

Rev. Dr. Keema Cooper Giesselmann, Ph.D.

KeemaTherapy.org • O`ahu, Hawai`i • (808) 229-6707

PROFILE

Provides communities with KeemaTherapy™ -- multiple modalities of healing through energy medicine, sound healing, bodywork, spiritual/metaphysical guidance, pelvic steaming for men and women, death doula support, plant medicine, mind-body medicine, performs all rites of the church as an ordained metaphysical minister, editing

CURRENT POSITIONS

2023-present, Death Doula. Mourning Flow

2021-present, Chief Technical Writer | Visionary Concept Advisor. Soulful Resonance

2010-present, Ordained Metaphysical Minister. International Metaphysical Ministry

1997-present, Spiritual Advisor/Healer | Holistic Health Practitioner/Consultant. Numerous locations in Hawai`i, U.S. continental, and Europe

EDUCATION

Ph.D., Indiana University. Leisure Behavior. Health Promotion, Health Tourism emphasis, 2007

Dissertation: *"Perceptions of Leisure and Complementary and Alternative Medicine among Spa Practitioners"*

M.S., Indiana University. Recreation and Park Administration, 2001

Project: *"Investigating the Resorts and Spas Evolution of Alternative Therapies in the United States"*

M.S., Indiana State University. Physical Education, Adult Fitness emphasis, 2000

Internship: Aquatics Director at the YWCA in Terre Haute, IN

B.A., University of North Carolina at Greensboro. Dual majors in Psychology and Philosophy, 1998

B. Msc. (Bachelor of Metaphysical Science), University of Metaphysics. 2010

HOLISTIC HEALING RETREATS, WORKSHOPS, EVENTS, AND PRESENTATIONS

2024 multi-month retreat series, *The Memory Palace Program*. My Healing Language (MHL) and UpperCloud. Sacramento, CA

2023 Nov., *You Won't Break My Soul: Liberatory Tools for Healing the Soul Wound* Equity Seminar w/Dr. Tone Rawlings & Chanel Durley, MBA. National Association of Independent Schools (NAIS) People of Color Conference (PoCC). St. Louis, MO

2023 Nov., Death Doula. *Death Over Dinner*. 33rd & Rising | Mourning Flow. Oakland, CA

2023 Oct., *QUEST Healer Training*. 33rd & Rising. Mt. Shasta Retreat. Mt. Shasta, CA

2023 Oct., *Intuitive Yoga and Sound Healing*. Seasons Rituals - Fall Nourishment Gathering. Hawai`i Kai, HI

2023 Aug., *Sound Healing*. A Night of Nourishment. Fundraiser for Maui. Hawai`i Kai, HI

2023 June, *QUEST Healer Reiki I & II Training*. 33rd & Rising. Vallejo, CA

2023 March, *Intuitive Vibrational Energy and Sound Bath*. Seasons Rituals - Spring Goddess Gathering. Hale`iwa, HI

2023 Feb., *Guided Meditation and Sound Healing*. Seasons Rituals - Yoni Steam Circle w/Témar Marté Carter of Punani Steam. Kailua, HI

2023 Jan., *Teacher Health Study Retreat*. My Healing Language (MHL) | Community Responsive Education (CRE). Oakland, CA

2022 Nov., *Embodiment/Somatic Work - Chair Yoga*. Next System Learning Collaborative (NSLC) with 33rd & Rising Teacher of Color Wellness Virtual Event

2022 Nov., *Women of Color Retreat + Home & Land Blessing*. My Healing Language (MHL). Kaua`i, HI

2022 July, *QUEST Healer Reiki I & II Training*. 33rd & Rising. Oakland, CA

2022 March-April, *Reiki Master Teacher Training | Pelvic Steaming*. 33rd & Rising. Ka`a`awa, HI

2022 March/April/May, *Sound Bath*. Yoni Steam Circle | Wahine Circle w/ Témar Marté Carter of Punani Steam. Kailua, HI

2021 June, *Sound Healing Ocean Offering*. SoISis Day Retreat - Summer Solstice. Hale`iwa, HI

2020 Jan., *Sound Healing*. ReVitalize Retreat - Womxn Practitioner Day. Kalinawāgān. Hawai`i Kai, HI

2019 Aug., *Vibrational Sound Healing*. Mini Retreat & Mid-Year Vision Board Brunch w/Danyale Thomas Ross. Honolulu, HI

2018 Dec., *Sound Healing Journey*. VibiN' on the (F)LOW - a NYE Celebration w/Chrystina Turner (Every Body Yoga with Tina) & Evon Bradford (Goddess Statement). Honolulu, HI

2018 Dec., *New Moon - New Year - New You*. Ultimate Energy Healing w/ Evon Bradford (Goddess Statement) & Chrystina Turner (Every Body Yoga with Tina). Honolulu, HI

2018 Nov., *Tribal Primordial Healing* by KeemaTherapy™. Crystal Bowls, Tuning Forks, Drums, Tantric Dance. HI VibeTribe - AudiOasis. Honolulu, HI

2018 Oct., *Sound/Vibrational Healing Journey*. KeemaTherapy™ - solo featured guest. O`ahu Holistic & Metaphysical (OHM) Expo. Neal S. Blaisdell Center. Honolulu, HI

2015 June, *Restorative Yoga with African Drumming*. Kapi`olani Park Bandstand. International Reggae Day Festival. Honolulu, HI

2015 June, *Tuning Forks*. Sound Healing Training. Kalani Oceanside Retreat Center. Pāhoa, HI

2015 Jan., *Vibrational Healing*. Quantum Institute International for Holistic Health. Honolulu, HI

2014 Dec., *Energy Sound Healing*. Align & Shine. HI VibeTribe - AudiOasis. Honolulu, HI

2014 June, *Pono Vibrations*. Hawai`i Wellness Expo. Neal S. Blaisdell Center. Honolulu, HI

2014 May, O`ahu Tuning Forks: Resonance Tools for Healing Workshop w/Katherine Fisher & Dr. Soraya Faris Applegate. Honolulu, HI

2014 April, *Sacred Sounds Tuning Forks Workshop* w/Dr. Soraya Faris Applegate. O`ahu Hawai`i Healing Sound School. Honolulu, HI

2007 Nov., *Kripalu/Vinyasa Yoga*. Indiana Yoga Association - Annual Fall Retreat. Nashville, IN

2007 Jan., *Demystifying Healthy Lifestyles Among African American Women*. Yoga breakout session. Healthy Lifestyles Conference. Bloomington, IN

2006 Nov., *Stress Reduction through Yoga*. Black Scholars Collective. Indiana University. Bloomington, IN

2006 July, *Kripalu Yoga*. Indiana Yoga Association - YogaScape Fall Retreat. Monroe Convention Center, Bloomington, IN

2000 Oct., *Introduction to Yoga & Beginning Meditation*. Speaker for Susan G. Komen Breast Cancer Foundation's Survivor's Celebration. St. Mary-of-the-Woods College. Terre Haute, IN

2000 Spring, *Yoga Prayer*. Speaker for Religious Awareness Day. St. Mary-of-the-Woods College. Terre Haute, IN

Holistic Healing Work Positions

2009-2013, Yoga Instructor. Peace through Yoga. Indianapolis, IN

2009-2012, Webmaster. Peace through Yoga. Indianapolis, IN

2009-2010, Kripalu Yoga Instructor. Mother Nature's Sun, Indianapolis, IN

2007-2009, Holistic Health Practitioner (Yoga, Yolates (Yoga and Pilates), Reiki). Healing Arts Indy, Indianapolis, IN

2006-2008, Internship Coordinator for Yoga Teaching Training Guideline Program for Experienced Yoga Teachers. Lynda Mitchell Yoga Studios, Bloomington, IN

2006, Adjunct Lecturer - Yoga. Indiana University, Department of Kinesiology, Physical Activity Instruction Program, Bloomington, IN

2005-2008, Studio Manager | Yoga Instructor | Massage Therapist. Lynda Mitchell Yoga Studios, Bloomington, IN

EDITOR

2024, Book Editor. *The Celestial Womb: Poetry for the Divine Feminine* by Ayleen Guzman. Published by Mamafaeripublishing

2023, Book Editor and wrote book blurb for *The Aligned Action Planner for Creative Souls: Book 1: Pocket Coach* by Treneti Octavia Truth. Published by Soulful Resonance

2015, Book Editor and wrote the forward for *Rayne: My Life, My Therapy* by George C. Evans & Demarcus A. Scales. Published by Ink Dreamz Publishing

2013, Book Editor. *Destruction of the Lower Self* by Sufi Ananda. Published by CreateSpace Independent Publishing Platform

2012, Book Editor. *Released: My Trial, My Triumph (Redemption)* by George C. Evans & Demarcus A. Scales.
Published by Ink Dreamz Publishing

2010, Manuscript Editor on spiritual growth

PROFESSIONAL WORK EXPERIENCE

2020-2021, Director of Operations. Digital Marketing Agency. O`ahu, HI

2019-2021, Executive Assistant. Digital Marketing Agency. O`ahu, HI

2018-2021, Online Associate Faculty. Indiana University-Purdue University at Indianapolis | Indiana University-Purdue University at Columbus. Indianapolis, IN

2013-2017, Online Adjunct Faculty. Indiana University. Bloomington, IN

2010-2021, Adjunct Faculty. Ivy Tech Community College, Central Indiana. Indianapolis, IN

2008-2009, Online Adjunct Assistant Professor. Indiana University, Department of Applied Health Science | Department of Recreation, Park, and Tourism Studies. Bloomington, IN

2004-2008, Guest Lecturer. Indiana University, Department of Applied Health Science. Bloomington, IN

2002-2005, Associate Instructor/Research Associate. Indiana University, Center on Aging and Aged. Bloomington, IN

2002, Summer Lecturer. Indiana University, Department of Recreation and Park Administration. Bloomington, IN

2001-2003, Associate Instructor. Indiana University, Department of Recreation and Park Administration. Bloomington, IN

2001-2002, Athletic Tutor. Indiana University, Intercollegiate Athletics. Bloomington, IN

1998-2000, Graduate Teaching Assistant. Indiana State University, Department of Physical Education. Terre Haute, IN

1997-1998, TRiO Tutor Coordinator. University of North Carolina at Greensboro, Special Support Services. Greensboro, NC

1995-1998, TRiO Tutor | Mentor-Student Success Assistant | Secretary. University of North Carolina at Greensboro, Special Support Services. Greensboro, NC

PUBLICATIONS AND ACADEMIC PRESENTATIONS

2011, *More Than a Picnic: It's a Family Affair for Lifestyle Change*. Family Leisure Education Module. Social and Health Disparities Research Lab. Texas A&M University. College Station, TX

2008, *Everyday Wellness Through the Healing Arts*. Scientist-Practitioner/Speaker/Family Health Professional for the Health Disparities Academy. Transdisciplinary Roundtable, Center for the Study of Health Disparities, Texas A&M University. College Station, TX

2008, *College Students' Motivation to Take a Tai Chi or Chi Gong Class w/Wang, C.*, America College Health Association's 2008 Annual Meeting: "Partners Under the Palms", Paper for poster presentation. Orlando, FL.

2007, *Stress Relief Through Leisure and Complementary and Alternative Medicine*, *Illuminare*, 8(1), 1-16

2007, *Complementary and Alternative Medicine as Health and Leisure: A Synopsis of Dissertation Findings*. Reiki treatments and Poster Presentation, Health Fair. Ellettsville, IN

2007, Dissertation writing panel. Panelist for the University Graduate School and Indiana University Alliance for Graduate Education and the Professoriate (IU AGEP) Program, Indiana University. Bloomington, IN

2006, *Understanding and Applying Research: A Module For K-12 Teachers* w/Lorenzen-Huber, L., & Han, S., Competitive Poster, Ed-Media World Conference on Educational Multimedia, Hypermedia & Telecommunications. Orlando, FL

2002, *Is it possible to be healthy when your illness is incurable?* w/Lee, Y., Presentation at the Recreational Therapy of Indiana Annual Conference. Logansport, IN

INVITED UNIVERSITY GUEST LECTURES

2013, *Yoga and Stress Management*. Guest presenter for the Nina Mason Scholars program. Ivy Tech Community College. Indianapolis, IN

2012, *Yoga and Relaxation*. Guest presenter for the Bowen Scholars program. Ivy Tech Community College. Indianapolis, IN

2012, *Stress Management and Relaxation*. Guest presenter for the Nina Mason Scholars program. Ivy Tech Community College. Indianapolis, IN

2008, *Traditional, Complementary, and Alternative Medicine*. Guest lecturer for Dr. Noy Kay. Current Issues in Health Promotion. Department of Applied Health Science, Indiana University. Bloomington, IN

2007, *Kripalu Yoga*. Guest lecturer for Carla Brown. Stress Management and Prevention. Department of Applied Health Science, Indiana University, Bloomington, IN

2007, *Kripalu Yoga*. Guest lecturer for Brandy Rollins. Stress Management and Prevention. Department of Applied Health Science, Indiana University. Bloomington, IN

2007, *Why Should You Care About Traditional, Complementary, and Alternative Medicine?* Guest lecturer for Dr. Noy Kay. Current Issues in Health Promotion. Department of Applied Health Science, Indiana University. Bloomington, IN

2006, *Kripalu Yoga*. Guest lecturer for Brandy Rollins. Stress Management and Prevention. Department of Applied Health Science, Indiana University. Bloomington, IN

2006, *Traditional, Complementary, and Alternative Medicine*. Guest lecturer for Dr. Noy Kay. Contemporary Issues in Health Promotion. Department of Applied Health Science, Indiana University. Bloomington, IN

2006, *Traditional, Complementary, and Alternative Medicine*. Guest lecturer for Dr. Noy Kay. International Health and Social Issues. Department of Applied Health Science, Indiana University. Bloomington, IN

2006, *Traditional, Complementary, and Alternative Medicine*. Guest lecturer for Dr. Noy Kay. Current Issues in Health Promotion. Department of Applied Health Science, Indiana University. Bloomington, IN

2005, *Complementary and Alternative Medicine*. Guest lecturer for Amanda Tanner. Stress Prevention and Management. Department of Applied Health Science, Indiana University. Bloomington, IN

2005, *Traditional, Complementary, and Alternative Medicine*. Guest lecturer for Dr. Noy Kay. Current Issues in Health Promotion. Department of Applied Health Science, Indiana University. Bloomington, IN

2004, *Traditional, Complementary, and Alternative Medicine*. Guest lecturer for Dr. Noy Kay. International Health and Social Issues. Department of Applied Health Science, Indiana University. Bloomington, IN

2004, *Complementary and Alternative Medicine: Implications for Eliminating Health Disparities*. Guest lecturer for Dr. Mary Shaw-Perry. Race, Ethnicity, Culture, and Related Determinants of Health. Department of Applied Health Science, Indiana University. Bloomington, IN

2004, *Complementary and Alternative Medicine*. Guest lecturer for Amanda Tanner. Stress Prevention and Management. Department of Applied Health Science, Indiana University. Bloomington, IN

2004, *Traditional, Complementary, and Alternative Medicine*. Guest lecturer for Dr. Noy Kay. International Health and Social Issues. Department of Applied Health Science, Indiana University, Bloomington, IN

TEACHING EXPERIENCE

Courses in Gerontology:

Complementary and Alternative Medicine for Older Adults
Health and Physical Aspects of Aging
Health in the Later Years
Leisure and Aging
Multidisciplinary Care of Older Adults
Multidisciplinary Perspectives in Gerontology
Psychology of Adult Development and Aging
Social Aspects of Aging and Aging Families
Therapeutic Interventions with the Elderly

Courses in Hospitality and other disciplines:

First Year Seminar
Fitness for Life
Front Office
Health and Wellness
Human Relations Management
Introduction to Hospitality
New Student Seminar
Research and Evaluation
Seminar in Teaching Public Affairs
Special Event Management
The Development and Management of Attractions
The Mechanics of Meeting Planning
The Tourism System
Travel Trends and Destinations

Kinesiology Courses:

Aerobic Dance
Badminton
Jogging and Fitness Walking
Pre-Yoga
Tennis
Weight Training
Yoga (contemporary activities)

Courses Assisted:

Clinical Practices in Therapeutic Recreation
Exercise Physiology
Exercise Testing and Prescription
Inclusive Recreation
Trends and Issues in Therapeutic Recreation



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PAST RESEARCH STUDIES

2006 Spring, Perceptions of the Leisure Benefits of Complementary and Alternative Medicine Among Spa Practitioners and Consumers

2004 Fall, Study of Health and Leisure United: An ethnographic study looking at the experiences of Yoga students to assess how Yoga acts as a vehicle to both influence stress levels and provide a means for engaging in leisure

2004 Spring, Health Behaviors, Attitudes, and Beliefs: A Look at Leisure Contraceptive Usage Among International Students

2003 Fall, Study on Health and Leisure: Conducted interviews on complementary and alternative medical practitioners to investigate the reasons that people engage in Complementary and Alternative Medicine, why they continue to recognize these treatments as a necessity, and the relationship between alternative health and the dimension of leisure that relates to buffering stress

ORGANIZATIONS AND COMMITTEES

2010-2011, Web Manager. Women Like Us Foundation

2007-2009, Member. Healing Arts Indy

2005, Chair. Graduate Student Advisory Council

2004, Recreation Representative. Leisure Research Institute Grant Selection Committee

2002-2005, Recreation Representative. Graduate Student Advisory Council

2002-2005, Chair. Minority Graduate Students in HPER

2001-2005, Co-Editor of Illuminare (a student journal in Recreation, Parks, and Leisure Studies established by the students at Indiana University)

COMMUNITY SERVICE

2015, Ho`opono Outreach Program. Unity Church of Hawai`i. Feeding Honolulu's hungry community. Honolulu, HI

2014-2015, Volunteer Healer. Energy healing for children and parents at Shriners Hospital for Children. Honolulu, HI

2013-2020, Faculty Member. Indiana Student Hospitality Association - Ivy Tech Community College. Indianapolis, IN

2012, Faculty Member. Health and Wellness Task Force - Ivy Tech Community College. Indianapolis, IN

2010-2016, Treasurer. Indiana Yoga Association, Inc. Maintaining finances for organization. Indianapolis, IN

2008, Cope by Faith - faith-based cancer support group. Indianapolis, IN

2008, Sisters Network Indianapolis - African American breast cancer support group. Indianapolis, IN

VERSATILE SKILLS

Caregiving

- Assist with activities of daily living (ADLs) - bathing, toileting, oral care, dressing, food preparation, grooming, housekeeping, laundry, transferring assistance, running errands, buy groceries, cleaning and maintaining a sterile and unobstructive environment
- Health Advocate - escort to medical appointments, assist with medical and end-of-life decisions, arrange hospice care
- Medication - order, pickup, organize, administer, and monitor meds; talk to RN on call to assist with additional medical needs

- Personal care - ensure bills are paid; make sure trustees, friends and family are aware of any significant health changes; give holistic healing for peace of mind and pain management; coordinate visitors for hospice, 'Ohana, respite care, and others
- Monitoring - keep track of daily food and fluid intake, times for bowel movements, track pain medications, write notes for nurses or doctors
- Companionship - play music and videos from younger era, talk story, arrange video and telephone calls, available 24/7

Wellness/Holistic Health

- Webmaster - developed, monitored, and did troubleshooting for a holistic health corporate website
- Developed and implemented course content; collected payments; marketed courses; created/maintained website; educated and referred clients
- Professional certifications in Yoga, Reiki, Tuning Forks, and other holistic health modalities
- Instructed beginner and intermediate Yoga classes
- Committed to continuing research and training in holistic health modalities

Distance Learning Leadership

- Web developer for ongoing online academic courses
- Edited and updated online course content using Adobe Dreamweaver
- Capable of adapting to various settings and learning/researching different subjects to facilitate distance education courses
- Developed 9 curricular online courses for Schools in Education, Nursing, Health, Physical Education, and Recreation
- Self-taught in the ability to use Adobe Dreamweaver, WordPress, and a university online learning platform for online courses

Communication/Collaboration

- Detail-oriented in editing and writing manuscripts for publication and grant approval
- Coded research interviews, and recruited and interviewed study participants with a research team
- Developed partnership with the University of Florida to teach online to professionals and staff members
- Served as a liaison leader and committee member in an academic organization in an advisory capacity to the school Dean
- Networked, emailed, returned calls, and researched and consulted in holistic health
- Advised, monitored, mentored, and evaluated university students

Supervisory

- Advertised and promoted activities on television, in bulletins, in newsletters, through the internet, and door-to-door
- Managed studio, organized website, created marketing material, relocated the studio
- Coordinated programs for children, adults, and advanced teacher-interns
- Recruited, hired, terminated, trained, supervised, and evaluated departmental staff
- Approved time sheets, developed work schedules, and maintained personnel working files

Organization

- Prepared and implemented curriculum as a teacher or assistant for 30 university/college courses
- Self-motivated to work independently, efficiently, and professionally
- Lectured and presented at universities and other institutions
- Helped organize an international program at an academic institution for older women, health, and human rights

- Indexed confidential written documents, redacted confidential medical documents, performed quality control on indexing
- Helped organize a rally in Indianapolis for health care reform

Marketing and Advertising

- Used best practices for social engagement, community management, audience management, crisis management
- Oversaw organizational structure for a digital marketing agency with over 30 clients
- Digital audits to gain a greater scope of the clients' online presence
- Edited websites, email blasts, presentations, documents before publication/print
- Compiled monthly data reports from AdRoll, AdWords, CallRail, Criteo, LiveAdmin, Mailchimp, Shopify, Yelp/Google, Yotpo, Facebook
- Wrote blogs, articles, case studies, excerpts, recipes
- Used WordPress to create key phrases, SEO titles, meta descriptions; develops content, moderate comments, create forums
- Researched client industries
- Administrative duties - organize emails, team support, client exit surveys, follow up on invoices, complete expense reports, monitor client calls, attend weekly client meetings, transcribe materials, compile customer reviews from review websites

Computer skills

Operational knowledge of Windows, Canvas, Oncourse, Blackboard, MS Word, MS Excel, MS PowerPoint, MS Access, MS Publisher, MS Outlook, Adobe Dreamweaver, Adobe Acrobat, WordPress, scanning technology, website development, SPSS, Endnote, Canva, Slack, Wimi, Loomly, Wix