

# **JULIE JACK**

## **EDUCATION**

- ALLIANT INTERNATIONAL UNIVERSITY** 2006-10 – Mexico City  
*Master of Arts in Counseling Psychology*
- UNIVERSITY OF NOTRE DAME** 2001-03 – Notre Dame, IN  
*Master of Science in Non Profit Administration, Cum Laude*
- UNIVERSITY OF ILLINOIS** 1993-98 - Champaign/Urbana, IL  
*Bachelor of Science, Leisure Studies – Recreation Management*

## **YOGA AND THERAPY EXPERIENCE**

- THE EXHALE PROJECT** 2016 - Current - Iowa  
*Founder/Director*
- Received a 3 year grant from the state of Iowa to provide Trauma Informed Yoga (TIY) group sessions for victims of sexual assault, domestic violence, human trafficking and other related traumas.
  - Developing the TIY curriculum and program policies for the project
  - Providing Trauma Informed Yoga sessions to individuals and groups of survivors in a 6 country region
  - Advise mental health care providers and therapists about Trauma Informed Yoga techniques through workshops and speaking engagements.
  - Community Outreach
- VETERANS ADMINISTRATION HOSPITAL** 2016 - Current - Iowa City  
*Contract Yoga Teacher*
- Lead trauma informed yoga classes for veterans experiencing PTSD, MST or other mental health concerns
- FOUNDATION 2** 2013 - Current - Cedar Rapids  
*Mobile Crisis Outreach Counselor*
- Provide in person crisis counseling in the community or in-home, on an on-call basis
  - Administer assessments for the Crisis Stabilization Beds in a 9 country region
- PRIVATE PRACTICE/FREELANCE** 2013- Current - Cedar Rapids/Iowa City  
*Therapeutic Yoga and Dance*
- Provide body centered therapy for groups and individuals at studios, educational facilities and within the community
- SALVATION ARMY MENTAL HEALTH CLINIC** 2007-11 - Mexico City  
*Therapist (practicum and volunteer)*
- Administered systemic therapy for families, individuals and children living in a low-income neighborhood in Mexico City
  - Actively participated in creating a continuum of mental health care in Mexico City

## **OTHER PROFESSIONAL EXPERIENCE**

- COMEXUS – Mexican Fulbright Commission** 2009-12 - Mexico City  
*Director of Programs*
- Oversaw 23 Fulbright Exchange Programs between Mexico and the U.S.
  - Researched and designed new program initiatives
  - Managed the internal operations for the commission
  - Lead and motivated a binational staff of 16 people
  - Supervised the selection process of Fulbright grantees
  - Assisted with fundraising for COMEXUS achieving over 500,000 dollars annually

- Effectively worked with the international board of directors to set policies for the organization
- Coordinated the Fulbright Binational Business Program, growing the program by 40%
- Named Interim Executive Director by the Board of Directors

**ALLIANT INTERNATIONAL UNIVERSITY**

**2008-09 - Mexico City**

*Adjunct Professor*

- Taught English composition to first year university students

**KELLOGG INSTITUTE FOR INTERNATIONAL STUDIES**

**2005-06 – Notre Dame, IN**

*Event Coordinator*

- Managed the Academic and Cultural Events Program for the Institute
- Planned and implemented academic conferences, weekly lecture series, film series, international musical guests and community outreach events both in the U.S. and internationally.
- Initiated new speakers and programs that extended the mission of the Institute to the community and world.
- Coordinated the details for the Coca Cola Prize for Distinguished Service in Latin America
- Worked with students groups and volunteers for publicity and general assistance with events execution
- Supervised Events Assistant and student assistant

**PROFESSIONAL CERTIFICATIONS AND SCHOLARSHIPS**

**CERTIFIED YOGA THERAPIST IN TRAINING (C-IAYT)**

**ongoing - United States**

*Inner Peace Yoga Therapy*

**ADVANCED TRAUMA INFORMED YOGA THERAPY**

**February 2018 - Denver, CO**

*Sundara Yoga Therapy*

**TRUAMA INFORMED YOGA CERTIFICATION**

**December 2015 - Madison, WI**

*Trauma Informed Yoga Wisconsin*

**LIFE COACH**

**December 2014 - Chicago, IL**

*Life Purpose Institute, LLC*

**COMPLEX TRUAMA AND FOCUSING ORIENTED THERAPY PROGRAM**

**2014 – NYC**

*The Focusing Institute*

**LEVEL IV REIKI PRACTITIONER - Centro Holistico Latinoamericano, S.C.**

**2008 - Mexico City**

**CERTIFICATE IN LATINO FAMILY THERAPY – Alliant International University**

**2007 - Mexico City**

**REGISTERED YOGA TEACHER, YA 200 HOURS – Dancing Feet Yoga**

**2006 – Michigan City, IN**

**FLAS FELLOWSHIP**

**2003 – Salvador, Brazil**

*Immersion language study – Portuguese*

**FLAS FELLOWSHIP**

**2002 – Notre Dame, IN**

*Portuguese and Latin American Studies*

**LANGUAGES AND SKILLS**

Languages: Fluent in Spanish, Basic Portuguese

Skills: Proficient computer skills, public speaking, multicultural, strong leadership skills, team player, excellent written and oral communication skills