**Mary Ruth Velicki BSPT, MSPT, DPT**

**Physical Therapy License: CA 12330**

**www.maryruthvelicki.com**

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**Physical Therapy Education**

Marquette University

Department of Physical Therapy

Milwaukee, Wisconsin

Bachelor of Science 5/1984

University of Southern California

Department of Biokinesiology and Physical Therapy

Los Angeles, California

Master of Science 1/1994

Western University of Health Sciences

Department of Physical Therapy Education

Pomona, California

Transitional Doctor of Physical Therapy 7/2006

**Complementary Medicine Continuing Education**

Reiki I; Christine Hernandez RMT; 4/2009

Reiki II; Iben Larssen RMT; 6/2011

Reiki Master; Christine Hernandez RMT: 5/2014

Fascial-Pelvis; John Barnes PT; 10/2011

Myofascial Release 1; John Barnes PT; 12/2012

Myofascial Release 2; John Barnes PT; 3/2012

Myofascial Unwinding; John Barnes PT; 3/2012

CranioSacral Therapy 1; The Upledger Institute; 11/2011

CranioSacral Therapy 2; The Upledger Institute; 2/2012

Somato-Emotional Release I; The Upledger Institute; 6/2012

Somato-Emotional Release II; The Upledger Institute; 11/2015

Visceral Mobilization 1; The Barral Institute; 3/2018

**Integrative Physical Therapy Practice**

Focus on Health. Newport Beach, CA. 2/2018 - 4/2020

Owner: Holistic Bodywork and Physical Therapy, PC. Garden Grove, CA. 6/2014 - 12/2017

**Publications**

Books

* Healing Through Chronic Pain. A Physical Therapist’s Personal Journey of Body-Mind-Spirit Transformation. 9/22/2013
* Healing with Awareness. Activating the Body-Mind-Spirit Connection to Restore Health and Well-Being. 5/14/2019
* Healing with Spirit. Heightening Spiritual Awareness to Nurture the Body-Mind-Spirit. 11/5/2021

Articles

* Interstitial Cystitis: A Holistic Perspective. Magazine article. IC Optimist 16:2 Spring-Summer 2019.
* Five Ways to Find Comfort When Struggling with Bladder or Pelvic Pain. Magazine article. IC Optimist 11:1 Winter 2014.
* Neurological Considerations and Direct Experiences of the Mind/Body Connection. Guest Blog Post. International Pelvic Pain Society. 11/24/2014
* Healing through Chronic Pain. Voices of Hope Guest Blog Post. Interstitial Cystitis Association. 3/4/2014

**Presentations**

Webinars

* Ways to empower clients with pelvic pain. Integrative Pelvic Health Institute. 10/2014
* IC Hope. Interstitial Cystitis Association. 9/2014

Lectures

* Holistic Healing. Chapman University DPT Program. 4/2016, 3/2016, 4/2017, 4/2018, 2/2019, 9/2019, 2/2020
* Considering the Body-Mind-Spirit Connection. CSUN DPT Program. 4/2015, 3/2016, 2/2017
* IC and the Body-Mind-Spirit Connection. IC Orange County Support Group. 9/2016
* Complementary Treatment for IC/Painful Bladder Syndrome. Pelvic Floor and Sexual Medicine Professional Association. 11/2014
* Management Considerations for the Client with Pelvic Pain. Loma Linda U, DPT Program. 3/2014

Services/Workshops

* Healing with Awareness. Unitarian Universalist Church Santa Clarita. 10/2019
* The Transformative Power of Love. Unitarian Universalist Churches in Fullerton, Long Beach and Los Angeles. 6/2017, 7/2017, 12/2018
* Demystifying Intuition. Unitarian Universalist Churches in Long Beach and Los Angeles. 5/2016, 10/2018
* The Body Electric- Tuning into the Body to Heal the Mind and Spirit. Unitarian Universalist Church of Long Beach 8/2015
* Post-traumatic Growth. How Suffering Can Be a Catalyst for Transformation. Unitarian Universalist Churches in Long Beach, Costa Mesa, Fullerton, Laguna Beach. 8/2014, 2/2016, 4/2016, 6/2016
* Healing with Awareness- 4-hour workshop. Unitarian Universalist Church of Long Beach. 1/2018
* Experiencing the Body-Mind-Spirit Connection. 3-hour workshop. Unitarian Universalist Church of Long Beach. 1/2017

**Past Professional Experience in Neurologic Physical Therapy**

Teaching Positions

* Instructor-Transitional DPT program. Western University; Pomona, CA

Fall Semesters 2003-2006. Course: Advanced Differential Diagnosis III- Neurologic Pathologies

* Adjunct Lecturer. Department of Physical Therapy

Azusa Pacific University; Azusa, CA

Spring Semesters 2000-2006. Course: Physical Therapy Differential Diagnosis and Treatment

* Part-time Lecturer. Department of Physical Therapy

California State University; Long Beach, CA

Spring and Fall Semesters 8/2000–5/2003. Courses: Management of the Neuromuscular System; Seminar in Clinical Decision Making II

* Clinical Instructor of Physical Therapy. University of Southern California; Los Angeles, CA

Fall Semesters 1991-1994. Course: Clinical Pathokinesiology for Neurological Disorders

* Physical Therapy Instructor

Physical Therapy Assistant Program. Cerritos College; Norwalk, CA

Fall Semesters 1988 and 1989. Courses: Prosthetics and Orthotics; Therapeutic Exercise for the Neurologically Impaired Adult

Clinical Positions

• Resource Physical Therapist. Long Beach Memorial Medical Center. 10/1996 - 8/2003

• Resource Physical Therapist. USC University Hospital. 7/1992 -12/1994

• Clinical Instructor of Physical Therapy. USC University Hospital. 1/1992 - 7/1992

• Physical Therapist. Rancho Los Amigos National Rehabilitation Center. 8/1984 - 9/1990

Publications

• Gait Instruction Handbook Contributor (1989) The Professional Staff Association, Rancho Los Amigos National Rehabilitation Center

• Velicki MR, Winstein CJ, Altman K, Pohl PS (1993) Trajectory parameter specification in subjects post stroke. Society for Neuroscience Abstracts 19:546

• Fisher BE, Winstein CJ, Velicki MR (1996) Evidence for feed forward processing in the control of rapid aiming when time to program is constrained. Society for Neuroscience Abstracts 22:2041

• Fisher BE, Winstein CJ, Velicki MR (1998) Amplitude scaling in rapid aiming movements is impaired after unilateral sensori-motor area damage. Society for Neuroscience Abstracts 24:1663

• Velicki MR, Winstein CJ, Pohl PS (2000) Impaired direction and extent specification of aimed arm movements in humans with stroke-related brain damage. Experimental Brain Research 130(3): 362-374

• Fisher BE, Winstein CJ, Velicki MR (2000) Deficits in compensatory trajectory adjustments after unilateral sensorimotor stroke. Experimental Brain Research 132(3): 328-344.