

BIOGRAPHY

Paula believes the brain can change at any age. She is an advocate for optimal brain health. As a biofeedback practitioner she enhances cognition and emotional resilience in her nationwide clientele, serving them remotely. Paula is also trained in neurofeedback and served both adult and child clientele in an integrative medicine clinic in North Carolina. Currently engaged in private practice she applies her extensive and varied professional training to facilitate deep, transformative change.

Paula's diverse education and multiple careers uniquely contribute to her expertise in various sectors including academic research, librarianship, publication and instruction; nonprofit organization fundraising, management and consulting; economic development; and public health. Paula's personal healing journey featured PSYCH-K, Biofeedback, Trauma Healing and DNA Activation and forged her unique approach to emotional healing and psychological growth.

Studying directly under Dr. Bruce Lipton and Rob Williams (founder of PSYCH-K®) in 2011 while residing in California, Paula continued training over a period of several years and eventually earned designation as a *Preferred Facilitator* with PSYCH-K International. Based on Bruce Lipton's *The Biology of Belief*, PSYCH-K is a brain integration method blending neuroscience, evolutionary biology and positive psychology for transformational subconscious change.

Certified in Economic Development and Healthcare Disparities from University of California, Fresno, Paula was a senior research analyst in economic development, specializing in healthcare. She trained librarians in telehealth services with the National Network of Libraries of Medicine. She subsequently earned Certification in Transformational Healthcare Leadership from University of California, Los Angeles.

Originally an academic art librarian at Cornell University and State University of New York, Paula holds a master's degree in library and information science. Her undergraduate degrees are in design (studying abroad) and business administration. She also administered an undergraduate degree program in Nonprofit Organization Management while instructing college-level courses in Arts Management. Her major scholarly publication was the groundbreaking, award-winning print and online bibliography, *Women Artists in the United States: A Selective Bibliography and Resource Guide on the Fine and Decorative Arts, 1850-1986*, funded by the National Endowment for the Humanities.

Following her segue into nonprofit management consulting, she led multi-million-dollar capital campaigns for *Community Counseling Services* in San Francisco and *Custom Development Solutions* in Charleston. She served as managing consultant at *Skystone Partners* in Cincinnati. Certified in Charitable Planned Giving from University of California, Long Beach, she trained library foundation boards statewide, funded by the California State Library. Paula directed the Sacramento Public Library Foundation. She also co-authored a still widely consulted compilation of best practices titled *Handbook of Volunteer Management*, published by the North Carolina Governor's Office.