

## LONG BIOGRAPHY for EDUCISE – 244 words



Theresa A. Schmidt, PT,DPT,MS,OCS,LMT,CEAS,CHy,DD is the founder of Educise continuing education, based in Long Island, NY. Theresa is a Board-certified Specialist in Orthopedic Physical Therapy, a certified professional speaker, hypnotherapist, massage therapist, personal trainer, minister, and shamanic practitioner.

Theresa's work integrates the best of traditional and alternative medicine with inspirational resources to achieve results that change people's lives. She believes that people achieve optimal wellness when they educate their bodies and exercise their minds. Her own practice integrates evidence-based complementary and medical rehabilitation, ergonomics and wellness programs. Dr. Schmidt focuses on holistic health and wellness through interventions including myofascial and craniosacral therapy, Biosynchronstics®, ergonomics, precision exercise, muscle energy/PNF, positional release, mobilization, acupressure, Integrated Energy Therapy®, shamanic and Karuna Reiki, and Therapeutic Touch®.

Educise seminars empower health professionals with results-oriented evidence-based education and hands-on skills that enable them to make a real difference. Educise informs clinical decision-making with real life examples, current evidence, educational resources and interactive programs. Participants can apply what they learn immediately in clinical practice.

Theresa received her Doctorate in Physical Therapy from University of New England and served as faculty of the Physical Therapy and PTA Programs at Touro College in New York City. She also served as adjunct professor at Nassau Community and CUNY Queens Colleges.

She has presented at International Fascia Research Congress, NASA Inomedic Health, APTA, AOTA, AMTA/NY, IDEA, ACE, New York College, Cleveland Clinic, Johns Hopkins, private companies, hospitals and clinics. Theresa is a best-selling author and has published her research in MOJ Orthopedics and Fascia Research Congress III.

## SHORT BIOGRAPHY for EDUCISE – 123 words



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