

## **Erika Waly Bourne Curriculum Vitae**

### **Professional Experience:**

- 1986- 2017 Myofascial Pain Treatment Center
- 2013-2017 Myopain Seminars, Faculty, lab instructor for trigger point needling
- 2014-2015 360 Neuromuscular Therapy
- 2007-2011 President, National Association of Myofascial Trigger Point Therapists

### **License:**

- 1998- present Registered Nurse in Massachusetts # RN234770

### **Education:**

- Janet G. Travell, MD Seminar Series - Myofascial Trigger Point manual and needling
- Massachusetts Bay Community College –Degree in nursing. Phi Theta Kappa Society, Wellesley, Massachusetts
- Academy for Myotherapy and Physical Fitness, Lenox, Massachusetts – 1500+ hour program for manual trigger point therapy and exercise instruction and therapeutic exercise
- Hampshire College, Amherst, Massachusetts
- Bronx High School of Science, New York, New York

### **Awards:**

- Honorary Lifetime Member of the National Association of Myofascial Trigger Point Therapists

### **Certifications:**

- 2007 Board Certified in Trigger Point Needling and Manual Trigger Point Therapy - Janet G. Travell, MD Seminar Series
- 2013 -2018 Board Certified Myofascial Trigger Point Therapist - CBMTPT (first certified in 1991)
- 1993 Certified Clinical Affiliate - American Academy of Pain Management (Now Academy of Integrative Pain Management)
- 1986 Certified Physical Fitness Instructor- Academy of Myotherapy and Physical Fitness
- 1986 Certified Trigger Point Myotherapist -Academy of Myotherapy and Physical Fitness

### **Professional Memberships:**

- American Nurses Association
- American Association of Pain Management Nurses
- American Holistic Nurses Association
- Academy of Integrative Pain Management –credentialed
- National Association of Myofascial Trigger Point Therapists
- Fascia Research Society
- International Myopain Society

### **Continuing Professional Education and Conferences:**

- International Fascia Research Congress, 2007 and 2015
- Fascial Manipulation Stecco training Levels I, II and III 2015-2016
- National Association of Myofascial Trigger Point Therapists – Annual conferences
- Clinical Anatomy – Dissection and review, University of New England
- Complementary and Alternative Medicine in Rehabilitation: Harvard Medical School
- Gokhale Posture Training
- Herman & Wallace: Pelvic Pain and incontinence treatment training
- International Myopain Society Conferences –
- International Conference on Neuropathic and Musculoskeletal Pain
- Intensive Human Dissection Workshop with Somanautics - Gil Headley, PhD
- Training with Janet Travell, MD and David Simons, MD in Myofascial Pain and Dysfunction at Palm Spring Seminars 1987-1988 and Janet Travell, MD in Plymouth, MA 1989
- Fundamentals of Peripheral Biofeedback: Training Program at Cambridge Health Alliance affiliated with Harvard Medical School - preparation for BCIA certification
- Barbara Woolner, RN - Pelvic muscle dysfunction and urinary incontinence – Biofeedback Foundation of Europe
- Society for Urological Nurses and Associates conference