

Education

Degrees:

Diploma in Therapeutic Massage (2003)

Heritage Institute, Falls Church, VA

Coursework included: Deep Tissue, Sports Massage, Neuromuscular Anterior and Posterior, Musculoskeletal, Clinic and Internship

Bachelors of Art in Psychology (2001)

University of Central Oklahoma, Edmond, OK

Coursework included: Psychological statistics, advanced psychological statistics, experimental psychology, child psychology, developmental psychology, psychology of learning, alcohol and drug education, psychology of substance abuse, abnormal psychology, history and systems of psychology, psychological writing, physiological psychology, anatomy, physiology of exercise, and nutrition

Certifications

Qigong and Food Healing Instructor (2020)

Supreme Science Qigong Center, FL

Training Included: Qigong- History and nature of Qi Energy, Level 1 forms: Empty force, cloud hands, earth hands, around the world, push hands; Level 2 forms: Full body cleansing, drawing the bow, spiraling, nine breath method; 5 Element forms: Fire, water, metal, tree and earth elements; Food Healing- Conquering Any Disease: Natural healing wisdom and key details, foods and supplements that block healing and your body's immune system, specialized foods with food healing power, food healing protocols, top diet trends and scientific rebuttal of popular food strategies, deeper science behind fatty acids and phytochemicals

Functional Medicine Practitioner (2015)

Functional Medicine University, Greer, SC

Training Included: Intro to functional diagnostic medicine, the gastrointestinal system, digestion, absorption and mucosal integrity, the immune system, blood sugar regulation, oxidative stress and neurotransmitters, inflammation, the cardiovascular system and autoimmunity, detoxification, functional endocrinology, stress, structural integrity: the functional approach to neuro musculoskeletal disorders, the functional approach to weight loss and functional exercise, nutrition

C.H.E.K. Exercise Coach (2010)
CHEK Institute, Vista, CA

Training included: Postural assessment of head carriage, first rib angle, pelvic tilt, thoracic and lumbar curve, stretch assessment and corrective stretches, exercise and stress, assessing abdominal wall function, corrective mobilizations, stability, core and conditioning exercises, case studies

Holistic Lifestyle Coach (level 1- 2006, level 2- 2008)
CHEK Institute, Vista, CA

Level 1 training included: Administering questionnaires, consciousness of health cycles, understanding how sleep, stress, nutrition, digestion and exercise are interrelated, metabolic typing, differences between commercial and organic food, Paul Check's zone exercises. ***Level 2 training included:*** Administering and analyzing questionnaires, digestive and immune health, circadian rhythms and hormonal cycles, decreasing toxic environmental exposure.

Neuromuscular Therapist (level 1- 2005, level 2-5- 2008)
St. John Seminars, San Diego, CA

Level 1: Cervical injuries, postural analysis, pelvic stabilization, ***Level 2:*** Pain mechanisms of the low back, ***Level 3:*** Shoulder, upper torso, spinal column and extremities, ***Level 4:*** TMJ dysfunction, hands, feet and eyes, ***Level 5:*** Neuromuscular components of cranial decompression and scoliosis.

Nationally Certified Massage Therapist (2003)
National Certification Board of Therapeutic Massage and Bodywork, San Diego, CA

Personal Trainer (2003)
National Academy of Sports Medicine, Oceanside, CA

Training included: Integrated function of kinetic chain, cardio respiratory system and training, flexibility training, stabilization training concepts, integrated strength training, integrated program design, and nutrition.

Sports Fitness Specialist (2005)
National Academy of Sports Medicine, Oceanside CA

Training included: Integrated program design, flexibility training, performance profile, postural considerations, human movement science, reactive neuromuscular training, speed training, strength training, core and stabilization training and neuromuscular stabilization training.

Group Fitness Instructor (2001-2003)
National Fitness Professionals Association, Oklahoma City, OK

Training Included: Class safety, choreography, stretching and basic anatomy. **Additional group certifications and classes taught include:** CORE Resist A Ball, Reebok Cycling, Body Pump, and Active Duty Fitness For Women Boot Camp.

Teaching Experience

University of Central Oklahoma, Edmond, OK

Introduction to Psychological Statistics (1999)

Introduction to Substance Abuse (2001)

Supervising Professor: Dr. Albert Boquet

Responsibilities included: Grading assignments and exams, assisting students with assignments, and conducting class for Dr. Boquet in the event of his absence.

Research/Public Speaking

Presentations

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| Lecture August 2019 | The Importance of Correct Diet & Lifestyle Choices Oklahoma Natural Gas Davis, J. Gwyn; Reed, Anson |
| Lecture February 2018 | The Challenges of Working With Substance Abuse Populations The Dragon Fly Home Davis, J. Gwyn |
| Lecture September 2010 | Six Ways to Better Health Woodson Park Senior Center Davis, J. Gwyn |
| <i>Lecture</i> <i>September 2008</i> | Six Ways to Better Health Chiropractic Rehabilitation and Wellness Center Davis-Tolbert, J. |
| <i>Lecture</i> <i>April 2008</i> | Quality Nutrition and Metabolic Typing City of Oceanside Davis-Tolbert, J. |
| <i>Lecture</i> <i>January 2008</i> | How to Eat Right According to Your Unique Metabolic Type Chiropractic Rehabilitation and Wellness Center Davis- Tolbert, J. |

Jennifer Gwyn Davis, LMT, CFMP
Wellness Coach

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- Symposia Presentation* ***Psychosocial, Autonomic, Glucocorticoid Responses as They Relate To High and Low Hostility***
April 2001 Annual Oklahoma Psychological Society Research Conference
Boquet, A., Davis, J., Bigheart., J., Garner, S.
- Paper Presentation* ***Social Desirability and External Locus of Control as it Relates to Cardiovascular Reactivity***
April 2001 Annual Oklahoma Psychological Society Research Conference
Feb 2001 Annual Psi Chi Student Convention
Davis, J., Boquet, A.
- Poster Presentation* ***Enhanced Blood Pressure Reactivity in the Interaction of Anger Control and Anger Out***
Oct 2000 Annual University of Central Oklahoma Research Day
Bigheart, J., Davis, J., Duverny, B., & Boquet, A.
- Poster Presentation* ***Coping Styles as a Function of Cardiovascular Reactivity***
April 2000 Annual Southwestern Psychological Assn. Conference
Davis, J., & Boquet, A.
- Poster Presentation* ***High-Low Resting Heart Rate as a Function of Cardiovascular Reactivity***
Nov 1999 Annual Oklahoma Psychological Association Conference
Oct 1999 Annual University of Central Oklahoma Research Day
Templeton, M., Davis, J., & Boquet, A.,

Employment

Mind and Body Fitness Connections, Operated in VA, CA and OK (2002 to present)
Owner/Wellness Coach/Events Coordinator & Instructor

As Wellness Coach I create individualized programs that help educate people about holistic lifestyle changes including corrective exercise, healthy diet practices, benefits of massage in correcting postural misalignments, and changing negative thinking patterns. I recommend lab testing and supplementation for chronic health conditions and nutritional deficiencies;

As An Owner I update and maintain central client database for marketing and tracking purposes; manage financial and billing records; create marketing and promotional material necessary to build a successful client base.

As An Instructor I teach Qigong classes helping people reduce stress, improve breath and gain strength. I also teach health and wellness classes designed to educate clients and interns about healthy lifestyle practices.

Oakwood Springs Hospital, Oklahoma City, OK (2020- Present)
Qigong Instructor

I teach weekly Qigong classes to help bring the benefits of mindfulness and movement meditation to their out-patient unit as well as the 3 in-patient units for mental health, substance abuse and veterans/first responders who are PTSD survivors.

Ecstatic Dance OKC (2020- Present)
Manager/Co-Founder

Ecstatic Dance is a freeform movement journey facilitated by a professional DJ; a safe and sacred dance party for transformational growth held once monthly. It is a non profit community event for all ages. I help organize the monthly events, manage the social media pages and I am a representative for the dance team on our umbrella company's Board of Directors. I also lead Qigong during our break between DJ sets at the events to help set the intention of personal growth and transformation.

Beautiful Dream Society, Oklahoma City, OK (2013-2016)
Client Advocate/House Mom

Worked as a volunteer serving victims of human trafficking. As a house mom I stayed in the shelter overnight performing functions such as cooking and driving clients to necessary places. As an advocate I guided the clients through a twelve step program for substance abuse recovery taking them to local support groups.

Cyborgan, Bethesda, MD (2001-2002)

Administrative and Research Assistant

Supervisor: Ayub Ommaya, M.D. - Professor of Neurosurgery GMU

Worked closely with the doctor on grant funding projects and kept correspondence with all parties involved in a stem cell research project that had been funded; collected payments from both patients as well as attorneys for whom the doctor gave legal expert witness advice to in numerous spinal cord related injury cases; transcribed medical reports as well as correspondence for the research project and legal cases.

Human Dynamics Response Laboratory, Edmond, OK (1999-2001)

Undergraduate Laboratory Assistant

Supervisor: Albert Boquet, Ph.D. - Professor of Psychology UCO

Collected data for psychology experiments in the university laboratory; operated a BIOPAC MP100 to collect ECG information, a Critikon Dinamap to collect blood pressure and heart rate readings, and collected cortisol samples; entered and analyzed data in Microsoft Excel and SPSS programs, created PowerPoint presentations and presented research at numerous conferences in the Midwest region.

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Memberships/Affiliations

American Massage Therapy Association
Secretary of the Board Directors for Radiant Living Center