

# KATHLEEN M CLEMENS

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## ABOUT ME

Kate's passion for integrative medicine stems from her belief in the power of a holistic approach to get to the root cause of dis-ease. She recognizes that true wellness extends beyond the treatment of symptoms and encompasses the patient's physical, mental, emotional, and spiritual well-being. By integrating nutrition, exercise, stress management, and mindfulness practices into her clinical treatment plans, Kate empowers her patients to take control of their health and achieve sustainable results. Her educational background reflects her desire to bridge the gap between Eastern and Western medical traditions. She is committed to providing her patients with the best of both worlds on their journey to optimal health.

## EDUCATION

### YALE SCHOOL OF MEDICINE

Master of Medical Science, PA
2019-2022

### REMOTE MEDICAL TRAINING

Remote EMT
2018

### UNITED STATES NAVAL ACADEMY

Bachelor of Science in Econ, Minor in Spanish
2003

### INSTITUTE FOR INTEGRATIVE NUTRITION

Licensed Holistc Health Counselor AADP
2006

## AREAS OF EXPERTISE

Gut Health

Corrective Exercise

Integrative Medicine

Weight Loss

Substance Use Disorder Tx

Behavior Change

Trigger Point Therapy

## WORK EXPERIENCE

**Athletic Trainer and Corrective Exercise Specialist** (SF Bay area) 2004-2020

- Founder, Get Fit With Kate (www.getfitwithkate.com)

Successful training and corrective exercise business. Public blog offers a wide range of meditation, nutrition, physiological and wellness tools. 1000 followers.

- Move-SF (www.move-sf.com) and Perfect Fit Personal Training (www.perfectfittraining.com) Trained competitive athletes in speed, agility, injury prevention and recovery. Administered Functional Movement Screens and prescribed corrective exercise plans to any injured athletes. Worked with over 100 clients.

**Clinical Massage Therapist (Bay Area, CA & Zihuatanejo, MEX) 2015-2020**

- Camden Addiction Recovery Center ( www.camdencenter.com )

Integrated work with psychotherapists. The holistic approach helps alleviate physiological and psychological distress to assist in recovery. My role is to work with patients to reduce anxiety by releasing emotional trigger points associated with physical injury or emotional trauma.

- Present Moment Wellness Center (www.presentmomentretreat.com)

Treated specific soft tissue imbalances in clients with clinical and therapeutic and sports massage.

- Independent Contractor

Create individualized treatment plans to address muscle imbalances in patients' bodies.

- Corporate sessions

Hired by corporations to eliminate stress and increase productivity by conducting in office breathing workshops, trigger point massage therapy and facilitated stretching. Companies included Paxata, Zoox, Kaiser Permanente and more.

## WORK EXPERIENCE (CONT.)

**Certified Health Coach and Educator (Bay Area, CA) 2005-Present**

- Camden Addiction Recovery Center

Perform musculoskeletal, dietary and behavioral health screenings on patients upon initial meetings. Prescribe dietary and exercise plans and meet with patients weekly to assess progress.

- Web based health coaching sessions

Work one-one with clients on behavioral change with goal-setting, habit formation, and progress tracking.

- SenSpa (www.senspasf.com)

Worked one-one with clients on behavioral change with goal-setting, habit formation, and progress tracking.

- No Barriers Non Profit Organization

Contracted to lead four health seminars at the No Barriers Summit for paraplegic and visually impaired participants. Seminars included pain management, lifestyle changes, goal setting and breath work.

**Yoga Instructor (San Francisco, CA) 2008-Present**

- Planet Granite (www.planetgranite.com )

Taught and currently sub bi-weekly classes to endurance athletes and rock climbers as injury prevention, and recovery exercise. Focus is on fixing muscle imbalances with dynamic flexibility, strength, and mental focus exercises. The average class consists of 25 athletes.

- Proof Lab Community Center( www.prooflab.com )

Taught donation based yoga classes to the tam junction community.

- Presidio YMCA (www.ymcasf.org)

Taught weekly and currently sub Hatha Yoga to elderly to Improve overall health. Classes include posture analysis and relaxation techniques.

- Volunteer Instructor

Volunteered to instruct yoga classes in multiple wellness centers throughout Costa Rica, Mexico and Belize.

**U.S. Naval Officer: Command Fitness Leader (Arlington, VA and Annapolis, MD) 2003-2006**

- Operational officer in charge of Naval District Washington's daily security measures and emergency evacuation plan for nuclear war.
- Overall held responsibility for the Command's Physical Readiness Program and Rehabilitative Exercise Program.
- Sailing, navigation, and seamanship coach to 4/C midshipmen during their plebe summer boot camp. Naval Academy Preparatory School (NAPS) Summer Staff (Newport, RI) 2002
- NAPS Summer Detailer Platoon Commander

Responsible for training 48 NAPS using military techniques for physical, mental, emotional and character development. Mission was to fully prepare them for the challenges of life at a service academy.

## Additional Training and Affiliations

Substance Use Disorder Training (American Academy of Addiction Psychiatry, MAT Waiver, MPIC (Medical Person In Charge), Remote Emergency Medical Technician, Naval Blue and Gold Officer, Command Fitness Leader Certification; Advanced First Aid/CPR Certification; Yoga for PTSD Wounded Warriors; Integrated Balance Training Course (NASM); Integrated Core Training Course (NASM); Neuromuscular Stretching Course (YMCA); APEX certified Fitness Consultant; APEX certified Sports Nutritionist; GROUP FX; Circuit Strength Training; TRX Certified; FMS Certified through Vail Headquarters, Certified Thai Masseuse, Ki-hara Level 1 Clinical Stretching, Course work in Microsoft Word, PowerPoint, Excel, and Access, Esalen Certified Masseuse, Shiatsu Massage Practitioner, Orthopedic Massage Therapist, Volunteer Project Open Hand SF, CA, Habitat for Humanity, Alajuela, CR.