

Tiffany Anderson, LMT, RMT, BS, CHES

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Education | Academics

Bachelors of Science

Health Education and Promotion

University of Utah 2005

Myotherapy College of Utah

Professional Therapeutic Massage & Bodywork Certification 1996

7th Generation Usui Lineage, Attuned by Dr. Carol Wilson 2009

Reiki Master Teacher

Professional Certifications | Teaching Endorsements

Certified Health Education Specialist (CHES)

Parent Educator - Parents as Teachers Foundational Curriculum Certification

Association of Humanistic Psychology Certification in Guided Imagery

Arthritis Foundation of Utah Self-Help Course Facilitator Training

American Cancer Society Smoking Cessation Instructor Certification

Apple Program Corporate Wellness Health Coach Training

Stepping On Facilitator Training – Utah Department of Health & Wisconsin Institute for Healthy Aging

The McDougall Foundation – McDougall Dietary Therapy & The Starch Solution Course

Career History

Book: *Butternut to Bionic: A Resource for Hip Replacement Surgery* 2015 to Present

Writer/Author/Webmaster – Glass Spider Publishing – www.AndersonTherapeutics.com

Resource guide written and published to assist hip replacement recipients, caregivers, and healthcare providers (2017). *Butternut to Bionic* nominated for: 2018 AARP Purpose Prize, 2018 IHA Health Literacy Award, and 2019/2020 Reader Views Literary Award. Responsibilities include maintaining professional website showcasing

complementary content: weekly wellness blog, healthy lifestyle tips, tools, and resources specific to those managing chronic health conditions. Private administrator page provided to quickly add, update, and withdraw site content. Incorporated social media tie-ins sharing status updates and building readership. Book and website has reached thousands of readers in 46 countries – in kind donations for those in need distributed via POCA (People’s Organization of Cooperative Acupuncture), Good Reads, Online Book Club, Wasatch Community Acupuncture, Full Circle Health, senior centers, rehabilitation clinics, Glass Spider Publishing, and private healthcare practitioners.

Salt Lake County Health Department – Salt Lake City, Utah

2020 to Present

Health Educator – Home Visitor/Clinical Services

Certified to deliver the Parents as Teachers curriculum to low income families living within Salt Lake County. PAT programming supports families whose children are prenatal to five years of age with mentoring, education, and access to developmental assessment services. Managed caseload of up to 21 families, prepared and presented educational material, led and coordinated monthly Group Connection events with participants and staff, and gathered sensitive health related information for national federally funded database.

Community Health COVID Staff

Employed case investigation and strong communication skills to provide support to community, offer health education, track data, and protect patient privacy. Delegated to School Exposure Higher Ed team; designated as sole liaison to SLCC internal tracing team and other trade schools within the county.

The Kura Door – Salt Lake City, Utah

2017 to 2020

Professional Licensed Massage Therapist

Employed a variety of therapeutic strategies and bodywork techniques such as Reflexology, Pre-Natal massage, Aromatherapy, Deep Tissue, Sports Massage, Touch for Health, and Reiki designed to facilitate client wellness, assist in the reduction of stress, ease tension, and help clients to better manage pain within a holistic Japanese day spa.

Summit County Health Department – Park City, Utah

2016 to 2017

Health Educator

Developed and implemented strategies improving the health of community members. Coordinated and co-led falls prevention course designed for adults age 60 and over. Managed semi-annual Health Connections Provider newsletter, as well as preparing articles published within Health Department website and local publications. Mentored and advised South Summit Peer Leaders who promote health and safety behaviors to local youth. Led tobacco/e-cigarette awareness and prevention classes within both local high schools and middle schools. Offered child passenger safety instruction to parents and caregivers at semi-monthly car seat checks. Served on numerous health and safety coalitions at community, state, and national level ensuring county residents access to quality services and environmental improvements.

PEHP Healthy Utah – Salt Lake City, Utah

2012 to 2015

Wellness Communications Specialist

Monitored and contributed to the development of website content for the PEHP Wellness division. Managed content and layout of the monthly PEHP Wellness newsletter. Wrote health articles published within multiple statewide publications. Managed monthly health and wellness webinar series: recruited speakers, assigned topics to mirror newsletter theme, developed/distributed marketing material, and partnered with nursing team, WeeCare (prenatal/postnatal health), and medical director to ensure timeliness of messages. Presented at statewide benefit fairs educating members and employers. Conducted statewide biometric screenings of PEHP insured members. Screenings included blood pressure check, measure and reading of cholesterol levels, a reading of body composition, plus optional consultation and health education.

PEHP – Salt Lake City, Utah

2011 to 2012

Health and Wellness Coach

Monthly coaching delivered via email/phone to 150-200+ insured members voluntarily enrolled in company obesity intervention program. Motivated members to reduce or eliminate high-risk health behaviors. Assessed participant needs, employing theory of change utilizing a holistic view. Designed and wrote health articles published in member monthly health newsletter distributed statewide.

SALT LAKE COMMUNITY COLLEGE – Salt Lake City, Utah

2008 to 2011

Adjunct Faculty – Higher Education Teaching

Courses Topics: Social Health and Diversity, Nutrition 1010, and Mind/Body Health.

PRIVATE PRACTICE – Salt Lake City, Utah

1996 to 2011

Professional Licensed Massage Therapist – Health Educator – Wellness Coach

Published quarterly health newsletter distributed to 300+ clients annually. Facilitated workshops on therapeutic benefits of massage and bodywork within community. Employed a variety of therapeutic strategies and health coaching techniques to empower and educate clients on healthy lifestyles, wellness, exercise, bodywork, and alternative healthcare.

SALT LAKE COMMUNITY COLLEGE – Salt Lake City, Utah

2002 to 2010

Professional Licensed Massage Therapist/Health Educator

Create and distributed all Health and Wellness Massage Services marketing to educate students, staff and faculty on the health benefits and efficacy of alternative healthcare. Co-wrote and received grant funding to research health benefits of massage therapy within single parent student population.

THE APPLE PROGRAM – Salt Lake City, Utah

2004 to 2005

Health & Wellness Coach

Health instructor and coach within corporate wellness program. Assisted clients on a group and individual basis. Managed diverse clientele population while meeting learning and coaching objectives set by senior management. Led workshops on stress management, smoking cessation, healthy eating, meal planning, and aided in improved health flex spending account management.

HORIZONTE SCHOOL – Salt Lake City, Utah

2003 to 2004

Health Educator/Instructor

Co-created and implemented nutrition course for single parents focusing on the needs of adolescent learners. Reputation for strong class management and capacity for broad range of lesson plans.

COMMUNITY EXPERIENCE

ANDERSON THERAPEUTICS – Salt Lake City, Utah

2016 to Present

Monthly wellness presentations and health coaching offered to individuals and groups. Web services include free health and wellness resources, a weekly wellness blog, and subscription services. Presentation topics include, though not limited to, 3 Key Concepts to Improved Health, Healthy Aging, Fall Prevention, Managing Chronic Conditions, Pain Management, Weight Management, and Patient/Caregiver Advocacy.

INSTITUTE FOR HEALTHCARE ADVANCEMENT

2019

Served on Volunteer Conference Planning Committee to help design and plan the topics and theme of the Annual Health Literacy Conference. Brainstorming sessions generated topics to address discussion groups, recruit speakers, and meet the professional needs of conference attendees.

SUMMIT COUNTY HEALTH DEPARTMENT – Park City, Utah

2016 to 2017

Co-presented Stepping On 7-week Fall Prevention Workshop within local senior centers. This [evidence based program](#) offers direction on balance and strengthening exercises, identifies hazards, instills confidence, and enhances lifestyle skills for people age 60 and over to help them reduce the incidence of harmful falls.

WESTMINSTER COLLEGE – Salt Lake City, Utah

2005 to 2011

Yearly guest speaker invited to present at the Complementary Healing class for nursing students. Presentation topic included health benefits, contraindications, and therapeutic uses of massage therapy, reflexology, Tuina, and Acupressure in a patient care setting as well as demonstrations for self-care to better manage stress, pain, and tension.

UTAH UNIVERSITY COLLEGE COUNSELING CONFERENCE 2008

Delivered poster presentation at annual event displaying findings of grant funded project. Discussed results from 2007-2008 research studying the positive health benefits and increase in academic scoring of single parents receiving massage therapy.

SALT LAKE COMMUNITY COLLEGE 2007 to 2009

Prepared and delivered Stress Management lecture to faculty, administration, and staff at annual SLCC Staff Professional Development conference.

ARTHRITIS FOUNDATION OF UTAH 2003 to 2004

Facilitated Arthritis Foundation 7-week Self-Help courses offering health management skills to attendees diagnosed with arthritis and arthritic related conditions.