

GABRIELLE MERANDI, MA

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PROFILE

Trauma-informed, clinical psychology-trained therapist, savvy with managerial responsibilities, domestic and international travel, as well as remote communication and training. Primary work in trauma recovery, healing the nervous system, and feminine empowerment.

Dynamic individual with amazing intra and interpersonal skills, with a strong talent for multitasking. Naturally detail oriented. Foundational education in behavioral psychology, clinical psychology, and customer service; followed by a multicultural immersion in holistic health practices. Currently studying vital herbalism.

EXPERIENCE

Private Yin Yoga & Breathwork Instructor, Reiki Master, Total Stretch and Wellness; Morgantown, WV — starting this month!

Private therapeutic sessions, personalized to accelerate healing in the body and increase mastery.

Meditation & Breathwork Teacher, Wiles Hill Community Center; Morgantown, WV — 2023-present

Guided meditation and yogic breathwork classes designed to teach approachable and practical nervous system regulation skills for the purpose of deep relaxation, restoration, and healing for the body. Singing bowls and mantra are often incorporated.

Morgantown Retail Operations Manager, Bear Wood Company; Morgantown, WV — 2023-present

Product orders management. Shop floor and window display. Sales.

Potter, Self-Employed; Morgantown, WV — 2022-present

Handmade, wheel thrown ceramic functional art.

Meditation & Breathwork Teacher, WVU Student Recreation Center; Morgantown, WV — 2022-present

Guided meditation and yogic breathwork classes designed to teach practical nervous system regulation skills for the purpose of deep relaxation, restoration, and healing for the body. Anxiety regulation skills and mental focus tools are often incorporated.

**Meditation & Breathwork Teacher, Gritstone Climbing & Fitness, LLC;
Morgantown, WV — 2021-temporarily paused**

Guided meditation and yogic breathwork classes designed to teach practical nervous system regulation skills for the purpose of achieving deep relaxation, restoration, and healing for the body. Singing bowls, essential oils, and energy work are often incorporated. Children's summer camp yoga classes. Yoga workshops.

Pranayama Teacher in Yoga Teacher Training, &Yoga; Morgantown, WV — 2021

Morning therapeutic and classical breathwork classes, with guided meditations and a ginormous traditional Tibetan singing bowl thrown in for good measure.

Women's Holistic Health & Wellness Mentor, Reiki Master, Corporate Yoga, and Workshop/Retreat Facilitator, Self-Employed; Online and In-Person — 2019-present

Private and group sessions focused on the cultivation of optimal health and vitality, primarily for women, through ancient and contemporary holistic practices, empowerment, and education. Website design, content writing, online course creation, advertising, and social media management (Instagram, Facebook, LinkedIn, etc.).

Holistic Trauma Therapist, Reiki Master, and Office Coordinator, Whole Brain Solutions LLC; Morgantown, WV — 2016-2018

EMDR therapy, reiki session, and occasional private yoga facilitation, with a focus on neuroscience and holistic recovery. Office management mainly included office expansion coordination, website design, general secretarial tasks, and creating LGBT supportive spaces.

**Substitute Yoga and Meditation Instructor, BlissBlissBliss, LLC;
Morgantown, WV — 2017-2018**

Adult and children's group yoga classes.

Mental Health Counselor and Community Advocate, BGSU Counseling Center; Bowling Green, OH — 2015

Integrative private psychotherapy sessions and community based mental health awareness events.

Mental Health Counselor and Assessment Administrator, Psychological Services Center; Bowling Green, OH — 2014-2015

Integrative private psychotherapy sessions and assessment administrations (i.e., WAIS, etc.), as well as office management (client communications, scheduling, HIPAA procedures, etc.).

Assistant Teacher and Research Investigator, BGSU Psychology Department; Bowling Green, OH — 2013-2015

Community outreach programs for youth, undergraduate course lectures, research bank design, numerous research groups (quantitative and qualitative methods).

Sales Associate & Personal Assistant, Coni & Franc, Ltd; Morgantown, WV — 2004-2013

Personalized assistance to managers and boss, as well as high-level customer service in a bridal boutique. Attended trade shows and completed sewing tasks.

EDUCATION

Bowling Green State University, Bowling Green, OH — Master of Arts in Clinical Psychology, 2017

Specialized in qualitative research and community advocacy; GPA: 3.72

West Virginia University, Morgantown, WV — Bachelor of Arts in Biology and Bachelor of Science in Psychology, Minor in Italian Studies, 2013

Specialized in quantitative research and behavioral psychology; GPA: 3.46

CERTIFICATIONS & TRAININGS

New River Yoga, Fayetteville, WV — Thai Yoga Bodywork - 'Therapeutic Stretches', 2023

Hands-on 12-hour training in Thai massage techniques.

Honey in the Heart, Online — Mantra Immersion with Brahman Naman Ji & Madurai Sumhara, 2023

Seven day live training in the sacred chanting of Sanskrit mantras. Understanding the meaning and healing power of sound was emphasized.

The School of Evolutionary Herbalism, Online — The Vitalist Herbal Practitioner Program, in-progress

Expansive training in the critical skills and strategies for true holistic herbalism, with a notable and unique appreciation of multicultural perspectives and practices.

American Red Cross, Morgantown, WV — CPR for Professional Rescuers with First Aid (CPRO), 2023

Online and in-person training. Valid: 2 years.

NOLS, Pittsburgh, PA — Wilderness First Aid, 2022

Hands-on 16-hour introduction to wilderness medicine. Valid: 2 years.

Yoga International, Online — Restorative Yoga Teacher Training, 2020

Restorative yoga instruction continued education, focused on deep enhancement of relaxation, prop utilization, and respect for individual needs.

The Shakti School, Online and Charlottesville, VA — Ayurvedic Health Counselor, 2020

Advanced level training in ancient Ayurvedic techniques with specialization in women's body wisdom and the facilitation of health counseling work.

The Shakti School, Online and Charlottesville, VA — Shaktirasa Yoga Teacher Training, 2019

Specialized 100-hr training in feminine-form yoga techniques, with a total focus on women's empowerment, embodiment, and trauma healing.

The Shakti School, Online and Charlottesville, VA — Ayurvedic Wellness Coach, 2019

Training in ancient Ayurvedic techniques for holistic health, woven together with contemporary neuroscience, psychology, and functional medicine.

Yoga International; Online — Traumatic Stress: Resiliency and Healing with Yoga, 2018

Trauma-informed yoga practice to benefit trauma survivors and help develop resiliency.

Rainbow Yoga; Toronto, Canada — Yoga for Kids and Families Teacher Training, 2017

Kids and family-specific practice for teaching the science of yoga while promoting calmness, playfulness, respect, and health.

EMDR/IA; Providence, RI & Denver, CO — Eye Movement Desensitization Reprocessing (EMDR) Therapy Training, 2017

EMDR/IA protocol training for the alleviation of symptoms related traumatic events and memories.

Sivananda Yoga; Reith bei Kitzbühel, Tyrol, Austria — Yoga Siromani, 2016

Sivananda classic 200-hour Yoga Teacher Training in Jnana, Raja, Bhakti, and Karma yoga. Foundations in Hatha and Kriya also included.

Thai Massage School of Chiang Mai; Chiang Mai, Thailand — Intensive Professional Thai Massage, 2016

Traditional Thai massage practice and theory 150-hour 5-week training, and 12-hour foot reflexology training.

Usui Shiki Ryoho; Bowling Green, OH & Morgantown, WV — Reiki Master Training, 2016

Japanese healing technique based on therapeutic energy channeling for the sake of activating the body's natural ability to heal itself.

SKILLS

Interpersonal communication, attention to detail, problem solving, editing/proofreading, content writing, audio/video editing, reiki, yoga, rock climbing, pottery throwing techniques, fair/festival work experience, event organization, workshop facilitation, leadership experience, personal assistant experience, active listening, conflict resolution, data collection, scientific writing (APA format), laboratory experience, quantitative and qualitative research experience, crisis intervention, customer service, time management, transcription, computer skills, Point of Sale, Wix, Canva, MS Office (Word, Excel, Powerpoint), iMovie, Simple Practice, Instagram, Facebook.