

Bev Johnson
Lakewood, Colorado
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540-428-6329

Mature skills and experience in mind/body therapy, educational and business environments delivering top box customer experiences and transformational results. Ten years of holding Rogerian therapeutic space while facilitating Gestalt-like experiential process and solution-focused integration to transform lives and build resilience. Five years of training professionals in this modality receiving top-box scores in excellence. A team player offering a depth of experience designing and implementing quality business processes that create accountability and transparency, impacting bottom line financials and service excellence. I am eager to apply my proficient mind/body somatic therapy skills and presence to cultivating wellness and resilience for counseling clients whose lives are disrupted by trauma.

Professional Experience – Therapy

Oct 2014-present – International Association of Yoga Therapists, Board Committee Member

Key to two-member team designing, managing and executing implementation of program to grant, maintain and promote international certification for yoga therapists, more than doubling expected application response.

Sep 2014-present – Phoenix Rising School of Yoga Therapy, Senior Faculty, Mentor, Leader

- Deliver three levels of core therapeutic skills curriculum, including 9-month yoga practicum, with 95% top box student evaluation scores
- Senior mentor and mentor of mentors for practicum students
- Team lead for developing local community support for professional practitioners, teachers and group facilitators in the greater Colorado region.

Apr 2014-Apr 2015 – Phoenix Rising School of Yoga Therapy, Programs Manager

Point person in supporting administration, faculty and students to create a climate for exceptional delivery of training.

Apr 2010-present – Bev Johnson Yoga Therapy – Owner, Director, Therapist, Educator, Teacher

- Independent practitioner at hOMe Collective, Wheat Ridge, Colorado and prior locations in Castle Rock, Colorado and Montpelier, Virginia
- Embodied mindfulness somatic therapy in private, couples and groups formats
- Small therapeutic groups, classes and workshops, both in person and online

Professional Experience - Business

2006-2010 – Capital One Financial, Senior Manager, Richmond, VA

- **Process Engineer, Agile Scrum Team Coach and Agile Product Owner**, Customer Operations Division-Customer Experience Process Improvement Team: Established, managed and coached a program of five agile scrum teams achieving rapid delivery of customer experience improvements.
- **Program Manager, Sr. Project Manager, Agile Scrum Team Coach**, Compliance Operations and Infrastructure Division: Managed startup and coached teams to rapid delivery of quality customer value in iterative two-week sprints.

1990-2005 – Bank of America, Vice President, Norfolk, VA

- Marketing Product Manager, Government Card Services
- Project/Change/Quality Management Consultant, Consumer Card Services
- Technical Consultant/Project Manager, Finance Division

Education

- **Dec-Jan 2020**: Certification Training (CCTP): **Evidence-Based Trauma Treatments & Interventions**, International Association of Trauma Professionals
- **Jan 2019-present: Capella University, Masters of Clinical Mental Health Counseling**, expected completion March 2022
 - 2020 Inductee, Chi Sigma Iota Honor Society – Chi Upsilon Chi Chapter
 - 2020 President's List commendation for academic excellence
- **Jan 2014 – Integrative Cancer Care for Complementary and Alternative Medicine Professionals**, Spa4ThePink, Red Rocks Cancer Center, Golden, Colorado
- **2007-2011 – Phoenix Rising Yoga Therapy Certification** Training for Individuals, Couples and Groups (620 hours), Phoenix Rising School of Yoga Therapy Training Center, Bristol, Vermont
- **2002-2006 – Iyengar-style Hatha Yoga Teacher Training** (500 hours) with Anna Pittman, Norfolk, Virginia.
- **1995 – Masters of Business Administration**, Old Dominion University, Norfolk, VA
- **1985 – Bachelors of Business Administration/Finance**, University of Texas, Austin, TX

Professional Certifications and Affiliations

- 2019 – International Association of Trauma Professionals – Certified Clinical Trauma Professional (CCTP)
- 2016 – International Association of Yoga Therapists – Certified Yoga Therapist (C-IAYT)
- 2010 – Certified Phoenix Rising Yoga Therapist for Individuals, Couples and Groups (PRYT)
- 2010 – Yoga Alliance Registered Experienced Advanced Yoga Teacher (E-RYT500)
- 2009 – Certified Scrum Master, Capital One Financial and Scrum Alliance
- 2008 – Six Sigma Green Belt Process Engineer, Capital One Financial
- 2003 – Six Sigma Green Belt and Design for Six Sigma Project Manager, Bank of America

Publications / Presentations

- Jun 2018 – SYTAR conference, presented at Common Interest Community (CIC) session, *Yoga Therapy Assessment of the Manamaya Kosha*
- 2015-18 – Presented certification team progress and accomplishments to 300-500 attendees at annual Symposium of Yoga Therapy and Research (SYTAR) conference.
- Jul 2015 – Phoenix Rising Yoga Therapy for People Touched by Cancer, 2-hour workshop delivered at Phoenix Rising School of Yoga Therapy Professionals Conference, Bristol, VT
- Jun 2015 – Phoenix Rising Yoga Therapy for People Touched by Cancer, 20-minute TED-like talk presented at SYTAR 2015, Newport Beach, CA
- Winter 2013 – Article published – International Journal of Phoenix Rising Yoga Therapy, Volume 2, Issue 1, Winter 2013, The Right Words – Supporting Business Communication with Language