

# CURRICULUM VITAE SALLY MATHRICK

## PROFESSIONAL SKILLS

- Consulting Naturopath: specialising in Integrative treatment plans using nutrition, homeopathy, flower essences, herbal medicine & life-style counselling. Particular interest in stress management and nervous system function.
- High level of communication skills
- Engaging and inspiring public speaking style
- Experienced educator and group facilitator
- Management and co-ordination
- Team worker who enjoys creative collaboration

## CONSULTING NATUROPATH

**North Coast Medical Centre** — Byron Integrative Health, Byron Bay. Consulting independently and alongside GPs and allied health professionals advising clients on nutrition, lifestyle and effective health plans. 2004—current

**The Sanctuary** — Intensive Therapeutic Retreat, Byron Bay NSW. Consulting as part of a team of health professionals in an individualised, private drug rehabilitation programme. Clients during 2005 - 2006

**Health at Work** — Iridology readings and Health Assessments for corporate wellness program. 2006 - current

**Global Apothecary** — Festival-based Natural Medicine Clinic. Consulting on acute and chronic complaints.

Created and directed initiative to providing access to natural and complementary medicine on site at festivals.

Woodford folk festival QLD 04/05 & 05/06, Bellingen Global Carnival 05, Byron Splendour in the Grass 05 [www.globalapothecary.org](http://www.globalapothecary.org)

## CASUAL AND LOCUM CONSULTING POSITIONS

**Lennox Natural Medicine Clinic**, Lennox Head OTC Naturopathic advice and herbal dispensing Dec-Jan 2007

**The Buttery Residential Rehabilitation Centre**, BinnaBurra NSW. Herbal and nutritional detoxification protocols 2006

**Gaia retreat and spa**, Byron Hinterland, NSW Massage therapist and Naturopath, 2005

**Mullumbimby Herbs**, Mullumbimby NSW. Over the counter (OTC) Advice/dispensing 2003—2005

**Santos Wholefoods**, Byron Bay & Mullumbimby NSW. OTC Naturopathic advice and herbal dispensing 2003—2005

**Geddes Pharmacy**, Ocean Shores OTC Naturopathic advice and herbal dispensing Feb-May 2005

**Private Naturopathic practice**, Bendigo, VIC. Solo Naturopathic practice Sept—Nov 2004

**Youth Activities Centre**, Byron Bay NSW. Naturopathic consultations for youth May—Sept 2004

**Funkey Forest Fasting Retreats** Main Arm Massage Therapist 2002-2003

**Herbal Pharmacy** Byron Bay NSW. Locum for homeopathic naturopath Jan 2003—Jan 2004

## TERTIARY EDUCATION

Bachelor of Naturopathy, Southern Cross University, Lismore NSW 1998—2002

\* Winner of The Warren Brauer Memorial Award for Homeopathy

Bachelor of Arts, Melbourne University, Melbourne VIC 1990—1993

Diploma of Remedial Massage, Australasian School of Natural Therapies, Sydney NSW 1997

## ADDITIONAL EDUCATION

Ishta yoga teacher training Level 1, Byron Bay NSW 2006

Pranic Healing, Level 1 Byron Bay 2006, Level 2 Byron Bay 2007

Cranio-sacral Therapy Introduction, ACE Byron Bay 2005

Reiki, Level 1 2003

Certificate of Iridology, Bangalow 2003

Certificate of Small Business Management 2003

Deep Ecology Group Facilitation training, John Seed RIC, Lismore 2003  
First Aid Certificate - St John's Ambulance Service (renewed 06)

## **TEACHING AND GROUP FACILITATION**

Speed Networking Session Byron Integrative Medical Conference March 2007  
Stress Management Presentation Get Up! Australia for Action, Sydney NSW Aug 2006 and March 2007  
Clinic Supervisor for Clinical Studies, SCU Lismore NSW University Naturopathic Clinic Feb-June 2006  
Stress Management Presentation Allens Arthur Robinson Law firm, Byron Bay NSW Nov 2005  
Deep Ecology Workshop facilitation Big Scrub Community Day, NSW 2005  
Natural Therapies Teacher for young people Youth Activities Centre, Byron Bay NSW May—July 2003  
Massage Tutor for Tactile therapies SCU, Lismore NSW 2001—2002

## **PUBLIC SPEAKING/MEDIA**

Lectures - Health at Work presentations on healthy eating choices at company sites in South Australia and Queensland  
Presentations - Inaugural Byron Integrative Medical Conference (BIMC). June 2006  
Stand Up Comedian - Wicked Women Comedy Night Nov 2006 <http://www.youtube.com/watch?v=7ZfxYJCQKp8>  
Resident Naturopath - ABC Radio North Coast NSW 2004—2006  
Speaker on Natural health and Deep Ecology and team member in "The Great Debate" Herb Festival, Lismore, NSW. Aug 2005  
Speaker for The Arthritis Society, Friends World College of New York, Youth Activity Centre, Rotary Club of Bendigo and The Buttery Rehabilitation Centre  
Conference report Australasian Integrative Medical Conference Journal, April 2007  
Features writer SpaAsia Magazine, Singapore. The Nurturing Male Jan 05, A Naturopathic Cleansing Mar 05, A life long lived Jan 06  
Health columnist Northern Star, Lismore NSW Fortnightly Mar—July 2005  
Health columnist Bendigo Advertiser, Bendigo VIC Weekly 2004—2005  
Expert Comment quoted in International Wellbeing, The Singapore Times, SpaAsia Magazine, The Northern Star, The Byron Echo and ABC Radio NSW. Regular commentator for ABC Radio North Coast

## **COORDINATOR**

Integrative Medical Conferences Convenor Byron Bay March and July 2007  
Naturopathy Mentor Coordinator, Established and nurtured community network and student support program. Involved presentations, mentor training and group facilitation. SCU Lismore 2003-2006  
Global Apothecary Natural Medicine Clinic, Festival based wholistic clinic at Woodford and Bellingen festivals 04-current.  
Endangered Species Video Project participant & Deep Ecology Retreat organiser Rainforest Information Centre, Lismore NSW 2002—2003  
Management committee member Organic Food & Education Inc SCU, Lismore NSW 1998—2002

## **ASSOCIATION REGISTRATION**

ATMS member since 1995  
NHAA member since 2006  
Full Malpractice and professional Indemnity Insurance for Naturopathy and Yoga

**REFEREES** available on request

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