

***Nancy Joeckel***  
**Curriculum Vitae**

***Work Experience***

- 1979-Present: **Founder, Developer, & Primary Practitioner.** *Reciprocal Inhibition Optimization, Rogue River, OR.*
- Conceptualized, researched, and developed a new method for resolving chronic muscular problems.
  - Studied for ten years the brain's proprioceptive systems and their large but ignored role in chronic aches and pains. Mentored in chief by neuroscientists Karl Pribram (Stanford University), Ernest Kent (National Bureau of Standards Robotics Group Leader), and by Chilean biophysicist Humberto Maturana.
  - Established a private practice reaching over 5,000 people with clients including elite athletes and physician-referred patients.
  - Conducted private sessions from 1990 to 1996 at Northern California MedGroup's Sacramento Pain Center and the Sierra Pain and Occupational Rehabilitation Center. Specialized in cases involving long-term disability and repetitive injury.
  - At the Sacramento Pain Center conducted a two-year study on low back complaints.
  - Consulted to various sports organizations; served on the extension faculty of several California colleges and foundations.
  - In 2012, launched RIO's First Responder Program for fire, police, and emergency medical personnel.
- 1977-1985: **International Faculty.** *Touch For Health Foundation, Pasadena, CA.*
- 1978-1982: **Extension Faculty.** *Monterey Peninsula College; University of California at Santa Cruz; California Lutheran University.*
- 1974-1977: **Stress Coach.** *Carmel, CA.*
- 1972-1974: **Resident Group Leader; Office Manager; Programming Committee.** *Esalen Institute, Big Sur, CA.*
- 1970-1972: **Manger, Research & Surveys.** *The Super Market Institute, Chicago, IL.*
- 1967-1970: **Marketing Research Analyst.** *Quaker Oats Company, Chicago, IL.*

***Education***

- 1998 **Certified Practitioner, Veterinary Orthopedic Manipulation.** *VOM Technology, Seattle, WA. www.vomtech.com.*

- 1981 **Certified Vocational Education Teacher.** *California State Department of Education.*
- 1980 **Certified Instructor, Hill Cognitive Style Mapping,** *Cognitive System Associates, Dallas, TX.*
- 1977 **Certified TFH Instructor.** *Touch For Health Foundation, Pasadena, CA.*
- 1967 **Bachelor of Science in Journalism.** *Medill School of Journalism, Northwestern University, Evanston, IL.*

### **Affiliations**

- 1998 - Present **Board Member and Chief Financial Officer.** *Borzoi Rescue-Northern California.*  
[www.brnc.org](http://www.brnc.org).
- 1994 – 2004 **Docent Naturalist.** *Año Nuevo State Reserve, Pescadero, CA.* [www.anonuevo.org](http://www.anonuevo.org).

### **Publications**

- RIO: Why Fixing Your Brain Can Fix Your Back.** Joeckel N. *Rising Health Wellness Center Newsletter.* Vol. 5: No. 4, April 2012.
- BasicMax: Introduction & Workout.** Joeckel N. VHS. MaxBridge, 2001.
- Health as a Contribution.** Joeckel N. July 1984.
- Touch For Health In Action: A distinction between doing methods and getting results.**  
Joeckel N. July 1983.
- Taking Stress In Stride.** Joeckel N. February 1981.
- Say YES! To Stress: Why stress should be an ally.** Joeckel N. March 1980.

***...immediate change that lasts...***