

Sheri Anspach

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Academic Preparation

- 2016: Conscious Horse Conscious Rider with Hanne Stigaard
- 2015: Talk to the Entities Class with Mary Menger
- 2014: Access Bars Class with Heather Pritchard
- 2010-2013 Theta Healing: **Certifications** for Practitioner (8) and Instructor (6)
- 1991-1994 Regis University: **M.A.** Psychology
- 1986-1988 Loretto Heights: **B.A.** Psychology, Counseling, Education
- 1996 Usui System of Reiki: **Certification** Reiki Master
- 1980-1985 Institute for Music and Imagery: **Certification**
- 1970-1971 Lake Erie College: Psychology 30 semester hours

Professional Preparation

- 1965-present Worked with animals and their human/healing problems
- 1965-present Listened to and learned to work with Intuition
- 1965: Horsemaster Apprenticeship nine weeks; local horse owner.
- 1966: Horsemaster Apprenticeship nine weeks; by British Horse Society Instructor; Sprucelands Riding Center
- 1966-present: Ongoing horsemanship instruction; local instructors Recognized by the American Horse Shows Association, and Classical training through the American School of Dressage and Twin-Hope Equestrian Center recognized by European training Systems. In Colorado studied with a Ecuyer from the Cadre Noir. Continued instruction from long time student of Nuno Oliveira.
- 1966-1970: High school science projects concerning animal husbandry and Genetics for horses, cavies (guinea pigs) and other small animals.
- 1968: Apprenticeship (six months), kennel worker and dog trainer; Trautwein Dog School.
- 1973: Apprenticeship (six months), veterinary nurse; Aurora Park Animal Clinic. (East Aurora, New York)
- 1980-2001 Training, internship, certification: Institute for Music and Imagery; Music-centered Psychotherapy (work of Helen Bonny, Ph.D.)
- 1980-2001 Seminars, workshops, training programs (didactic and experiential) in

Liturgical Arts, Group Dynamics and Leadership, Jungian and Transpersonal Psychology, Mythology, Symbol Systems (such as Dream Work), and other process modalities. Music-centered Psychotherapy (Work of Helen Bonny, Ph.D.)

- 1983-1984: Training, certification, levels one and two; Usui System of Reiki Healing.
- 1986-1988: Assessment of Prior Learning, Principals of Horsemanship-3 Credits, Methods of Horsemanship-3 credits, Practicum: Horsemanship-3 credits; Loretto Heights University.
- 1996: Final training, certification as Reiki Master (teacher); Usui System of Reiki Healing.
- 2010: Training for LifeSpark, placing energy healers with cancer Patients who are open to extra support and comfort, <http://www.lifesparknow.org/>
- 2010: Theta Healing, Basic DNA, Advanced DNA, and Manifesting and Abundance.
- 2011: Theta Healing, Intuitive Anatomy, Diseases & Disorders, World Relations
- 2012: Theta Healing, Game of Life (working with business clientele) and Theta Healing for Animals
- 2013: Theta Healing Instructors, Basic DNA, Advanced DNA, Manifesting and Abundance, Rhythm to a Perfect Weight, Game of Life and Theta Healing for Animals.
- 2014: Access Bars Class with Heather Pritchard
- 2015: Talking to the Entities Class with Mary Menger
- 2016: Conscious Horse Conscious Rider with Hanne Stigaard

Employment/Experience

- 1965-present Intuitive practice with family, friends, and then friends of friends.
- 1965-1968: Groom stable worker and exercise rider; Circle T Ranch
- 1966- 2009: Raise and/or care for small animals (cavies, rabbits, mice, Gerbils, hamsters, rats, and parakeets).
- 1968-1970: Kennel worker and trainer, assisted with demonstrations Performed for schools, clubs, malls, etc. Methods used For training educational rather than forceful. The Training was flexible for each individual dog, with Consideration given to the dog's temperament,

- Environment, and attitude; also cared for their kinkajou; Trautwein Dog School.
- 1970-present: Assist family, friends, neighbors with transporting their Pets to the vet, handling horses with vet for owners, give Medications when owner (pet) needs help, give help before, during and after euthanization.
- 1970-present: Care for my friends: currently Merlin, my horse; Fiona, my min Pin; and Sabrina and Mack, my cats.
- 1970-1971: Designed and taught stable management program, trained Professors and students; Lake Erie College.
- 1971: Groom for summer A-B rated show circuit including care Of stable dogs; Acadian Farms Stables.
- 1971-1972: Groom and exercise rider, trained all young stock on Farm, ranging from foals, yearlings, 2 year olds, and 3 Year olds to older mares and stallions, care of dogs and Cats; Never-Die Farms.
- 1972: Contract animal care and training; Animal Sitting Service And Riding Instructor.
- 1972-1973: Riding Director, Sprucelands Riding Center. Managed Scheduling, riding lessons, stable management training, Clinics, and in house "horse shows".
- 1973-1976: Veterinary Nurse, assisted doctor with outpatient Treatment, taking & developing x-rays, receptionist. As Head of ward, gave medications, injections, fluid therapy, And catheterized inpatients; assisted doctor in Surgery, performed surgical prepping and ran anesthetic Machine; Aurora Park Animal Clinic, New York.
- 1976-1979: Contract Manager, instructor, trainer for private stables.
- 1980-present: Psychotherapist, Bonny Method of Music and Imagery Therapy.
- 1983-present: Practitioner, Usui System of Reiki working with Adults, seniors, Teenagers, Children, and Animals.
- 1992-1994: Teacher, Adult Continuing Education, Dog Obedience Education, Front Range Community College.
- 1996-present: Offering Reiki I and Reiki II, Reiki Master Classes, personal Instruction, training, attunements and support for study Towards Reiki Master level.

2010-present: LifeSpark provider, site coordinator, run virtual Growth and Connections meetings, assist with online calendar training, part Of "Intentions" group. Honored several years in a row for site coordinator, number of sessions given to cancer participants and extraordinary service. Creator and Trainer with the executive director of Long Distance Protocol Training.

2010-present Practitioner, Theta Healing working with business people and Pet guardians, pets, seniors, adults and children of all ages

2013: Instructor, Theta Healing Instructor, Theta Healing Basic and Advanced DNA, Manifesting and Abundance, Rhythm to a Perfect Weight, Game of Life and Theta Healing for Animals.

Services

Animal Communication

1965-present When needed; provide them and their owner-guardians with profoundly accurate communication, healing and comfort. I have enhanced my natural gifts by including the use of Reiki, Theta Healing, Music, Prayer Work, Bach Flower Remedies, Tarot and Astrology as needed in her treatments. Whether in person, over the phone, via emails, or with long-distance communication and energy work, I have been able to pinpoint the areas of misunderstanding and bring clarity to guardians about their animals for behavioral, health/healing, and grief issues.

Private Practice

May 1985-present Supervisor: Carol Schneider, Ph.D.

Position/Duties: Psychotherapist and music facilitator
Reiki Master and Teacher
Intuitive Counselor

Work with clients, do consultations, workshops, research [i.e. develop and test music programs for session work]; work with issues such as personal and sacred development, abuse, anxiety, depression, grief, and loss

Clients: adults and teenagers, individuals, groups, couples, business groups, care givers and their pets.

Trainer

May 1985-1993 (as Certified Primary Trainer for the Bonny Method of Guided Imagery and Music):

- have given instruction, workshops, and presentations for Music and Imagery techniques, Symbol Systems
- supervised Interns for The Bonny Method of Guided Imagery and Music
- developed complex curricula (taught portions) and gave required personal psychotherapy/music sessions to students

Teacher

1992-1994 Front Range Community College, Adult Education

- taught classes in music, myth, and dream work
- developed curriculum related to psychological theory and application

1996-present Classes, Skype classes

- Reiki I, Reiki II, Reiki Master/Teacher
- Animal Communication

Computer Consultant

January-June 2007 **Client:** Margaret Cole, Boulder author

Duties: Helped her with digital transformation, putting old 35 mm slides onto her PowerBook for both her *Native American* presentation and her *Colorado Trains* presentation; even helped her with writer's block.

February 2006-2010 **Client:** Golden West Senior Residence, Boulder

Duties: Provided Computer Committee with assistance in solving software/hardware problems in the computer lab, helped Computer Committee Members with their own computers and guided residents individually with any skills they wanted to acquire using their own personal computers.

Special Skills (computers)

Install hardware components, software, troubleshoot, work with software, including: Windows XP, Win7, Win8, Win10 Office 2003, 2013+, 365, Outlook, ACT!, Quicken; and peripherals including: scanner, camera, camcorder, sound/stereo equipment, video equipment. Work well with all ages and abilities on computer.

Professional Activities

2012 Volunteer of the Year "Helping Hand" Award, LifeSpark Cancer Resources

1992-1993 Music Policy Co-Chair, Association for Music and Imagery (AMI):

- Worked on policies, including how to work with music copyright laws
- 1992-1993 Credentials Committee Co-Chair, AMI
 - 1990-1992 Credentials Committee Member, AMI: helped develop education document and amendments
 - 1992-1993 Ethics Committee Co-Chair, AMI
 - 1989-1992 Ethics Committee Member, AMI: helped develop Standards of Practice and Code of Ethics documents and their amendments
 - 1988-1992 Mailing List Co-Coordinator, AMI
 - 1987-1988 Co-Chairman, 1988 AMI Annual Conference
 - 1985-1986 Co-Chairman, 1986 AMI Annual Conference Treasurer, Association for Music and Imagery