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## CURRICULUM VITAE

ROBIN BYLER THOMAS  
4941 W. Harris Hawk Place  
Tucson, AZ 85745  
520-730-1154

### EDUCATION

#### University of Arizona (UA)

- Doctor of Public Health – Maternal & Child Health 2018
  - Certificate in College Teaching 2015
- Master of Public Health - Health Behavior, Health Promotion 2010
- Bachelor of Science in Health Sciences - Exercise & Sports Sciences 1995

#### Massage therapy and Integrative Health

- Orthopedic and medical massage continuing education units (CEUs) 1998-2013
- Desert Institute of Healing Arts; Eastern Medicine CEUs 1998-2008
- Southwest Institute of Healing Arts; Therapeutic Massage Diploma 1998
- Hall School of Massage Therapy; Integrative Massage Certificate 1995

### EMPLOYMENT

#### *University Instructor* (face to face and on-line; both 7.5 and 15 week formats)

- College of Health Solutions, Arizona State University 2019-Present
  - *EXW 452: Health Advocacy*
- Health Promotion Sciences, University of Arizona
  - *HPS 577: Socio-cultural and Behavioral Aspects of Public Health* 2013-Present
  - *HPS 400: Contemporary Community Health Problems* 2019-Present
  - *HPS 387: Minority Health and Health Disparities (285 students)* 2015, 2016
  - *HPS 178: Personal Health & Wellness (140 students)* 2014-15, 2019
  - *HPS 491: Student Preceptors* 2015, 2019
- Human Services Bachelor's Degree Program, University of Arizona South
  - *HUSV 405: Health Advocacy* 2019-Present
  - *HUSV 326: Research Methods* 2019-Present
  - *HUSV 310: Identity, Positionality, and Cultural Humility* Spring 2019
  - *HUSV 403: Integrative Health & Human Services Advocacy* 2017-Present

#### Cortiva Institute of Massage Therapy Instructor

- RCR 241: Research Applications 2014

#### T-32 Research Fellow for College of Medicine, UA

2010-2011

- Community research collaboration for tobacco cessation
  - Chiropractors, Acupuncturists, & Massage Therapists
- Co-designed and implemented the curriculum for an eight hour workshop

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*Licensed massage therapist (LMT) in private practice* 1995-Present

Hands on Health Massage & Wellness, PLC

Owner/Operator

www.HandsOnHealthTucson.com

- Specializing in stress and pain management
  - Includes health promotion and key self-care messages
  - Clinical care with an evidence informed approach
- Networking with other healthcare providers

Ergonomic workspace evaluations (individual health education)

Client examples:

2005-2010

- City of Sahuarita, Arizona
- U.S. Fish & Wildlife Services, Arizona

LMT subcontractor

Tucson Client examples:

1995-2000

- Mountain View Retirement Community
- Score Physical Therapy
- Elk Horn Ranch
- Frederica's Desert Spa
- Arizona Inn

Pima Community College - Physics Lab Assistant

1990-1993

- Co-designed and implemented the lab curriculum

Mortgage Banking

1985-1990

- Branch Manager

- Administered two Phoenix branches with a staff of 18

- National Government Approved Underwriter

- FHA, VA, FNMA, & FMAC

- Residential home loans

## MANUSCRIPTS & PUBLICATIONS

Thomas, R.B. (2019). A pilot study of partner chair massage effects on perinatal mood, anxiety, and pain. *International Journal of Therapeutic Massage & Bodywork*, 12(2), 1-9.

Thomas, R.B. (2019). Risk factors of perinatal mood and anxiety. *Journal of Affective Disorders*. Manuscript in progress.

Thomas, R.B. (2018). Chair-massage for moms by partners (CHAMPS): A pilot study investigating feasibility, acceptability, and effect to perinatal mood, anxiety, and pain. *ProQuest Dissertations Publishing*, ID #10930980.

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## **OTHER CERTIFICATES, HONORS, & AWARDS** (1985-Present)

- ✚ VoiceThread Universal Design for Learning Certification
- ✚ Information Security Awareness Training Certification (Cyber Security)
- ✚ Safe Zone General Education Certification (LGBTQ+ Education & Awareness)
- ✚ 20 Best Tucson Massage Therapists – Expertise.com
- ✚ Top 50 Massage Therapy Blogs – Massageprograms.net
- ✚ National Institutes of Health, National Center for Complementary and Alternative Medicine award for research training: T-32 fellow
- ✚ Glen Oaks Community College Athletic Scholarship
- ✚ United States Army Outstanding Student Achievement Award

## **SERVICE/OUTREACH** (1985-Present)

### **International**

- Massage Therapy Foundation Info-graphics Work Group
- Massage Therapy Foundation Student Case Report Committee
- Massage Therapy Foundation Practitioner Case Report Committee
- International Massage Therapy Research Conference Scientific Review Committee
- *Peer Reviewer:*
  - *International Journal of Therapeutic Massage & Bodywork*
  - *Journal of Bodywork & Movement Therapies*

### **National**

- *Peacetime Veteran of the Army National Guard*
  - Phoenix, AZ and Sturgis, MI for 7 years
    - Sergeant in Decontamination Training Unit

### **Local**

- *Living Streets Alliance – Parks for People Canvass – Community education of green spaces*
- *Tucson Postpartum Depression Coalition – Collaborated on chair-massage study*
- CHAMPs – Provided free chair-massage training for expecting couples
- Cyclovia – Provided free chair-massage for Living Streets Alliance community walk/ride
- *Natural Birth & Baby Fest – Provided free chair-massage for expecting couples*
- Tucson Baptist Church – Provided free chair-massage for refugees
- Women in Touch – Committee to create a scholarship for Child & Family Resources
- University Physicians Health Fair – Facilitated blood pressure screenings
- Sam Hughes Elementary School, Tucson – Volunteer:
  - Olympics, Fun Run Chair, Management Assessment Committee member
  - Odyssey of the Mind coach, playground monitor, and library assistant
- Casa de los Niño's - Volunteer
- Casa Maria Soup Kitchen - Volunteer
- Operation Deep Freeze – Volunteer
- Sturgis Hospital Physical Therapy Depart., MI- undergrad internship
- St. Mary's Occupational Therapy Depart., Tucson, AZ - undergrad internship

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## **University**

- Supervised service learning for UA students with multiple community projects
  - Cyclovia – Living Streets Alliance
  - Safford Elementary School Personal Social Physical Education
  - Juntos Por La Salud Mobile Health
  - Tucson Postpartum Depression Coalition
  - Community Food Bank
  - Casa Maria Soup Kitchen
  - Nogales Border Hearing Screening
  - American Indian and Indigenous Health Alliance Club
  - Stress Busters
  - Iskashitaa Refugee Network
  - Women, Infant, and Children Agency
  - El Rio Community Health Center
  - Ronald McDonald Family Cancer Support
  - American Foundation for Suicide Prevention
- Collaboration with Dr. Sheena Brown for Health & Wellness Certificate Program
- Research advisor: Massage effects on brain waves - Department of Psychiatry, UA
- Research advisor: Massage studies - Department of Family & Community Medicine, UA
  - CAM providers' views of chronic low back pain patients' expectations of CAM
  - Massage therapists and skin lesions study
- Research participant:
  - A qualitative study investigating massage therapists and volunteerism
  - A cross-sectional study investigating massage therapy health promotion
- Urban service learning for a Pascua Yaqui neighborhood children's gardening program
- Rural Northern Arizona service learning with Navajo community health workers
- Pascua Yaqui Health Needs Assessment and Evaluation
- UA Travel Grants Judge
- Marana Health Clinic – Diabetes needs assessment, planning, & evaluation
- Stewart Observatory Mirror Lab Ergonomic evaluation
- Tucson Fire Department Ergonomic assessment of injuries
- Miles Elementary Hearing Impaired Class, Tucson - Designed exercise plan

## **TEACHING ASSISTANTSHIPS (TAs) & GUEST LECTURES** (2013-Present)

### TAs & Guest Lectures

University of Arizona:

- HPS 577: Socio-cultural and Behavioral Aspects of Public Health
- HPS 387: Minority Health and Health Disparities
- HPS 178: Personal Health & Wellness
- HPS 412/512: A Public Health Approach to Mental Health Disorders

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Guest Lectures Only

*University of Arizona*

- *HPS 400: Contemporary Community Health Problems*

*Cortiva Institute of Massage Therapy:*

- *RCR 241: Research Applications*
- *RCR 151: Clinical Reasoning and Research Literacy*
- *MAS 213: Chair-massage*

**CONFERENCES**

*(2006-Present)*

*International Massage Therapy Research Conferences*

- *Alexandria, VA – Poster presentation: Partner chair massage effects on perinatal mood, anxiety, pain.*
- *Seattle, WA – Conference abstracts reviewer and attendee*
- *Boston, MA - Attendee*

*College of Public Health Social Justice Symposium, University of Arizona*

*College of Public Health Internship Conference, University of Arizona*

**SCHOLARY PRESENTATIONS**

*(2005-Present)*

- ❖ *Healwell Panel Discussion on Massage Therapy and Health Promotion*
- ❖ *Banner University Medical Center's New Moms And Mom-To-Be Support Group*
- ❖ *Tucson Postpartum Depression Coalition: CHAMPs*
- ❖ *DrPH Defense: Chair-massage for Moms by Partners (CHAMPs)*
- ❖ *MPH Defense: Tobacco Cessation Office System Brief Intervention for Chiropractors, Acupuncturists, and Massage Therapists*
- ❖ *Marana Health Center – Diabetes Program Planning*
- ❖ *American Society of Safety Engineers - Environmental/Occupational Health*
- ❖ *Steward Observatory Mirror Lab - Ergonomic Evaluation*
- ❖ *American Industrial Hygiene Association - Occupational Safety Evaluation*
- ❖ *Women in Touch – The Benefits of Massage Therapy*

**ASSOCIATIONS**

*(1995-Present)*

*Massage Therapy Foundation*

*Associated Bodywork & Massage Professionals*

*Tucson Postpartum Depression Coalition*

*American Massage Therapy Association*

*National Certification for Therapeutic Massage & Body Workers*

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**STUDENT SUPERVISION & MENTORSHIPS**  
(2010-Present)

**2019**

Supervision of 60 undergrad students through various service learning projects

- Local shelters, schools, mobile health units, and humanitarian sites

**2018**

MPH student & Gates Millennium Scholar: Jasmine Neal, LMT

- Academic support and career guidance

**2017**

Supervised 27 on-line graduate students through service learning

- Local shelters, schools, mobile health units, and humanitarian sites

**2016**

Fall semester: Supervised 32 graduate students through service learning projects

- Including 10 at Safford K-8 in their Personal, Social and Physical Education Program

Spring semester: Supervised 11 undergraduate honors students for two service learning projects

- Safford K-8: Personal, Social, and Physical Education
- Cyclovia: Living Streets Alliance

**2015**

Michael Mendoza, LMT, 4<sup>th</sup> year UA undergraduate Public Health (PH) student

- Directed Michael to an internship and mentored him during the process

Christine Lynn Girard, ND, 2nd year MPH grad student

- Provided support and guidance when needed

Yvonne Bueno, 1<sup>st</sup> year DrPH student

- Provided support and guidance for Yvonne as she began teaching section 1 of HPS 178

Kristen Rizzo, Senior, undergrad PH student

- Wrote a letter of recommendation to the PT grad school where she applied

Ashley Duru, Junior, undergrad PH student

- Wrote a letter of recommendation for her as a volunteer in a local hospital

Amanda Kendell, MPH student

- Support and guidance as she navigated her program

**2010-2014**

Vanessa Cascio, MPH – HPS 178

Stephanie Morales, MPH student – HPS 178 & 387

Emily Waldron, MPH – HPS 178

Enid Marie Quintana Torres, MPH – HPS 387

Chinagozi Ugwu, MPH – HPS 387

Lauria Menk Otto ND, MPH

Sherry Chen, MPH

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**TAs & PRECEPTORS SUPERVISED**  
(2013 – *Present*)

Abby Christine Welter, MPH student - HPS 178  
Kait Fleck Shinaberry, DrPH(c) – HPS 577  
Krista Hansen, MPH student – HPS 178  
Christina Azzolina, MPH student – HPS 178  
Oscar Antonio de La Torre Gonzalez, MPH student – HPS 178, HPS 387  
Heidi Dugi – HPS 378  
Stephanie Morales – HPS 387, HPS 178  
Morgan Krhin – HPS 387  
Erik Rivas, UA undergrad – HPS 178  
Alura Benally, UA undergrad – HPS 178  
Michael Mendoza, UA undergrad – HPS 178

*Items formatted in italics indicate current status.*