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Founder/Director - A Foundation for Healthy Family Living, a not for profit organization and National Continuing Education Provider. HFL's mission is to cultivate healthy families and communities by developing and implementing education tools to enhance the expression of nurturing touch & respectful communication.

Trainer for Instructors Communication in Parenting: Touch Communication, Attunement and Nurturing - Since 1989 train thousands of professionals, from all walks of life. Participants take part in a 4-day program as a primary step in certification to enable them to teach families and caregivers of babies and children respectful communication, nourishment with focus on the somatosensory/tactile system and attunement as a process to support relationship attachment, and brain development

Creator, consultant, educator of "Building Healthy Connections" - Capacity development for staff, foster-care or shelter providers working with a diverse range of at-risk, traumatized or special needs populations. Many of the targeted populations have histories that result from ignorance, neglect and trauma, along with the subsequent impact on emotional/mental health and development. The program's focus is adapted to integrate HFL's practical methodologies and principles for the population being served to increase regulation and sensory nourishment in relationship interactions

Creator and Trainer: "Compassionate Beginnings in Newborn Intensive Care" – NICU staff participate for capacity and proficiency in skills that alleviate stress and optimize care. The program blends science and nurturing for best possible outcomes through transforming Family Centered Care from competent to exceptional. Methodology is sensitively adapted to each baby, family and staff member to bring developmentally appropriate nurturing for more womb-like approaches in care and outcomes. Six years of staff training and consultation done with Sutter Health Care refined this innovative program into the Level III Newborn Intensive Care Unit. As of 2008, the program is being taught in other facilities and with trainings open to all professionals working in the NICU/ICN.

Fellow with Child Trauma Academy - participation includes consultation services with professionals and institutions studying or becoming certified in *Neurosequential Model of Therapeutics* with Bruce D Perry, MD, PhD and CTA faculty. Dr. Perry recognizes Ms. Babeshoff's programs as *"there is a natural fit between the neuro-developmental approach and the various relationship-based, healing touch programs and intervention you have developed."*

Consultant – with organizations, professionals and individual care-providers to explore and discover integration of HFL's approaches and programs into a wide variety of settings in order to build competency, expand education and enhance service delivery

Mindfulness Based Stress Reduction (MBSR) - certified with Bob Stahl, PhD to establish capacity for Teaching the program developed by Jon Kabat-Zinn, PH.D., is founding Executive Director of the Center for Mindfulness in Medicine, Health Care, and Society at the University Of Massachusetts Medical School.

Infant Massage Instructor Trainer - 1989 – 1999 Both nationally and internationally, facilitated training that lead to the awarding of certification in Infant Massage Instruction for the International Association of Infant Massage.

Conference Presenter - since 1994 professional conferences related to infants, children and families delivered to Developmental Interventions in Neonatal Care; Infant Development Association, Texas Early Childhood Intervention, American Massage Therapy, Evergreen NICU Conference, NANN Annual Education Conference (National Association of Neonatal Nurses) and more.

Producer and Writer - Video/DVD 1992 *Nurturing Touch: Instruction in the Art of Infant Massage* for Family Development Resources. Also, assisted in several other video productions, including work for Johnson & Johnson and Suzanne Arms (Founder of *Birthing the Future*)

Co-author - 1992 - *Nurturing Touch: Instruction in the Art of Infant Massage* (booklet)

International Board Member and President of the US Chapter - 1992 – 1996 with International Association of Infant Massage

Educational Committee Member - 1994 - 1997 International Association of Infant Massage (IAIM). Internationally responsible for training and mentoring Trainers of Instructors for IAIM

Infant Massage Instructor - 1986 certification with the International Association of Infant Massage. Taught private sessions and small groups with parents and their infants. Provide public education through radio, newspaper interviews, public speaking and demonstrations

Minister/Teacher - 1987 upon completion of 5 years of extensive training and mentorship with Peter Davis, PhD. Vows were taken *to embody a life that is always focused on enhancing the expression of ~ Respect, Compassion, Empathy and Nurturing in our humanity.* This vow is expressed in all aspects of life including education, producing educational materials, counseling, and healing work with others to cultivate compassion, empathy, acceptance, respect and expressions of love

Instructor of Massage - 1976 -1986 Taught massage to couples/families; reflexology to certified massage therapists

Massage Therapist - 1974 **Established** private practice with adults and children since 1974, both for prevention and in illness

Nurse - 1971 – 1974 in the hospital setting and private duty, specialized in the fields of Geriatrics, Death and Dying, and medical/surgical nursing care

EDUCATION AND TRAINING SUMMARY

1970s thru 2010s

Ongoing commitment to professional education and development, including study with numerous academics, mentors and continuing education programs including but not limited to Dr Bruce Perry and the Child Trauma Academy (ongoing); Daniel Siegel, MD; K. VandenBerg, PhD, UCSF and the Newborn Individualized Developmental Care and Assessment Program as well as Special Start; Napa Parent-Infant and Child Institute; Mindfulness Based Stress Reduction (MBSR) U of Mass Medical School; Spirit Rock Meditation Center (numerous teachers in the field of Vipassana, meditation); Dan Siegel, MD UCLA; Touch Research Institute, University of Miami, Tiffany Fields and staff; Therapeutic Touch, Dolores Krieger and staff; T. Berry Brazelton Touch Point Seminar Series; and others.

Apprenticeship with mentors and teachers in fields related to health, massage and healing work, including human psychology, communication skills and conscious spiritual development.

Participant at numerous conferences, workshops and training programs including neurobiology, attachment, regulation, early development, diversity, reflective process, applied mindfulness, trauma and its effects to maintain current knowledge base related to health, integrative medicine, mental/emotional/behavioral health, consciousness and spiritual development.

2009 Certified to teach Mindfulness Based Stress Reduction

1989 Infant Massage Instructor Trainer - International Association of Infant Massage (IAIM)

1986 Certified Infant Massage Instructor (CIMI®) - IAIM Instructor Training

1986 Minister and Teacher - integrated spirituality, Center for Conscious Being–Santa Rosa, California

1983 to present: Vipassana/Insight Meditation with Jack Kornfield and James Baraz. Currently with faculty at Spirit Rock Meditation Center including focus with Phillip Moffitt, Ajahn Amaro

1974 Certified Massage Therapist - New School of Massage, Sebastopol, California

1971 Licensed Vocational Nurse - Rio Hondo College, Whittier, California