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# Gail M. Karuna

## Objective

To join with a dynamic team which will allow me to be of service to my community as a Healer and to use my training and skills to their best ability.

## Functional Summary

I began my healing education at Mary Washington University, where I earned Bachelor's degrees in Psychology and Women's Studies. Unsatisfied with my available options within traditional Western Academia, I turned to the Columbines School of Botanical Studies to gain knowledge and training in the use of medicinal herbs and plants. Since completing my Herbal Apprenticeship Training, I have also received certification in Core Synchronism Therapy (a form of craniosacral therapy) from the New Mexico School of Natural Therapeutics. I have been helping individuals on their paths to health and healing privately for 10 years, and I am excited to now be able to offer these therapies to the broader community.

## Education

2007 **Brain Gym 101**  
Satellite Campus – Columbia Gorge, Washington  
Mary Sauter – Instructor

### Brain Gym 101 Certification

- Applied kinesthesiology training

2006 **New Mexico School of Natural Therapeutics**  
Satellite Campus – Portland, Oregon  
Dr. Anne Hill, N.D., AHG – Instructor

### Core Synchronism Therapy Certification

- Level One, Level Two, Lymphatic Movement

2003 - 2005 **Columbines School of Botanical Studies**  
Eugene, Oregon

Howie Brownstein – Herbalist/Botanist/Instructor  
Dr. Anne Hill, N.D., AHG – Instructor

**Certified in Ethical Wildcrafting**  
**Herbal Medicinal Apprenticeship Year One**  
**Herbal Medicinal Lectures – Complete Series**  
**Physiology for Herbalists**  
**Physical Assessment for Herbalists**

1987 - 1991

**Mary Washington University**  
Fredericksburg, Virginia

## Employment

### B.S. Psychology/Women's Studies

- Psych Honors, Phi Beta Kappa, Final Honors

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- Treefrog Therapeutics – Clinic

- 440 1/2 Blair Blvd., Eugene, OR 97402

- Herbalist, Core Synchronism Therapist, Lay Counselor

The quest for Health and Well-being is one of the most profound journeys of a person's lifetime. Illness and disease disrupt our enjoyment of life and interfere with our ability to interact with others in our family and our community. Gail Karuna offers various methods to facilitate healing and to increase vitality and enjoyment of life.

Each client comes to Treefrog Therapeutics with different needs and issues. Some of the treatments Gail offers include counseling; organic tinctures, salves, and teas; Core Synchronism Therapy; Biofeedback Relaxation training (using the Journey to the Wild Divine computer system); information on vitamin and mineral supplements; support for lifestyle changes; and other therapies as needed. Gail Karuna's practice has a special focus on immune system issues including rheumatoid arthritis, AIDS, allergies, and lupus.

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- Additional References and further employment history available on request.