

## Curriculum Vitae

**Vivian Linden, LAc. DACM, Dipl. OM (NCCAOM), CAP (NAMA)**

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Mission: *To inspire people to achieve health and wellbeing by identifying and implementing nourishing lifestyle habits that can be sustained over the long run in the real world.*

### Education:

**DACM**      **Doctorate in Acupuncture and Chinese Medicine**  
Pacific College of Health Sciences, San Diego, CA

**MAcOM**      **Master's degree in Acupuncture, Oriental Medicine, Integrative Medicine**  
AOMA Graduate School of Integrative Medicine, Austin TX

**BSci**      **Bachelor of Science, Herbal Science**  
Bastyr University, Kenwood, WA (2003)

### Professional Affiliations

National Ayurvedic Medical Association (NAMA)

Diplomate, Oriental Medicine (NCCAOM)

### Employment & Positions (Selection):

Acupuncture, Ayurveda, Chinese Medicine provider      2019-present  
Portland Integrative Medicine, Portland, OR

Acupuncture, Ayurveda, Chinese Medicine provider, owner      2019-present  
Bardo Acupuncture & Ayurveda, Portland, OR

Acupuncture, Ayurveda, Chinese Medicine provider, co-owner      2015-2019  
Rosewood Acupuncture & Ayurveda, LLC. Austin, TX

Ayurvedic Practitioner & Herbalist, Austin, TX      2010-2015  
Private practice, Austin, TX

Front Desk Customer Service, Student Intern Neighborhood Acupuncture Project (NAP), Austin, TX	2010-2011
Dispensary Assistant at a Naturopathic Teaching University Bastyr University Center for Natural Health Clinic, Seattle, WA	2005-2007
Customer Service at a Holistic Spa Habitude, Seattle, WA	2004-2005
Retail Herbal Sales/Customer Service The Herbalist, Seattle, WA	2003-2004
Herbal Dispensary/Lab Assistant Heron Botanicals, Seattle/Poulsbo, WA	2001-2003

**Certificates/Licenses:**

<b>Licensed Acupuncturist, Oregon</b> (active)	<b>2018</b>
<b>Diplomat, Chinese Medicine (NCCAOM)</b> (active)	<b>2015</b>
Licensed Acupuncturist, Washington              (inactive)	2018
Licensed Acupuncturist, Texas                      (inactive)	2015
<b>Ayurvedic Practitioner (CAP)</b> (active)	<b>2016</b>
National Ayurvedic Medical Association (NAMA), Los Angeles, CA	
<b>Ayurvedic Lifestyle Consultant Certification</b>	2010
Kripalu School of Ayurveda, Stockbridge, MA	
<b>Reiki Practitioner Training/Empowerment</b>	2010
<b>Dharma Yoga 200-Hour Training Certification</b> (Yoga & Buddhism)	2009
Dharma Yoga, Austin, TX	
<b>400-Hour Clinical Herbalist Training Certification</b> w/ KP Khalsa	2004
International Integrative Educational Institute, Seattle, WA	

**Selected Relevant Trainings, Courses and Continuing Education:**

Ashtanga Hridaya Ayurvedic Classical Text Study with Dr. A. R. Ramdas (2020 - ongoing)

Southwest Symposium (2017) Attended lectures with Z'ev Rosenburg and Chris Axelrad

Southwest Symposium (2013) Attended Dr. Edward Neil's 2-day "Introduction to the Nei Jing" course

Southwest Symposium (2012) Attended lectures by Wei Chieh Young (Master Tong)

Southwest Symposium (2011) Attended lectures by Arnaud Versley (Shang Han Za Bing Lun), Marlene Merritt and Mikio Sankay (Esoteric Acupuncture)

Balance Your Hormones, Balance Your Life with Dr. Claudia Welch DOM, LAc.\*  
2011 (Dr. Welch is also one of my primary ongoing Ayurveda teachers )

Bhagavad Gita Lecture Series with Craig Williams, LAc. 2011

Channel Theory AOMA/AIM Saturday Workshop with James Phillips

Esoteric Acupuncture AOMA/AIM Saturday Workshop with Cat Calhoun

### **Publications**

Seeing the Light: Balancing Yin and Yang with a Daily Practice of Viewing Sunrise and Sunset (2021)

Circadian Rhythm Hygiene to Treat a Elevated TSH: A Case Review (2021)

Does the practice of forest bathing help to lower blood pressure? A narrative review of the literature (2020)

A Suspected Case of Medication Induced Movement Disorder: Narrative Report/Case Review (2020)

Incorporating Evidence Informed Practice into Clinical Practice to Better Assess and Track Premenstrual and Menstrual Symptoms (2020)

Integrative Management of Migraine Headaches (2020)

Integrative Therapies for Sleep Bruxism (2020)

Healthy People 2030 Goal: Preventing Fractures and Disabilities Related to Osteoporosis Contributing Factors & Resources in Portland, Oregon (2020)

### **Public Speaking, Teaching, and Courses:**

Ayurveda Foundations 2.5-hour course (2016-2018)

Ayurvedic Dietary Theory, 2-hour course (2016-2018)

Ayurvedic Skincare, 2-hour course (2016)

Ayurveda for Sleep, 2-hour course/presentation (2016)

Pyrethroid Insecticides: Do They Pose a Threat to Public Health? (2015)

Ayurveda Basics for Students of Chinese Medicine (2013)

Academic Involvement:

Member/participant -AOMA Student Association

Founder: AOMA Yoga Sangha

AOMA Quality Enhancement Plan (QEP) student contributor (2012-2013)

Student Representative: Clinic Oversight Committee (2013)

Student Representative: Library Committee (2013)

Academic Awards/Recognition:

Herbal Excellence Award recipient (AOMA) 2012

Personal Interests/Non-Academic Pursuits:

Neurobiology, Chronobiology, Circadian Science, especially how new research from these fields helps to explain the science behind daily and seasonal lifestyle recommendations from classical medical systems

Pilates and Fitness Training

Yoga practitioner with 22 years practice

Buddhism and Meditation study, various

Food politics, sustainable agriculture, and environmentalism

Singer, Songwriter, musician

Creative Writing, Poetry