

JUDITH SULLIVAN

WWW.CHIJUDE.COM

982 Pintail Lane
Charlottesville, VA 22903

Phone: 434.984.0707 | Cell: 434.466.2292
Email: Judith@chijude.com

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 acupressure 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.

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.

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

JUDITH SULLIVAN

WWW.CHIJUDE.COM

982 Pintail Lane
Charlottesville, VA 22903

Phone: 434.984.0707 | Cell: 434.466.2292
Email: Judith@chijude.com

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

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)

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