

**KATE KLEMER DC, RCST  
CURRICULUM VITAE**

**EDUCATION**

**Certified Teacher Training: Biodynamic Craniosacral Therapy  
Association of North America 2007- 2013**

**R.C.S.T./ Registered Craniosacral Therapist 1998 - 2001**

American School for Energy Therapies, Watertown, MA

- 700 Hour training with British Osteopath's: Michael Kern, Katherine Ukeja and pre and perinatal therapist Scott Zamrut

**D.C./ Doctor of Chiropractic 1984 -1988**

Western States Chiropractic College, Portland, Oregon

**A.A./Associate in Arts 1982 - 1984**

Holyoke Community College, Holyoke, Massachusetts

**Liberal Arts University of Massachusetts at Amherst 1981 - 1982**

**PROFESSIONS**

**Doctor of Chiropractic/ D.C.**

- Practice Associate Doctor for Dr. Steve Owens, West Hartford, CT 1988 - 1989
- Clinical Chiropractic Practice/ Klemer Method, Northampton, Massachusetts 1989 - present
- Clinical Practice of the Klemer Method, New York, NY 2007-2012

- Development of the Klemer Method combining: Structure, Mind-Body Healthcare, and Nutrition to educate and empower patients about functional health
- Directed a multidisciplinary clinical practice with Medical Doctor/ Homeopaths, Acupuncturists, Massage Therapists, Physical therapists, Licensed social Workers, Pilate's Mat Teachers, Rolfers, and Naturopaths.

## **Teacher**

- Dr. Kate's Cranial School: Certified Teacher of the Biodynamic Craniosacral Therapy Association of North America 2013- present
- Nutritional Kinesiology Courses 2009 to present
- Assisted Michael Kern Osteopath, Teacher, Author, ND, and founder of the Craniosacral Therapy Education Trust In London, England
  - 1.) Biodynamic Craniosacral Foundation Training 10 modules 2003 - 2005 Northampton, Massachusetts
  - 2.) Biodynamic Craniosacral Visceral Training 5 days 2004 Plainfield, Massachusetts
- Taught Introductory Biodynamic Craniosacral and Kinesiology Workshop 2007
- Assisted Cherionna Menzam- Sills PhD., OTR, RCST, LMT, and Continuum Teacher
  - 2 Foundational Trainings Biodynamic Craniosacral Therapy 2007- 2013
- Assisted Franklyn Sills, Biodynamic Craniosacral Teacher and Author 2009

## **Administrator**

- Course Organizer/Administrator Northampton, Massachusetts 2003 - 2005 for Author, Teacher, Osteopath, and Naturopath: Michael Kern

## **PUBLIC SPEAKING**

- Visiting Nurses Association, Massachusetts 1991
- Smith College Ada Comstock students, Massachusetts 1992
- School of Shiatsu, Vermont 1993
- Monthly panel talks on: 1991 - present
  - detoxification of the liver and digestive system
  - women's health
  - fibromyalgia
  - back pain
  - healthy eating
  - headaches/TMJ
  - mind body medicine
  - applied kinesiology
  - candida, dysbiosis, and how that relates to fatigue, skin issues, headaches, sinusitis, mental fog, joint pain, muscle pain, and auto-immune issues/pre - disease states
  - why is it important to control your blood sugar and how to do that
  - asthma prevention
  - chronic disease prevention/wellness for cancer, heart disease, and diabetes
  - spinal health
  - food and lifestyle choices

- vertigo, dizziness, and tinnitus
- what happens to our physiology with trauma and how craniosacral and mind body practices can help heal that

## **PUBLICATIONS/PRESS**

- Article Many Hands Magazine: Biodynamic Craniosacral Therapy, what is it? 2006
- Radio Show 103.3FM Northampton: Cranial work introduction and history 2007
- Article Curve Magazine; What is craniosacral therapy? By Stephanie Schroeder 2008
- [www.drkateklemer.com/blog](http://www.drkateklemer.com/blog) : health issues treated with alternative medicine, health politics, wellness education, and stories

## **TRAININGS, CERTIFICATIONS,WORKSHOPS**

- Upleger Institute Intro to Craniosacral with Clyde Ford, D.C. 1987
- Sacro - occipital Technique @ Western States Chiropractic College 1987
- Gonstead Technique @ Western States Chiropractic College 1987
- Nasal Specifics Course with Dr. Stauber, D.C., N.D. 1986
- Whiplash and Spinal Trauma Seminar 1991
- Cox Flexion Distraction Technique, Dr. Cox, D.C. 1992
- Rosalyn Bruyere Healing Intensive trainings 1992 - 1994
- Multiple Nutritional Kinesiology and herbal seminars with:
  - Dr. Anderson, Dr. Versendaal, Dr. Brimhall, Dr. Haywood, Dr. Bone 1992 - present

- Cranial course taught by British Osteopath's 5 days in London 1998
- Franklyn Sills 5 day advanced Craniosacral training NYC 2007

### **HONORS/AWARDS**

- Amherst Regional High School State Champion Basketball Player
- Amherst Regional High School Awarded Class Athlete
- Dean's List Holyoke Community College, Pre -Med/chiropractic curriculum
- Valley Advocate Best Chiropractor Readers Poll, Northampton, Massachusetts

### **STATE LICENCES HELD**

- Connecticut
- Vermont
- New York
- Massachusetts