

Elizabeth Eckert, PhD
1225 4th Street SW
Minot, ND 58701
Office: (701) 839-4755
www.WordCures.com
info@wordcures.com

Elizabeth Eckert Biography and Training Disclosure

Elizabeth Eckert can show you how your inside world of thoughts and habits manifests in the everyday elements of your life. With an emphasis on creating health, she identifies common errors of perception that if undetected may undermine your best intentions for well-being and establish the conditions for chronic pain and disease.

Elizabeth's education includes energy medicine, neuromuscular therapy, and developmental psychology. She has extensive clinical experience working with pain patients in private practice (Detroit, MI and Minot, ND) and research settings (Henry Ford Hospital, Detroit, MI).

Elizabeth lives in a nearly ideal location in spacious North Dakota, where she offers wellness coaching, writes, and landscapes her yard. She is the author of *Word Cures: How to Keep Stupid Excuses from Sabotaging Your Health* and *Stress In The Background: How to Thrive in a High-Stress World*.

Training Disclosure: Credentials for Elizabeth Eckert

Academic

- PhD degree in Energy Medicine granted by Greenwich University and Holos University, Springfield, MO (2001).
- MA degree in Psychology: Human Development granted by Wayne State University, Detroit, MI (1991).
- BM degree in Music Education and Composition granted by Bowling Green State University, OH (1980).

Therapeutic Bodywork

- Teaching staff, St. John Neuromuscular Therapy Seminars (1994-2005).
- North Dakota state license to practice massage therapy (beginning 2001).
- Researcher, Henry Ford Hospital, Detroit, MI (1999-2000); investigating St. John Therapy and headaches.
- Nationally Certified in Therapeutic Massage and Bodywork (beginning 1994).
- Neuromuscular therapy certificate; St. John Seminars, Pinellas Park, FL (1994).
- Massage therapy certificate (1000 hr); Health Enrichment Center, Lapeer, MI (1990).

Additional Certificate Programs

- Completed 2 courses with Dr. Doreen Virtue in intuition development (2002-2003).
 - Completed 5 courses with Drs. Caroline Myss and C. Norman Shealy in medical intuition (1996-2001).
 - 2 certificates in Transformational Breathwork; Transformations, Inc, Milwaukee, WI (1999- 2000).
 - Completed 11 courses with Tom Brown, Jr. in applied philosophy of living with the earth (1994-2000).
 - Shodan rank (1st degree black belt) in Koei-Kan Karate-Do (1998) and 3 additional years of study.
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