

Curriculum Vitae
Martina C Steiger, ThD, BEd, MA
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ACADEMIC EDUCATION

- 2002-2004 **Doctor of Theology (ThD):** Energy Medicine & Spiritual Healing: Integrative Healthcare Specialty Track; Holos University Graduate Seminary, Springfield, Missouri: four-year programme, completed in two years, including qualitative research study
- 2002-2004 **Ordination as a Minister** in the International Science of Mind Church for Spiritual Healing
- 1998 (July) **Drama, Part I:** Additional Teaching Qualifications; University of Toronto, Toronto, Ontario
- 1993 (November) **Strengthening Foreign Language Instruction (6-12):** Bureau of Education and Research, Bellevue, WA
- 1991-1992 **ESL, Part I, Part II, Specialist:** Additional Teaching Qualifications; University of Western Ontario, London, Ontario and York University, Toronto, Ontario
- 1990 (August) **Winning at Teaching,** through Barbara Coloroso
- 1989 **Ontario Teacher's Certificate:** Intermediate/Senior, French and German
- 1988-1989 **Bachelor of Education (BEd):** Dean's Honour List, University of Western Ontario, London, Ontario
- 1988 (July-August) **Français, Langue Secondaire,** programme court du premier cycle; Université du Québec à Chicoutimi, Québec
- 1984-1987 **ABD—Doctor of Philosophy:** University of Toronto, Toronto, Ontario: Russian Language and Literature, minor in Slavic Linguistics; specializing in comparative literatures
- 1983-1984 **Master of Arts (MA):** University of Waterloo, Waterloo, Ontario: thesis in German
- 1976-1982 **Staatsexamen (Honours BA equivalent):** Universität Mannheim, Mannheim, Germany; a six-year programme (due to language requirements) in English and Russian languages and literatures with thesis and comprehensive final exams

TRAINING & CERTIFICATIONS

- 2008 Certification as Associate Certified Coach (ACC) through the International Coach Federation (ICF)
- 2007 Coach training through Erickson College, Vancouver, British Columbia
- 2005 Certified Instructor of Brain Management®/Mental Photography®/Subliminal Dynamics®
- 2002-2003 Inner Counselor™; Bob and Ann Nunley, Kansas
- 2002 Body Harmonization; Karin Cremasco and Larry Steel: Guelph, Ontario
- 2002 Subliminal Dynamics; Subliminal Dynamics Brain Management; Chipo Shambare: Ottawa, Ontario
- 2000 Past Life and Age Regression; Lori Wilson: Guelph, Ontario
- 1999 Honouring and Balancing Emotional and Spiritual Causes of Physical Disharmony; Karin Cremasco: Guelph, Ontario
- 1999 Biocomputer Operating System, Module 1; Larry Steel: Chatham, Ontario
- 1999 Thought Field Therapy (EFT); Crystal Hawk: Guelph, Ontario
- 1999 Self-Discovery; Beverly MacLean: Stratford, Ontario
- 1998-1999 Therapeutic Touch: Levels 1-3; fulfilled requirements for Practitioner Status
- 1998 Channelling; Lori Wilson: Guelph, Ontario
- 1997-1998 Self-Muscle Testing I & II; Beverly MacLean: Stratford, Ontario

EMPLOYMENT

- 2006-present **Director, Life/Transition/Spiritual Coach, Lecturer, Inspirational Speaker, and Writer, Educator at Creative Conscious Transformation, Inc.**, providing educational services and programs, called The Creative Art of Living and Learning. Lectures and seminars cover the topics of Consciousness; Spirituality; Loss, Grief, and Death; Intuition; Intentional Living and Learning; Whole Being education; Health and Wellness; Stress Management; Kitchener, Ontario
- 2005-2008 **Professor and Dean of Faculty & Academics, Emeritus**, integrative transformation and studies of consciousness; curriculum development for on-line education and conventional (On-campus) course delivery; faculty development; teaching and mentoring graduate students; chair of graduate student committees; recruitment; Consciousness and Integrative Healthcare, Holos University Graduate Seminary, Missouri
- 2004-2005 **Assistant Professor**; specializing in Integrative Healthcare; teaching and mentoring of graduate students; Holos University Graduate Seminary, Missouri
- 2002-2006 **Proprietor of Wholistic Conscious Transformation**; Self-employed in Private Practice: using various Subtle Energy and spiritual healing modalities in order to facilitate wellness on multiple levels; interactive intuitive practice; originator of GUS™, Kitchener, Ontario
- 1989-2002 **High School Teacher** (grades 9-12): French, German, ESL, Drama; Waterloo Region District School Board: Kitchener, Ontario
- 1984 **Research Assistant** (part-time): conducted research on 20th century literature; Department of Germanic and Slavic Languages and Literatures; University of Waterloo, Waterloo, Ontario
- 1983-1984 **Teaching Assistant** (part-time): first year German & scientific German; University of Waterloo, Waterloo, Ontario
- 1983 **Tutor in Russian** (part-time): individual tutoring to first-year students; Department of Germanic and Slavic Languages and Literatures; University of Waterloo, Waterloo, Ontario
- 1981-1982 **Teacher of German** (part-time): German as a Foreign Language-advanced level; Volkshochschule Bad Dürkheim, Bad Dürkheim, Germany
- 1980-1982 **Teacher of English** (part-time): from beginners to advanced levels; Volkshochschule Ludwigshafen, Ludwigshafen/Rhein, Germany
- 1980 **Teacher of German** (part-time): German for Immigrants—Advanced Level; Abendakademie Mannheim, Mannheim, Germany
- 1979-1987 **Freelance Translator** (part-time): German-English, English-German, French-English; technical and literary translations
- 1979-1982 **Research Assistant** (part-time): assisted in the compilation of Phraseological Dictionaries in Serbo-Croatian/German and Russian/German; University of Mannheim, Mannheim, Germany
- 1979 **Social Studies Researcher** (part-time): conducted social research studies on attitudes and expectations of Polish immigrants; University of Mannheim, Mannheim, Germany
- 1979 **Teacher of German** (temporary full-time): taught German to A-level students at a boarding school; Fernhill Manor School, New Milton, Hants, England

ADMINISTRATIVE AND OTHER PROFESSIONAL EXPERIENCE

- 2006-2008 **Chair of Curriculum Committee**, Holos University Graduate Seminary, Missouri
- 2005-2008 **Chair and Member of numerous Graduate Committees**, Holos University Graduate Seminar, Missouri
- 2005-2008 **Member of Holos University Graduate Seminary Executive Committee** and serving on the **University Board**; involved in Strategic Planning, hiring of staff and faculty, evaluation of faculty; Holos University Graduate Seminary
- 2005-2007 **Member of the Strategic Planning Committee**, Holos University Graduate Seminary, Missouri
- 2005-2006 **Member of Doctor-Healer Network**, a group of American and Canadian doctors and healers
- 2005-2006 **Member of Council for Healing**, a networking group for representatives of various healing organizations
- 2004-present **Assistant Editor**: *International Journal of Healing and Caring*, on-line journal: www.ijhc.org

2004-2005	Member of University Board: Graduate Representative, Holos University Graduate Seminary, Missouri
1999-2002	Facilitator of Stress and Pain Management: held weekly sessions with faculty and students on stress management techniques
1998-present	Therapeutic Touch Practitioner
1996-2002	Dramatic and Vocal Coach: coached students to achieve their full potential for auditions, productions, competitions
1994-2002	Regional Chair of 'German Day': organized and hosted an all-day event for approximately 400 high school students of German; Waterloo Region, Kitchener/Waterloo, Ontario
1994-1999	Member of Staff Executive: served as Vice President, President, Past President, providing liaison between staff and principal; staff and school board; initiated award committees; organized retirement functions; worked on federation matters; Eastwood Collegiate Institute, Kitchener, Ontario
1992-present	Singer: performing with various choirs for specialized televised concerts; St. Andrew's Presbyterian Church, Kitchener, Ontario
1992-2002	Artistic Director of Annual Musical Production: organized and directed full-fledged Broadway style musicals (<i>Cabaret, Carnival, Annie, Fame, Camelot, Jesus Christ Superstar, Oliver, Pippin, Kiss Me Kate</i>), each involving approximately 180 students and 35 faculty members; Eastwood Collegiate Institute, Kitchener, Ontario
1991-2002	Choir Section Leader: lead soprano and alto sections of school choir, Eastwood Collegiate Institute, Kitchener, Ontario
1990-2002	Ontario Regional German Contest: planned, wrote, and administered regional high school contest; sponsored by the University of Waterloo; Toronto and Kitchener/Waterloo, Ontario
1990-2002	OAC-Contest in German (grade 12-13): administered contest; sponsored by the German-Canadian Business Association; Wilfred Laurier University, Waterloo, Ontario
1969-1982	Singer/Performer: on-stage participation in numerous professional opera productions; Nationaltheater Mannheim, Mannheim, Germany

MEMBERSHIP IN PROFESSIONAL ASSOCIATIONS

2009-present	The Association for Death Education (ADEC)
2009-present	The International Network of Personal Meaning (INPM)
2007-present	International Coaching Federation (ICF)
2007-present	Chamber of Commerce in Kitchener-Waterloo, Ontario
2005-present	Spiritual Directors International (SDI)
2003-2008	Energy Psychology Association (ACEP)
2002-present	International Society for the Scientific Study of Subtle Energies and Energy Medicine (ISSSEEM)
1998-present	Therapeutic Touch Network Ontario (TTNO)

LANGUAGES

English and German	Native fluency
French	Excellent comprehension and good communication skills
Russian, Croatian, Serbian	Good reading skills

PUBLICATIONS

- Steiger, Martina. "Listening from Within the Heart." (editorial) *International Journal for Healing and Caring* 9, no. 2 (May 2009): www.ijhc.org
- _____. "INDIGO-in Canada: An Extraordinary Experience." *InTouch Magazine*, no. 88 (April/May 2005): 12-13.
- _____. "Grief, Grace and Transformation." *International Journal for Healing and Caring* 4, no. 2 (May 2004): www.ijhc.org
- _____. "Cats and Birds: A Backyard Experience." *International Journal for Healing and Caring* 4, no. 3 (September 2004): www.ijhc.org
- _____. "Therapeutic Touch in a High School Setting," *In Touch: The Canadian Therapeutic Touch Networks* XIV, no.4 (Winter 2002), 6.
- Hansen, R., Josip Matešić, J. Petermann, S. Rittgasser, M. Steiger, and I. Zimanji-Hofer. *Hrvatsko-njemaški frazeološki rječnik*. Zagreb-München, 1988.
- Eismann, W., B. Greiner, R. Hansen, J. Petermann, and M. Steiger. *Literatur im Russischunterricht: Bestandsaufnahme, Empfehlungen und Bibliographie für den Russischlehrer*. München: Verlag Otto Sagner, 1982.

Selected LECTURES/WORKSHOPS PRESENTED

- Tune Up Your Intuition by Tuning In and Listening from Within the Heart.* A lecture and a seminar. Annual Vision and Reality Conference of the Therapeutic Touch Network of Ontario (TTNO). Toronto, Ontario, November 2010.
- Infinite Mind: An Intentional Living and Learning Programme.* A 20-hour intensive seminar held in various locations in Canada and the USA, 2008.
- Die Rolle des Unterbewusstseins im Geistigen Heilen; GUS ;* seminars, lectures, and workshops at the Psi-Tage Konferenz, Basel, Switzerland, November 2006.
- Brain Management®/Mental Photography®/Subliminal Dynamics®.* A 20-hour intensive seminar throughout the USA and Canada, from September 2005-2008, several times per year; Guelph, Ontario, July, 2006.
- Clear Intent: Self-Care for Health Professionals.* Post-Conference Seminar with Daniel J. Benor, MD. 11th International Holistic Health Conference: Integrating Art and Science. Novotel Twin Waters Resort, Queensland, Australia, August 2005.
- Self-Care for Professionals.* Member on Panel. 11th International Holistic Health Conference: Integrating Art and Science. Novotel Twin Waters Resort, Queensland, Australia, August 2005.
- Return to the Future: Getting UnStressed™ as a Step towards Wholeness.* Workshop. 11th International Holistic Health Conference: Integrating Art and Science. Novotel Twin Waters Resort, Queensland, Australia, August 2005.
- Shifting the Paradigm-How to See Learning Differently.* Keynote address. Indigo Soul Journey conference. Waterloo, ON, June 2005.
- Helping Yourself and Your Teen Getting Unstressed by Listening within.* Workshop. Indigo Soul Journey conference. Waterloo, ON, June 2005.
- GUS™ (Getting UnStressed™): Accessing the Voice of the Healer Within.* First Annual Healing Symposium. Kansas City, Missouri, March 2005.
- Getting UnStressed™ (GUS™)-Stress Management and Self-Care: Practical Techniques to Gain and Maintain Balance.* Workshop for Teachers, Teachers' Aids, Social Workers, Nurses and Psychologists. The Children's Hospital of Philadelphia. Mays Landing, New Jersey. February 2005.
- INDIGO-the Movie.* Panel discussion with Dr. Karin Cremasco. Unity Centre of Practical Christianity. January 2005.
- GUS™: Basic Relaxation and Stress Management.* For high school students. Eastwood Collegiate Institute, Kitchener, Ontario. January 2005.
- A Guide to Pain and Stress Management: The Wholistic Approach.* Kitchener Public Library. Kitchener, Ontario. October 2004.
- Exploration of Synchronicity* (co-presentation with Daniel J Benor, MD). STEM meeting. Topeka, Kansas. September 2004.
- Doors and Windows to Self-Healing* (co-presentation with Daniel J Ben or, MD). Mentor and presenter at the Second AMSA Region 2 Circle of Healers HuMed Retreat. August 2004.
- GUS™: Introduction to Stress Reduction and Stress Management.* For high school students. St. Mary's High School. Kitchener, Ontario. May 2004.
- GUS™: Basic Relaxation and Stress Management.* For high school students. Eastwood Collegiate Institute, Kitchener, Ontario. January 2004.
- Inner Counselor™ Canada.* Twenty-hour seminar with co-presenter Dr. Karin Cremasco. Guelph, Ontario. November 2003.
- Self-regulation for Healing and Inner Counselor™.* Unity Centre of Practical Christianity. Kitchener, Ontario. October 2004.
- Inner Counselor™ Canada.* Twenty-hour seminar with co-presenter Dr. Karin Cremasco. Elora, Ontario. May 2003.
- Liberate Your Spirit through Your Voice and Sound.* Great Lakes Music Conference of Unity Churches. May 2003.
- Voice Care for Teachers.* Professional Development for Teachers. Waterloo Region District School Board. February 2000.
- From Stress to De-stress to Un-stress.* Professional Development for Teachers. Waterloo Region District School Board. February 1999.
- Languages: Ticket to the 21st Century—Deutsch Aktuell 1 & 2.* Ontario Modern Language Teachers' Association (OMLTA). Fall Conference, October 1998.
- Enrichment in a Destreamed Classroom—for Foreign Language Teachers.* Professional Development for Teachers. Waterloo Region District School Board. February 1995.
- Activity Centres in the Foreign Language Classroom.* Ontario Modern Language Teachers' Association (OMLTA). Fall Conference, October 1992.