

CURRICULUM VITAE

6/27/14

Elizabeth Scala, MSN/MBA, RN Certified Health and Wellness Coach, Reiki Master Teacher

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Hospital Address:

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Contact:

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EDUCATIONAL BACKGROUND:

<u>College/University</u>	<u>Date</u>	<u>Degree</u>
Johns Hopkins University School of Nursing/Carey Business School Baltimore, MD	2009	MSN/MBA
University of Delaware School of Nursing Newark, DE	2005	B.S.N.
University of Delaware Newark, DE	2003	B.A Psychology
<u>Certification/Training</u>	<u>Date</u>	<u>Degree</u>
Karuna Reiki Method	2012	Karuna Reiki Master
The Institute for Integrative Nutrition, New York City Professional Training and Certification Program	2012	Certified Health Coach
Reiki Usui Shiki Ryoho Method	2012	Reiki Master
Wellcoaches® Corporation	2011	Certified Health and Wellness Coach

CURRENT LICENSES:

Registered Nurse	Maryland
Board Certified Holistic Health Practitioner	American Association of Drugless Practitioners

CLINICAL POSITIONS HELD:

Johns Hopkins Hospital Baltimore, MD	Clinical Nurse Research Fellow (Part-time)	2010-present
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Maryland Athletic Club Baltimore, MD	Registered Nurse of Healthy Start (Per-Diem)	2010-2014
Johns Hopkins Hospital Baltimore, MD	Nurse Clinician III (Full-time)	2005-2010

ENTREPRENEURIAL ACTIVITIES:

Founder and Host: Art of Nursing Virtual Conference www.elizabethscala.com/aon	2014
Owner: Living Sublime Wellness <i>Creator of Nursing from Within</i> www.elizabethscala.com	2011-present
Founder: Rejuvenation Collaboration www.rejuvenationcollaboration.com	2012-present
Radio Show Host: Blog Talk Radio Show www.blogtalkradio.com/living-sublime-wellness-radio-show	2012-present
Inspirational Writer: Living Sublime Wellness Blog www.livingsublimewellness.com	2011-present
Motivational Speaker and Presenter Interviewed on numerous radio shows and guest present workshops for various holistic companies	2012-present

SPEAKING PRESENTATIONS:

- “Reiki Practice for Stress Reduction”
Jacksonville Senior Center, Maryland (June, 2014)
- “Reconnect with the Art of Nursing: Prevent Burnout with Nursing from Within”
Keynote Speaker, Union Hospital Nurse’s Week (May, 2014)
- Healthcare Collaboration Panel Member
Mid-Atlantic Reiki Conference, Columbia MD (November, 2013)
- “A Sampling of Activities to Balance Your Day”
Nursing Leadership Forum, Johns Hopkins Hospital (October, 2013)
- “Essential Steps to Living the Life You Enjoy!”
Chelsea Senior Living Nurses’ Retreat, Crystal Springs Resort (October, 2013)
- “Exploring Possibilities in Nursing: Expanding Care through the Nurse Coach Role”
Maryland Nurses Association Annual Convention (October, 2013)
- “Appreciative Inquiry: a Transitional Care Intervention for Medication Management”
Maryland Nurses Association Annual Convention (October, 2013)
- “Rejuvenate ME! FASTrack to Total Well-Being”
Philadelphia Chapter AHNA Meeting (October, 2013)

“AHNA Nurse Entrepreneurs Meeting”

Facilitated Initial Networking Meeting Discussion for 70+ members (June, 2013)

“Using Appreciative Inquiry as a Transitional Care Intervention”

Presenter at Scholar’s Day, Johns Hopkins Hospital (May, 2013)

“Reiki as a Complementary Therapy: A Pilot Study”

Presenter at Palliative Care Conference, Johns Hopkins Hospital (April, 2013)

“Essential Steps to Becoming a Well Being”

Guest Speaker at the Mainline Chapter of Philadelphia AHNA Meeting (March, 2013)

“Self Care is Healthcare”

Presenter at the Physician’s Roundtable Conference, Florida (January, 2013)

“Rejuvenation Translations: Energize the Body, Ignite the Spirit, Balance the Mind”

Guest Speaker at the Maryland Holistic Association Chapter meeting (January, 2013)

“Reiki as a Self-Care Modality for Nurses”

Presenter at the Johns Hopkins Hospital Department of Psychiatric Nursing (July, 2012)

“Mind Body & Soul Presentation”

Workshop Presenter at the Maryland Athletic Club (March, 2012)

“Create Wellness for Self Calls”

Hosts Monthly Wellness Workshop Webinars on Creating Space for Your Own Self-Care (Continuous)

FACILITATION & TRAINING:

Reiki Level II Courses at the Johns Hopkins Hospital, Reiki Master Teacher (2014)

Reiki Level I Courses at the Johns Hopkins Hospital, Reiki Master Teacher (2014, 2013)

“Healing Pathways for the Health Care Professional Course”

Co-Facilitator for 8 Week Course in Self-Care for Health Care Professionals (2012)

SELECTED PRESENTATIONS:

“Introducing Family Style Meals on an Inpatient Psychiatric Unit” October, 2007 at American Psychiatric Nurses Association Conference. Orlando, Florida.

“Strategies for Improving Communication and Collaboration between Nurses and Nursing Assistants with High Risk Psychiatric Patients” October, 2008 at 4th Annual International Nurse Manager’s Conference. Antalya, Turkey.

“Noise in inpatient psychiatry: Effects on patient and staff satisfaction” October, 2009 at American Psychiatric Nurses Association Conference. Charleston, South Carolina.

PUBLICATIONS:

Bring Back the ART of Nursing: Reconnect to Your Nurse Within (Kindle eBook)

Learning through Experience: An Inspirational Resource Booklet of Expert Interviews (Print Book)

Back to the Basics: a Nurse's Pocket Guide to Self-Care (Print Book)

Lunch Menus for a Month: Quick and Easy Recipes for the Busy Nurse (Workbook)

7 Steps to a Healthier You (Workbook)

Holistic Health Articles and Newsletters (2011-present)

Used for distribution to clients and email subscribers

Monthly contributor for the website www.nursetogether.com (2011-present)

Monthly blog writer for various websites

(Examples include: www.rnfmradio.com; www.nursesnetwork.com; www.thenerdynurse.com)

Contributor for [Scrubs Magazine](#) (2012-present)

PROFESSIONAL COMMITTEES:

Patient Satisfaction Psychiatric Departmental Committee	Unit Representative	2006-2010
Continued Quality Improvement Psychiatric Departmental Committee	Unit Representative	2006-2010
Nursing Leadership and Governance Committee: Unit Based	Member	2007-2010
Magnet Unit Representative: Central Nursing	Unit Representative	2007-2010

SCIENTIFIC AND PROFESSIONAL SOCIETIES

American Holistic Nurses Association	2012-present
American Psychiatric Nurses Association	2007-2010
Sigma Theta Tau, Johns Hopkins University	2008-2010
American Nurses Association	2008-2010

AWARDS

Sigma Theta Tau Award for Scholarship, Leadership, and Service	October, 2009
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RELATED COURSEWORK PRESENTATIONS:

Strategic Marketing Plan: L'Oreal and the Globalization of American Beauty	August 2009
Case Management: Measuring and Maximizing Patient Outcomes: Behavioral Health Utilization	December 2008
Program Development: Integrated Program Planning: Inpatient Psychiatry Unit Noise Reduction Project	August 2008
Health Systems Management: Conflict Management and Resolution	December 2007
Management and Organizational Behavior: A Theory of Human Motivation	November 2007

RELATED COURSEWORK PAPERS:

"Noise Reduction Panels to Improve Satisfaction" Managerial Communication class	March 2009
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“A Case for Increased Staffing for Psychiatric Units” Strategies in Nursing Management class	May 2008
“Retention and Inpatient Nursing” Leadership and Management in Health Care class	May 2008
“Hiring to Fit the Culture: the Group Interview” Leadership and Management class	May 2008
“Cognitive Behavioral Therapy for Insomnia in Psychiatric Patients” Research class	August 2008
“An Ethical Issue: When Psychiatric Patients Become Pregnant” Ethics and Theory class	December 2006
“Refusal of Treatment by the Psychiatric Patient” Ethics and Theory class	December 2006