professional, Trauma Training, Intermediate Module Level Two
- (2021) Somatic Experiencing Professional, Trauma Training, Intermediate Module Level One
- (2020) Acceptance and Commitment Therapy for Dietitians, 20 hours
- (2020) Advanced Nutritional and Integrative Medicine for Mental Health Professionals, 17.5 hours

- (2020) Telehealth for Mental Health Professionals: 2-Day Distance Therapy Training
- (2020) Evidence Based Trauma Treatments & Interventions, 6.25 hours
- (2020) Somatic Experiencing Professional, Trauma Training, Beginning Module Level One, 14 hours
- (2019) Certified Clinical Anxiety Treatment Professional (CCATP) Training Course: Applied Neuroscience for Treating Anxiety, Panic, and Worry
- (2019) The Missing Dialectic: How RO-DBT differs from DBT, 1 hour
- (2020) Somatic Experiencing Professional, Trauma Training, Beginning Module Level Two, 18 hours
- (2020) Somatic Experiencing Professional, Trauma Training, Beginning Module Level Three, 17 hours
- (2019) Treating Trauma in Clients with Eating Disorders by Nicole Siegfried
- (2019) Trauma Sensitive Yoga, Holy Yoga, 60 hours
- (2019) RODBT Certification Level One
- (2019) Radically Open Dialectical Behavior Therapy (RO DBT): Breakthrough Treatment Techniques for Overcontrolled Personality Disorders, Eating Disorders, and Chronic Depression and Anxiety, 8 hours
- (2019) The Rise of Suicide and Trauma in Adolescents: How “13 Reasons Why” Missed the Mark
- (2019) A Safe Haven- it’s up to you.
- (2018) Enhanced Cognitive Behavioral Therapy Training CBT-E Certificate Program, 10 Hours
- (2018) Body Image Among Clinicians Honest and Ethical Management, CDR, 1 hour
- (2018) Beyond the Basics- Six steps to Enhance Your Motivational Interviewing Skills, CDR, 6 hours
- (2018) 2-Day Certificate Course: ARC Trauma Treatment for Children and Adolescents
- (2018) Certificate in Trauma Treatment for Children and Adolescents: Healing the Body through play, 14.5 hours
- (2018) Certified Clinical Trauma Professional Intensive Training Course
- (2018) The 10-Core Competencies of Trauma, PTSD, Grief, and Loss, 6.25 hours
- (2018) Eight-Week Intense Dialectical Behavior Therapy (DBT) Training
- (2018) Binge Eating Disorder and Key Influencers on Eating Patterns, CDR, 1 hour
- (2018) EDRDPro Symposium
- (2018) Intensive Certificate Course on Dialectical Behavior Therapy, 25.25 hours
- (2018) Cognitive Behavioral Therapy (CBT) Intensive Training & Certificate Course, 19 hours
- (2017) Crime Victim Rights and Statutes, VSP Provider #80-8684

EDUCATION

2016-2018

University of South Carolina

Columbia, SC

- *Master of Social Work*
- *Graduate Certificate Drug and Addictions*
- Graduate Assistant, Teaching Assistant for SOWK 411 Generalist Practice for Groups
- Developed curriculum for the Professional Writing Course
- Military Matters Certificate
- Internship at Hannah House-Christ Central Ministries- Woman and Children’s Shelter- Case Management and Counseling, *Weekly Supervision of Clients and Staff/Evaluation*

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- 2007-2009 **University of Georgia** Athens, GA
- *Certification as Director of School Nutrition*
 - Georgia Professional Standards Commission Educator's Teaching Certificate Level S (Maintained while employed as the School Nutrition Director at McDuffie County)
- 2003-2005 **Rush University Medical School** Chicago, IL
- *Master of Science in Clinical Nutrition*
 - Coordinated Masters with Dietetic Internship with Pediatric Emphasis
 - Master's Thesis entitled "Glycemic load is associated with HDL cholesterol but not with the other components and prevalence of metabolic syndrome in the third National Health and Nutrition Examination Survey, 1988–1994"
 - Later Published under married name, Amy Culberson
 - *Dietetic Internship, specialized rotation in pediatrics with externship at Duke University*
- 1999-2003 **University of Tennessee** Knoxville, TN
- *Bachelor of Science in Nutrition Sciences*
 - Research Assistant to Michael Zemel PhD in the Healthful Eating and Active Living Through Healthy Environments (HEALTHY) Lab. Assistant in data collection and publication of three published studies involving the effect of dairy on hypertension in African Americans and the effect of dairy on weight in African Americans and a representative sample.

Updated May 3, 2024