

# Dana Sturtevant, MS, RD, LD

Be Nourished • 3719 N. Williams • Portland, OR 97227  
Telephone: 503-288-4104 or 503-381-7148 • Email: [dana@benourished.org](mailto:dana@benourished.org)

## PROFESSIONAL EXPERIENCE

- Larson Sturtevant Consulting, LLC** Portland, OR Since 2004  
*Private Practice - Nutrition Therapist, Yoga Teacher, and Motivational Interviewing Trainer*
- Co-founded Be Nourished with Hilary Kinavey, a Licensed Professional Counselor to promote a weight-inclusive model of health care.
  - Individual medical nutrition therapy for weight concerns and eating disorders.
  - Liaison between patients, their families, and the medical community.
  - Curriculum development, implementation, and evaluation of Body Trust® programs designed to help people develop the resiliency needed to practice compassionate weight-neutral self care while living in a world steeped in weight bias.
  - Yoga instruction with an emphasis embodiment and acceptance.
  - Design, implement and evaluate Motivational Interviewing trainings for health care professionals.
  - [www.benourished.org](http://www.benourished.org) and [www.motivatingchange.org](http://www.motivatingchange.org)
- Kaiser Permanente Health Education Services** Portland, OR 2010 to 2016  
*Health Coach, Staff Trainer*
- Health coaching for patients seeking to quit tobacco, increase physical activity, improve nutrition, etc.
  - Motivational Interviewing training, coaching and mentoring for other health care providers.
- Legacy Good Samaritan Obesity Institute** Portland, OR 2006 to 2008  
*Bariatric Dietitian, Nutrition Therapy*
- Pre-surgical nutrition assessment and evaluation; pre- and post-operative medical nutrition therapy for bariatric surgery patients.
  - Post-op support group facilitation.
- Kaiser Permanente Center for Health Research** Portland, OR 1999 to 2006  
*Senior Health Research Interventionist*
- Curriculum development, implementation, and evaluation of health research interventions.
  - Group facilitation and behavior change counseling for teens and adults.
  - 3/2008 to 4/2009 - Temporary/On-call position as Health Research Interventionist.
- Fresenius Medical Care** Portland, OR 1999 to 2001  
*Renal Dietitian, Nutrition Therapy*
- Medical nutrition therapy in outpatient hemodialysis clinic.
- North Central Florida WIC Program** Gainesville, FL 1997 to 1999  
*Dietitian*
- Nutrition education and behavior change counseling for women, infants, and children.
  - Nutrition education programs for the Older Americans Council.

*References available upon request.*

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## TEACHING EXPERIENCE

**Lewis and Clark College** Portland, OR 2008 to 2012

*Adjunct Instructor—Graduate School of Education and Counseling Eating Disorder Certificate Program*

- Treatment Modalities for Eating Disorders course
- Nutritional Principals and Treatment for Obesity and Eating Disorders course

**Clark College** Vancouver, WA 2008 to 2010

*Adjunct Instructor—Personal Training Program*

- Nutrition for Fitness
- Provided training, coaching and mentoring in Motivational Interviewing to students

**Central Florida Community College** Chiefland, FL 1999

*Adjunct Instructor—Nursing Program*

- Basic Principles of Nutrition

## EDUCATION

**Masters of Science in Nutritional Sciences** August 1997

*University of Florida*

Dietetic Internship with specialty rotations in renal nutrition and diabetes care

**Bachelor of Science in Food and Nutrition** December 1994

*Southern Illinois University*

## CERTIFICATION AND LICENSURE

- Registered and Licensed Dietitian
- Child and Adolescent Weight Management Certification, February 2005
- Motivational Interviewing Training for Trainers, June 2002
- Kripalu Yoga Teacher Certification, November 2002

## PROFESSIONAL ORGANIZATIONS

- Association for Size Diversity and Health
- Columbia River Eating Disorder Network (Served as Coordinator for five years)
- Motivational Interviewing Network of Trainers (MINT)
- Binge Eating Disorder Association
- Kripalu Yoga Teacher Association

*References available upon request.*

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## **PROFESSIONAL TRAININGS IN MOTIVATIONAL INTERVIEWING SINCE 2002**

### **Professionals trained include:**

Physicians, surgeons, nurses, case managers, disease managers, dietitians, physical therapists, dentists, dental hygienists, teachers, counselors, psychologists, health educators, social workers, diabetes educators, research professionals, paraprofessionals

### **Group trainings for:**

Alaska, Arizona, California, Illinois, Indiana, Missouri, Nevada, Oregon, Texas, Washington, and Wisconsin Programs for Women, Infants, and Children (WIC), Case Management Society of America, Portland Public Schools, I Had a Dream Foundation, Oregon Health Authority, National Kidney Foundation, Legacy Health Systems (Pain Clinic, Rehabilitation Services, Weight Management Clinic), Academy for Nutrition and Dietetics, Kaiser Permanente, Kaiser Permanente Center for Health Research, Willamette Dental, Columbia River Eating Disorder Network, Oregon Asthma Network, Association of Clinical Research Professionals, BlueCross BlueShield Association, Oregon Association for Home Care, Agate Resources, ATRIO Health Plan, Quality Health Solutions, Oregon Society of Pulmonary and Cardiovascular Rehabilitation, Heartland Kidney Network, Washington County Health Department, Oregon Public Health Association, Kripalu Center for Yoga and Health, Wallace Medical Concern, Providence Health (Diabetes Educators, Rehabilitation Services), and more

### **Formats include:**

Comprehensive trainings, webinars, Key Note lectures, and short workshops

## **PROFESSIONAL PRESENTATIONS**

*What Motivates Change? Translating Theory into Practice.* The Renfrew Conference, Philadelphia, PA, November 2017

*How Healthism Overshadows Healing: Ethical Consideration in Treatment Planning.* BEDA Conference Brooklyn, NY, November 2017

*Strategies to Love Your Work More Than Ever: Practices to Build Resiliency.* BEDA Conference in Brooklyn, NY, November 2017

*Helping Girls Develop Resilience to Body Shame.* Ophelia's Place Conference. Eugene, OR, February 2017

*Helping without Harming: The benefit of considering relationship with food and body as a variable in treatment planning.* Gut Instinct Symposium, Portland, OR, October 2016

*Making the Case for the Embodied Practitioner.* Binge Eating Disorder Association Conference, San Francisco, CA, October 2016

*How Healthism Overshadows Healing: Ethical Considerations in Treatment Planning.* Webinar for the Association for Size Diversity and Health, August 2016

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*Promoting Body Trust® in Clinical Practice.* Multi-Service Eating Disorders Association Conference, Boston, MA, May 2016

*Promoting Body Trust® in Your Work.* University of Oregon Counseling Center, Eugene, OR, April 2016

*Health at Every Size: The New Peace Movement.* Oregon Public Health Association, Portland, OR, March 2016

*The Embodied Practitioner: Bringing Bravery into Your Work & Life.* Puget Sound IADEP Chapter Meeting, Seattle, WA, February 2016

*Body Trust® Wellness: A Non-Diet Approach to Food, Weight, and Health.* Olympia IADEP Chapter Meeting, Olympia, WA, October 2015

*Promoting Body Trust in Clinical Practice.* Center for Hope Eating Disorder Conference, Reno, NV, October 2015

*Helping without Harming: The benefit of considering relationship with food and body as a variable in treatment planning.* NCNM Food as Medicine Conference, Portland, OR, March 2015

*Reclaiming Body Trust.* Body Love Conference, Tucson, AZ, April 2014

*The Embodied Practitioner: Reclaim Your Own Body Trust.* Opal Food & Body Wisdom, Seattle, WA, January 2014

*Health at Every Size: The New Peace Movement.* Oregon Dietetic Association Conference in Portland, OR, April 2012

*Health at Every Size: The New Peace Movement.* Columbia River Eating Disorder Network Conference in Portland, OR, February 2012

*Health at Every Size in Clinical Practice.* Columbia River Eating Disorder Network, Portland, OR, April 2011

*Medical Nutrition Therapy for Bariatric Surgery Patients.* Oregon Health Sciences University Dietetic Internship, Portland, OR, April 2008

*Navigating the Botanical Maze with Creative Counseling Strategies for Chronic Kidney Disease.* Teleconference for Academy for Nutrition and Dietetics, March 2008

*Nourishing the Body and Mind: A Non-Diet Approach.* Kaiser Permanente "Roots to a Healthier Weight" Conference, Portland, OR, May 2007

*Nourishing the Body and Mind: A Non-Diet Approach.* Kaiser Permanente Non-Surgical Approaches to Severe Obesity Working Group Meeting, San Francisco, CA, November 2006