

Professional Activities:

Clinical Faculty in the Master of Integrative Mental Health program at National University of Natural Medicine 2018-present.

Naturopathic Physician and Licensed Acupuncturist at Watershed Wellness, and formally at Health Roots Natural Medicine, 2004-present.

Instructor of Plant Medicine and Botany at Birthingway College of Midwifery 2004-2015.

Adjunct Faculty teaching Chinese Herbs Lab at National College of Natural Medicine, 2005-2007.

Education:

Graduated with honors from National College of Natural Medicine with a Doctorate in Naturopathic Medicine and a Masters in Classical Chinese Medicine, 2004.

Evergreen State College, Bachelor of Arts, 1997.
Vassar College 1998-1992.

Relevant Continuing Education:

Transgender Health 101 Training, Sacred Vessel, 2018.

Integrative Mental Health Conference, NUNM, 2017.

Living Well, Dying Well, End of Life Doula Training, Level 1- Foundations Course, Lewes, England, 2017.

M.E.T.A.(Mindful Experiential Therapy Approaches) Comprehensive Training, 2015-2017.

Continuing Education training in women's health through the Institute for Women's Health & Integrative Medicine 2004-2015 and Women in Balance Institute, 2014 and 2015, and 2017.

Continuing Education in herbalism through the American Herbalist Guild Symposium, 2006, Breitenbush Herbal Conference, 2011, and Traditional Roots Conferences, 2014 and 2015.

Training in mindfulness practices through the Brahma-Vihara Foundation, Insight Meditation Community of Washington, Portland Friends of the Dhamma, and Portland Insight Meditation Center, 2010-2015.

Training in Non-Violent/Compassionate Communication (NVC) with LaShelle Lowe-Charde, 2010-2015.

Body Respect, For All Bodies, Be Nourished, 2014.

200 hour yoga teacher training from The Bhaktishop, 2013.

Clinical training and experience working with marginalized populations at NCNM's Community Clinics, 1999-2004.

Apprenticeships in herbal medicine with Gail Ulrich and Lisa Ganora, 1990-1992.

Selected volunteer activities:

Volunteer with Living Yoga- teaching yoga to youth at Edwards Day-Treatment
2013-2014

Volunteer at Hopewell House Hospice from 1994-1995.

Personal life:

When not teaching or seeing patients Ann enjoys playing with her partner and energetic twin 10 year-old boys, traveling internationally, cooking, hiking, gardening, and dancing flamenco, tango, or salsa.