

Jennifer A. Deraspe, MS

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Twenty years experience in instruction and leadership in the health and wellness industry. Extensive experience instructing undergraduate students, colleagues in the service sector including nurses, social workers and counselors, community members, interns, coaching clients and retreat participants. Reputation for dynamic, engaging and integrative approach to teaching and learning. Continuously pursues opportunities to learn, expand and take on challenges to further my professional growth.

### **Teaching Experience**

Yoga, Meditation, and Mindfulness Retreat and Workshop Leader, Nurture Through Nature Retreat Center, Denmark, Maine, 1999-present

Adjunct Faculty, University of Southern Maine, College of Nursing and Health Professions, 1999-2008

Instructor, University of Southern Maine Center for Continuing Education, offering a variety of retreats and coursework for credit for nurses, social workers and counselors, 2004-2010

Community Faculty Member, True North, Maine's Center for Functional Medicine & the Healing Arts, Falmouth, ME, 2007-2009

Holistic Life Coach, 1999-present

Community Wellness Instructor, Maine, 2000-present

Experiential Nature Retreat leader for teen Girl scout troop, July 2017, Feb 2018, July 2019

### **Professional Experience**

Founder: Nurture Through Nature, LLC, 1999-present

- Created Maine's first green certified retreat center located in Denmark
- Providing services and accommodations for personal wellness retreats
- Lead and instruct holistic canoe trips, holistic life coaching, yoga and Qi Gong instruction, and guided meditation to guests and clients

Head Athletic Trainer: University of Southern Maine 1989-99

- Manage health care needs of 440 student athletes
- Prevent & rehabilitate traumatic injuries sustained by athletes
- Organization & administration of sports medicine services for athletes

Sports Medicine Educational Supervisor: 1990-1999

- Supervise clinical experiences in sports medicine for undergraduate interns in preparation to enter the field according to national standards

Athletic Training Staff Supervisor, University of Southern Maine, 1990-1999

- Hire, train, supervise, & coordinate athletic training summer staff
- Supervise certified athletic training staff during academic year

Sports Medicine Instructor: University of Southern Maine 1990-1999

- Lifetime Physical Fitness and Wellness (1999-2007)
- Care and Prevention of Athletic Injuries (1990-1997)
- Orthopedic Physical Assessment (1991-98)
- Therapeutic Exercise (1992-98)

- Therapeutic Modalities (1993-98)

**Responsible for the implementation of the Bachelor of Science Degree Program in Sports Medicine** at the University of Southern Maine, 1992-1997:

- Initiated and formulated Intent To Plan Document for new degree program
- Formatted accreditation curriculum standards & clinical sites throughout region
- Researched potential enrollment & standards for acceptance into degree program
- Presented proposal to university President, Vice President, Provost, Dean and faculty of School of Nursing, Faculty Senate, and Director of Athletics
- **Implemented Maine's first curriculum BS educational program in Athletic Training**

### Certifications

Certified Hatha Yoga Instructor, Aura Wellness Yoga Teacher Training, 2006 to present

Qi Gong- Holden Qi Gong, 2018 to present

Certified Facilitator, The Work of Byron Katie <sup>TM</sup>, Institute for The Work, 2009 to present

### Workshop Presenting/Public Speaking sampling

Panel presenter, Governor's Conference on Tourism, *Wellness in Maine's tourism industry*, Apr 2018

Stress Management through Mindfulness, Meditation and The Work of Byron Katie, Maine Correctional Facility, Dec 2014-present

Healing Series instructor( inner city community health workshops): Green Tree Yoga Meditation Foundation, South Los Angeles, 2013-2015

Yoga Teacher Training Instructor: Yoga, Anatomy and Injury, Green Tree Yoga Meditation Foundation, South Los Angeles, 2014 to present

Tri-County Mental Health staff training; "Self-Care for the Caregiver" as led by Jen Deraspe, Founder of Nurture Through Nature retreat center, summer 2015

Loving What Is- The Work of Byron Katie

A 4 wk series for cancer survivors sponsored by Bridgton Hospital, 2011

Loving What Is~The Work of Byron Katie discussion group, Unity Church, Windham, Maine, 2011 to present

Key Note Speaker for women entrepreneurs, *Women, Work and Community*, April 2008

Speaker & Presenter ~Unleashing Stress...Releasing Pain...Finding Peace, Unity Church, Windham, Maine~2008

Maine School 22nd Annual Wellness Conference

"Step up to Wellness" for Maine school administrators, staff and faculty  
Kingfield, Maine, 2007

Retreat evening for parents of young children  
Standish, Maine, March 2007

Institute of the Muskie School of Public Service, University of Southern Maine  
Presenter for staff training on workplace wellness & the  
power of choices that sustain, 2007

University of Southern Maine, Professional Staff Wellness Day  
Presenter/Trainer, October 2006

Presenter: *Awareness and the Art of Seeing, meditation to notice.*  
Common Ground Country Fair, 2001-present

### **Professional Writing**

Inner Tapestry Holistic Journal, Lewiston Sun Journal, Maine Women's Journal, Lake Living Magazine,  
Bridgton News

### **Affiliations**

Denmark Arts Center, President, Board of Directors, Denmark, Maine, 2015 to 2018  
Green Tree Yoga Meditation Foundation, President, Board of Directors, Los Angeles, 2014-2016  
Green Tree Yoga Meditation Foundation, Advisor to the BOD, 2016 to present  
Institute for The Work: Trainer, Certified Facilitator 2009-present  
National Athletic Trainers' Association, 1988-1999  
Maine Professional Guides Association, 1998-2005  
National Ski Patrol, 1998-2002  
Natural Resource Council of Maine, 1995-present  
Conservation Commissioner, Town of Denmark, 2006-2008  
Saco River Corridor Commissioner, Town of Denmark rep., 2006-2009  
Maine Wilderness Guides Organization, 2007, 2009  
Women, Work and Community Ambassador, 2009-2011, representing women's entrepreneurs as leaders in  
their chosen field.

### **Education**

#### **Master of Science in Athletic Training/Sports Medicine**

Indiana State University, Terre Haute, Indiana

#### **Bachelor of Science in Athletic Training/Physical Education**

**Teacher Certification K-12** Plymouth State College, Plymouth, New Hampshire, Magna Cum Laude