

Mary I. Michaud, RN, MSN, FNP

Clinical Herbalist, Family Nurse Practitioner & Reiki Master

Education

Reiki Master

Usui Reiki Master Class, Hélène Ramos, Shala Center for Healing, Arts & Community, 2011
Reiki I & II, Kathleen Maier, Sacred Plant Traditions Center for Herbal Studies, 2004 & 2006

Community Herbalist

Sacred Plant Traditions Center for Herbal Studies, Charlottesville, VA 2006
Three year curriculum including two years of clinical training with primary instructors
Kathleen Maier, RH, PA & Robert Clickner, LAc
Apothecary Manager 2004—2007; Clinic Manager 2004—2008

Master of Science, Nursing

University of California, San Francisco, CA 1997
Family Nurse Practitioner specialty with minor in HIV care. Top ranked FNP program in the US.
Summa cum laude, GPA 4.0

Bachelor of Arts, Biology

Boston University, Boston, MA 1986
Pre-medicine concentration. Magna cum laude, GPA 3.8
Biomedical engineering studies at Rensselaer Polytechnic Institute, Troy, NY 1981—1983

Licenses and Certifications

Family Nurse Practitioner (FNP), Virginia Board of Nursing
Registered Nurse (RN), Virginia Board of Nursing
Advanced Practice Nurse (FNP Specialty), ANCC 1997

Current Practice

Clinical Herbalist, Family Nurse Practitioner & Reiki Master

Be, private practice, 2005—present

Health consultation using a framework of Ayurveda and biomedicine. Traditional tongue and pulse diagnosis, and Reiki evaluation techniques. Herbal formulation, lifestyle and diet recommendations.

Reiki energy work for all around balance.

Apothecary services for current clients: custom teas, tinctures, liniments, powders, syrups & flower essences.

Small group classes integrating traditional nutrition, Ayurveda, modern biomedicine, and herbal concepts of health.

Healthcare Experience

Clinical Herbal Instructor & Ayurveda Consultant

Sacred Plant Traditions Center for Herbal Studies, Charlottesville, VA 2006—2013
Supervised herbal students in clinic, developed and taught classes in all levels of 3 year program.
See Teaching Experience for class titles

Family Nurse Practitioner

Trinity Mission Health and Rehab, Charlottesville, VA 2003—2004
Geriatric wellness, acute care & palliative care in inpatient setting
Charlottesville Family Medicine, Charlottesville, VA 1999—2003
Primary care in office, home (house calls for geriatric home bound patients) & nursing home
Charlottesville Free Clinic, Charlottesville, VA 1999—2002
Women's annual exams; established guidelines for NPs volunteering in free clinic setting
Fluvanna Correctional Center for Women, Troy, VA 1998—1999
Women's healthcare and wellness education; management of gynecological and breast disease
Family Practice of Robert Belknap, MD, Mill Valley, CA 1997—1998
Primary care practice across the lifespan: newborns to geriatrics

Registered Nurse

Women's Center at the UVA Medical Center, Charlottesville, VA 1999—2001
San Francisco General Hospital Women's Clinic, San Francisco, CA 1996—1998
Department of Community Health Nursing, UCSF, San Francisco, CA 1995—1997

Clinic Director

Buena Vista Women's Services, San Francisco, CA 1993—1994

Health Educator

Buena Vista Women's Services, San Francisco, CA 1991—1993
Preterm Health Services, Brookline, MA 1990—1991

Research Assistant

Brigham & Women's Hospital/Harvard Medical School, Immunology, Brookline, MA 1988—1989
Boston University School of Medicine, Microbiology, Boston, MA 1986—1988

Volunteer Activities

HIV/AIDS Services Group (ASG), Charlottesville, VA 2011
Charlottesville Free Clinic, Charlottesville, VA 1999—2002
Frontier Nursing Service, Hyden, KY 1996
The Doula Project, Kaiser Permanente, San Francisco, CA 1994
Coolidge Center for Environmental Leadership, Cambridge, MA 1990

Awards and Honors

Sigma Theta Tau Nursing Honor Society, Alpha Eta Chapter Membership, inducted 1997
Nurses Educational Funds National Scholarship Recipient 1996
UCSF Nursing Alumni Scholarship Recipient 1996
Nursing Traineeship, U.S. Department of Health and Human Services 1994—1997
Dean's List, Boston University 1984—1986

Teaching Experience

Ayurveda Instructor, Be, Charlottesville, VA 2010—present

- Individual instruction in balancing health using food & spices, lifestyle changes, self massage, herbs & yoga. Created & taught Practical Ayurveda—a 30 hour course for small groups.

Owlcraft Healing Ways School for Herbalism, Scottsville, VA 2013—present

- Flower Essences
- Introduction to Ayurveda

The Gaia Gathering for Women, Albemarle, VA 2009—present

- Transforming the Grief of Hidden Loss, with Polly Williams & Aimee Aikers Fairman 2014
- The Gift of Emotions 2010, 2011 & 2013
- Flower Essences 2013 & 2014
- Introduction to Ayurveda 2010
- Digesting Food, Thoughts & Experience: Integrative Approach to the Digestive System 2009

Ayurveda Consultant, Sacred Plant Traditions Center for Herbal Studies 2009—2013

- Introduction to Ayurveda
- Ayurveda & Herbs for Self-care
- Ayurveda & Herbs in the Clinical Setting

Clinical Herbal Instructor, Sacred Plant Traditions Center for Herbal Studies 2006—2013

- How to Take a Health History
- Research: Resources, Interpretation & Evaluation
- Herb & Drug Interactions
- Structuring Your Practice: Business & Legal Issues
- Materia Medica
- Traditional Tongue & Pulse Diagnosis
- Geriatric Clients: Integrative Care
- HIV: Integrative Care
- Mental Health: Integrative Care
- Cancer: Integrative Care

Balanced Hedonism Day Retreat: the Art of Practicing Happiness

with Terre Sisson & Sandra Savine, Keswick, VA 2013 & North Garden, VA 2014—2016

- Connecting with Nature using Flower Essences

FlyDog Yoga teacher training, Charlottesville, VA 2014—2015

- Introduction to Ayurveda

UVA Dietician Group's annual retreat, Charlottesville, VA 2014

- The Six Tastes of Ayurveda

Stress Reduction Techniques, AIDS Services Group, Charlottesville, VA 2011

T'ai Chi Instructor, Morningside Assisted Living, Charlottesville, VA 2000—2003

Continuing Education

- Mental Health & the Methylation Cycle, Master Herbalist Phyllis D. Light 2016
- Pulse Diagnosis Intensive at the Ayurvedic Institute, Dr. Vasant Lad 2016
- Traditional Tongue & Pulse Diagnosis, Master Herbalist Matthew Wood 2015
- Ecuadorian Healing: Limpia, Master Herbalist Rocio Alarcon 2012
- Tibetan Medicine and Meditation Symposium, University of Virginia 2012
- Traditional Facial Diagnosis, Master Herbalist Margi Flint 2011
- Sacred Sound Workshop, Triz Ramirez & Melanie Gillette 2011
- Tree Medicine & Stories, Master Herbalist Matthew Wood 2010
- Ayurveda, Ayurvedic Institute correspondence course 2010
- Geriatric Care Modules, American Holistic Nurses Association 2007
- Herbalism of the American South, Master Herbalist Phyllis Light 2007
- Plants as Teachers, Master Herbalist Stephen Buhner 2007
- Western Energetics of Herbalism, Master Herbalist Matthew Wood 2006
- Depth Diagnosis (100 hours), Master Herbalist Stephen Buhner 2005
- Digestive System & Herbs, Master Herbalist James Snow 2005
- Principles of Traditional Nutrition, Acupuncturist Robert Clickner 2005
- Integrative Herbology: Traditional Chinese Medicine & Ayurveda (100 hours),
Master Herbalist Candis Cantin 2004
- Teacher Training: Seated Qi gong/T'ai Chi for the Elderly, John Alton 2002
- Complementary & Integrative Medicine, Harvard Medical School & Deaconess
Medical Center, Boston, MA 2001
- Current Topics in Geriatrics, Johns Hopkins Medical Center, Baltimore, MD 2000
- Qi gong level I & II, John Alton, Charlottesville, VA 1999
- Prescriber's Letter, Therapeutic Research Center 2000—2009
- Advances in Wound Care, Educare 2004
- Clinical Aspects of Memory, Medical Education Collaborative 2003
- Management of Pain, Advance for Nurses 2003
- Improving the Care of Persons with Dementia, Alzheimer's Association of VA 2002
- Diagnosis & Management of Alzheimer's Disease, Johns Hopkins Medical School 2000
- Best Practice Guidelines for Geriatric Care, University of Virginia 2000
- Amputation Prevention Series, University of Virginia 2000
- Challenges in Wound and Ostomy Care, University of Virginia 2000
- Spirituality and Medicine: Tibetan Medicine, University of Virginia 2000
- Pediatric Core Curriculum, University of Virginia 2000
- Treatment of Deep Vein Thrombosis and Pulmonary Embolism,
University of Kentucky School of Nursing 2000

Other Professional & Educational Experience

Co-manager, Shala Center for Healing, Arts & Community, 2013—2016
Designer and CEO: Optipop Graphic Design & Marketing 2004—2016
Artist: found object sculpture and jewelry, www.marymichaud.com
Filmmaker: Mister Angerhead (2007), Still Life with Donuts (2003), Ballroom Boys (2009)
Organic farming & farmers' market: Molino Creek Farming Collective 1992—1997
Midwifery studies with Elizabeth Davis, CPM, author of Heart and Hands 1995
Doula training with Penny Simkin, PT, author of The Birth Partner 1994
Natural foods chef: Modern Times Café, Cambridge, MA 1988—1990