

# JUDITH SULLIVAN

WWW.CHIJUDE.COM

982 Pintail Lane  
Charlottesville, VA 22903

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## *Professional Profile*

*Judith, dynamic, passionate, and dedicated professional Instructor, Educator and former Board Member of the Zero Balancing Health Association, the practice that is the best for stress and also that integrates other work with the body such as craniosacral, visceral, or acupuncture points. Credited with a strong educational foundation; graduate work in Psychology combined with a Bachelors of Science in Education, Speech Pathology and Audiology. Judith holds seminars, classes and educational sessions each year to teach evaluation, mobilization and balancing the energy and structure of the body. Another class she has been teaching for almost 30 years is T'ai Chi, known for its ability to relax and revitalize body and mind, improve circulation and balance, and develop strength in the legs and flexibility in the joints. The classes described are two of the many exciting and informative teaching platforms.*

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## **SELECTED CAREER HIGHLIGHTS**

*Credited with a strong educational foundation; graduate work in Psychology combined with a Bachelors of Science in Education, Speech Pathology and Audiology*

*Successfully helped guide the Zero Balancing Health Association (ZBHA) over many years as an Instructor and as a Board Member, and developer and editor of the Zero Balancing Core Study Guide*

*Developed 4 classes for the curriculum and 3 study guides*

*Published Zero Balancing Expanded: The Attitude of Awaiting a Fish, published by the Upledger Institute in 2014.*

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## **PROFESSIONAL EXPERIENCE**

*Vice President, Zero Balancing Health Association Board of Directors | 2008-2014*

*Member Faculty Committee | 2015 - Present*

*Director of Zero Balancing Certification Program | 2002 - 2008*

*Chair of Faculty Committee | 1992 - 1998*

*Developer and Instructor of Unlocking the Secrets of the Skull I and II | 2004 - Present*

*Instructor Zero Balancing Alchemy of Touch | 2001 - Present*

*Developer and Instructor of ZBKIDS (Zero Balancing for Children from Infants to Teens)| 2000 - Present*

*Instructor Zero Balancing Core 1 and 2 | 1989 - Present*

*Instructor Zero Balancing Freely Moveable Joints | 1993 - Present*

*Developer and Instructor of ZB: Spirit of the Organs, (Zero Balancing the Viscera with the 5 Elements) | 1998 - Present*

*Developer with Bob Brown and Instructor of Fabulous Fulcrums | 2008 - Present*

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*Instructor of T'ai Chi Chuan for the T'ai Chi Foundation (teaching Beginning, Foundation, Push Hands 1 and 2, Intermediate Form, and 8 Ways) | 1984 – Present; Instructor of Qi Gong - Present*

*Private Practice in Bodywork in Northern Virginia, Bethesda, MD and Charlottesville, VA | 1979 – Present*

*CranioSacral Therapy I Instructor for Upledger Institute | 1986 – 1999*

*CranioSacral Therapy II Instructor for Upledger Institute | 1990 – 1999*

## Professional Experience Continued;

*Self-Employed Consultant & Trainer providing: physical conditioning component for apprenticeship programs; trainings in self-development, stress management and meditation; workshops in body related techniques in counseling; public communication skills; trainings identifying attitudes towards people with disabilities, ex-offenders, re-entry women and women entering non-traditional jobs | 1972 – 1984*

*Initial Training of Trainers (American Society for Training and Development) | 1977*

*Instructor for the Institute for Humanistic Education | 1973 – 1974*

*Trained with Marc Levin and Norman Newberg of the Philadelphia Affective Education Project | 1971 – 1972*

*Speech Therapist in Public School Systems | 1968 - 1972*

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## EDUCATION & CERTIFICATIONS

*Catholic University | Graduate work in Psychology | 1971*

*Kent State University | B.S. in Education, Speech Pathology and Audiology | 1968*

### Certifications:

*National Certification in Therapeutic Massage and Bodywork #4456 (member since 1993)*

*American Massage Therapy Association # 1288 (Member since 1983)*

*Certified Zero Balancing Practitioner (1989) by the Zero Balancing Health Association*

*Certified CranioSacral Therapy Diplomate Therapist by the Upledger Institute (since about 1990)*

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## PUBLICATIONS

*Developed the following Study Guides: The Spirit of the Organs; Secrets of the Skull; ZBKids*

*Edited the following Study Guides: Core ZB and Geometry of Healing*

*Zero Balancing Expanded: The Attitude of Awaiting a Fish; 2014 by The Upledger Institute*