

HOLLY FOURCHALK, Dr of Natural Medicine (DNM®), PhD Psychology, (not registered with the College of Psychologists), Ph.D (Nutrition), MA Herbal Medicine (RHT), HT (Hypnotherapist), AAP (Advanced Ayurvedic Practitioner), REBA & ASYRA Homeopathy

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previously:
HOLLY PROCHNAU, Ph.D.
Eagle Ridge Counselling Services Ltd
211 – 3030 Lincoln Avenue
Coquitlam, BC, V3B 6B4

MEMBERSHIPS & LICENSES

- EBNMP** Natural Medicine Practitioner
Doctor of Natural Medicine: #447-807
- CHA of BC** Canadian Herbal Association of BC
Registered Herbal Therapist - Master Therapist
Board of Directors
- NAMA** National Ayurvedic Medical Association
- AAPNA** Association of Ayurvedic Professionals of North America
- BCACC** B.C. Association of Clinical Counselors
Registered Clinical Counselor #584
Left 2017
- CARP** Canadian Association of Retired People
Board of Directors
Left 2017
- CAPS** Canadian (& International Association) of Professional Speakers
Board of Directors
Left 2015
- BCPA/
College of
Psychologists** British Columbia Psychological Association & College of Psychologists
Left both 2011
I left the College of Psychologists in 2010. The College claimed that I was practicing non-evidenced based medicine with my subsequent degrees and designations in: Dr of Natural Medicine, PhD Nutrition, MA Herbal Medicine, etc

The College also erred in claiming I was fraudulent. They erroneously claimed that I could not use my maiden name for the Alternative Medicine degrees and designations. Lawyers had directed me to put my Alternative Medicine degrees and designations in my maiden name.

The College also erred claiming that I was not allowed to practice therapy as a Dr of Natural Medicine. The College has no right to hold that exclusive right on therapy. Anyone in fact, can put up a shingle and call themselves a therapist.

- ASCH** American Association of Clinical Hypnosis
No longer applicable
- AAMFT** American Association for Marriage and Family Therapy
No longer applicable
- ISSMP&D** International Society for the Study of Multiple
Personality & Dissociation (now ISSD)
No longer applicable
- NSI** Northwest Satir Institute
No longer applicable

BOOKS PUBLISHED

2015:

Entwined: A Romantic Journey Back Into Health

Diabetes: What your physician doesn't know

2014:

Your Heart: Does it have what it needs

2013:

Are you what you Eat: Why your intestinal health makes all the difference

Your Immune System: Is yours Protecting You.

Inflammation: The Silent Killer

Glutathione: The Miracle Compound

So What's the Point

2012:

Depression: The real cause may be your body

Managing Your Weight: Why your body may be working against you and what you can do about it

Adrenal Fatigue: Why am I so tired all the time?

Your Vital Liver: How to protect your liver from life's toxins

The Chocolate Controversy: The Bad, the Mediocre and the Awesome

Cancer: Why what you don't know about your treatment could harm you

Yet to come:

The Mind/Brain Controversy

Autism: Can it be reversed

Cellular Healing: A new integrative model for cellular healing

Arthritis: Manage it or Eliminate it

EDUCATION

AIU
2015

PhD Nutrition
Thesis: Bridging Ayurvedic, TCM & Western Herbal Medicine with the Three Pillars Of Glutathione

DOMINION HERBAL College of BC
2009

Master's Herbal Medicine
Thesis: Bridging Ayurvedic, TCM & Western Herbal Medicine

UNIVERSITY OF CONNECTICUT
2008

Ayurveda for Mental Health

KERALA AYURVEDA INSTITUTE
2007-2008

Ayurvedic Practitioner

THE AYURVEDIC INSITUTE
2007

Ayurvedic Practitioner

BOUCHER INSTITUTE OF NATUROPATHIC MEDICINE
September 2005 – 2008

Naturopathic Physician

NORTHWEST SATIR INSTITUTE
January 1993 - July 1993

Family & Marital Counselling
Internship under the supervision of
Dr. John Banmen

SIMON FRASER UNIVERSITY:

September 1984 - January 1992

Full Time
PhD.: Psychology: Psychoneuroendocrinology
Medical & Clinical courses at UBC

With additional clinical program at UBC
Internship under supervision at the
Forensic Institute

And an additional program with Dr John Banmen
(NorthWest Satir Institute)

September 1983 - August 1984

Full Time: MA: Cognitive Psychology

January 1982 - August 1983

Full Time: B.A.: Honors First Class Psychology

January 1981 - December 1981

Part Time

DOUGLAS COLLEGE:

New Westminster Campus, Arts Dept.

September 1979 - December 1980
September 1977 - December 1978

Part Time
Full Time

FURTHER SCHOOLING, SEMINARS, CONFERENCES, WORKSHOPS

MAY 2011	Reflexologist: TouchPoint Institute
DEC 2009-JUNE 2010	Masters Thesis : Bridging Ayurvedic, Traditional Chinese Medicine and Western Botanical Medicine MASTER HERBALIST
AUG-NOV 2009	560 Hrs Clinic work Jus Ayurvedic Clinic Surrey, BC
FEB-NOV 2009	1000 Hrs Clinic work White Rock Wellness Center White Rock BC
NOV /08-NOV /09	Intermittent supervised work at different clinics Herbal Medicines
NOV 2009	DNM (Dr of Natural Medicine) – EBNMP – recognized by the WHO to practice in 132 countries around the world
MAY 2009	Vancouver, BC REBA: Biomed Level 2
JAN 2009	Canadian Red Cross – First Aid – CPR/AED Level
NOV 2008	Canadian Red Cross – First Aid – CPR – Level C
JULY 2008	Vancouver, BC Bowen Technique: Upper Body
MAR-SEPT 2008	CME accredited Ayurvedic Program University of Connecticut 162 credits
FEB 2008	Seattle WA Healing Neurobiology Applied Neural Therapy
JAN 2008	December – January – Bangalore & Kochin, India Ayurvedic: 2 Internships in Psychology & Medicine
JAN 2008	2 nd yr Naturopathic Medicine – Boucher Institute (quit after 2 nd year – their clinical program involved 4 th years teaching 3 rd years how to do intakes and sessions; and graduates from last year supervising this year's clinical programs – so I continued through the DNM program whereby I received

clinical training by top people in each field)

DEC 2007	Bangalore, India Kerala Ayurveda Program Level II 1 yr program
OCT 2007	Seattle, WA Kerala Ayurveda Program Level I 1 yr program January – March 2 nd yr Naturopathic Medicine – Boucher Institute
SEPT 2007	Victoria, BC REBA : Biomed Level 1 May – Vancouver Ethical boundaries in Psychology
JUL 2007	Alberquerque – New Mexico Dr. Lad's Ayurvedic Program
JUN 2007	Langley OEI – One Eye Integration Training Level I & II
MAY 2007	Vancouver Ayurvedic Medicine and the Mind
MAY 2007	Vancouver Homeopathic Medicine and Psychology
JAN-DEC 2006	Boucher Institute 1 & 2 nd yr Naturopathic Medicine – +2 yrs of premed
NOV 2005	Vancouver Cognitive Therapy Approach to Personality Disorders
NOV 2005	Vancouver Couples – IACT; I believe I took two others with this group; both with regard to couple therapy.
NOV 2005	Vancouver Movement Therapy – Sunita Ruminder (not APA approved)
SEPT 2005	Boucher Institute 4 yr program
FEB 2005	Vancouver Ethics in Psychology
FEB 2005	Vancouver

Scientific based Therapy

MAY 2004 Vancouver – JI
Clinical Incident Stress Management

AUG 2003 Vancouver
Energy Patterns and Psychological Patterns

JUN 2000 **Colorado – ISSEEM**
Study of Energy Medicines

MAY 2000 Vancouver
JFSA
Do I have to love myself

JAN 1999 Burnaby – Individuals in Therapy
Every four months did one through the JFSA with regard to marriage and family
(I don't know if any through the Jewish Family Service Agency are APA – can't find any material one way to support or negate)

JUN 1997 Vancouver
JFSA
Psychotherapy and Personal Responsibility

JUN 1997 San Diego
ASCH

MAY 1997 Twassasen
Satir Family Therapy

APR 1997 Vancouver
Lee Pulos Seminars
Mind Body Healing
(not sure if APA approved)

MAR 1997 Vancouver
Self-Esteem and Health
Mind Matters Seminars -- I believe I have taken about five from this group; but I cannot remember them all; certainly a few to do with marriage therapy

DEC 1996 Caribbean
ASCH - Ohio Academy of Hypnotherapy

NOV 1996 Seattle
ISSD

SEPT 1996 New York
NY Society of Academic Sciences – Neurophysiology of Trauma

APR 1996 Orleando

	ASCH
NOV 1995	Chicago ISSD
NOV 1995	Vancouver JFSA - Marriage Counselling
OCT 1995	Justice Institute - Vancouver Abuse Victims (not sure if APA)
MAR 1995	San Diego ASCH
OCT 1994	Vancouver Managing Dissociation ISSD
MAY 1994	Vancouver ISSD
APR 1994	Philadelphia ASCH
MAR 1994	March 10 Mental Health Workshop - Vancouver MPDs/DIDs-Diagnoses and Treatment
JAN 1993	Vancouver Professional Achievement Workshop Child Abuse and Therapy
MAR 1993	New Orleans ASCH
APR 1993	Vancouver Stephanie Browne Alcohol Abuse and Therapy
NOV-DEC-JAN 1992	Vancouver Northwest Satire Institute (NSI) Training Program
NOV 1992	Chicago International Society for the Study of Multiple Personality and Dissociation (ISSMP&D)
OCT 1992	Vancouver DSM III-R Diagnoses & Assessments Dr. Michael First – have attended a number of his seminars, put on through Forensics, Riverview (& the college)
OCT 1992	Vancouver Seminars & Workshop

Trauma & Dissociation

AUG 1992

Vancouver
Seminars & Workshops
Canadian Federation of Clinical Hypnosis (CFACH)

MAY 1992

Edmonton
Seminars & Workshops
Claiming the Self: Women Survivors of Abuse

APR 1992

Las Vegas
Seminars & Workshops
American Society of Clinical Hypnosis (ASCH)

MAR 1992

Vancouver
MPD Seminar & Workshop
Vancouver
MPD and Hypnotherapy Training
Dr. M. Hunter

EMPLOYMENT HISTORY: Professional Non-Professional Pre-Professional

Professional:

- AUG 2009 – PRESENT Private Practice
Choices Unlimited for Health & Wellness Ltd
Dr of Natural Medicine (DNM)
Mobile Health Clinic
- MAY 1992-DEC 2011 Private Practice
Eagle Ridge Counselling Services Ltd.
Registered Psychologist
211-3030 Lincoln Ave.
Coquitlam, B.C., V3B 6B4
- NOV 1991-MAR 1992 Full Time
CONSULTANT TO THE WARDS
Forensic Psychiatric Institute
While continuing as Coordinator of Social Life Skills Programs (as initially directed by Peter Kane), my position overlapped with this new position during an attempt to reorganize staff utilization, concepts and organization. I was required to: assist the ward staff in meeting the non-pharmaceutical needs of the clients; responsible for assisting the staff in assessing the general client needs of each ward; developing measures to assess clients' needs upon ward admission, periodically throughout the clients' duration on each particular ward and upon ward transfer. Other responsibilities included: developing various programs to meet these needs; developing measures to assess the validity and reliability of each program; updating the programs as needed; providing educational modeling; demonstrating effective methods of implementing the required skills to each client; and finally overseeing the programs, revising where necessary.
- 1990-NOV 1991 Full Time
COORDINATOR OF SOCIAL LIFE SKILLS PROGRAMS
Forensic Psychiatric Institute
Responsible for assessing the needs of the clients; developing programs to meet those needs; and implementing the programs. These non-pharmaceutical therapeutic programs were delivered both to individuals and to groups, as directed by the attending Psychiatrist, utilizing behavioral, cognitive and psychoanalytic techniques. Additional responsibilities included attending TPCs, writing letters to Review Boards, etc. as requested.
- 1988-1990 Part Time
PSYCHOLOGY INSTRUCTOR
Fraser Valley College
Responsible for preparing lectures, creating, administering and scoring exams, quizzes and class projects.
Classes: Psyc 101 Introductory Psychology
 Psyc 102 Introductory Psychology

Psyc 240 Neuropsychology

- 1988-1990
Part Time
PSYCHOLOGY TESTING TECHNICIAN
Forensic Psychiatric Institute
Responsible for administering and scoring psychological tests (personality, clinical, vocational, intelligence, etc.) to remand clients and long term Inpatients.
- 1987-1989
Part Time
INSTRUCTOR
Fraser Valley College
Classes: Introductory Psychology
 Abnormal psychology
 Psychoneurology
- 1985-1988
Full Time
PSYCHOLOGICAL RESEARCHER
Forensic Psychiatric Institute
Responsible for: proposing and critiquing research and program proposals; data collection and analysis; preparing reports; determining the needs of institutional clients in the community; acting as an inter-ministry liaison; providing literature reviews and searches; creating indexes for treatment resources and literature references.
- 1983-1985
Part Time
SFU RESEARCH ASSISTANT
Responsible for: data collection and analysis, and preparing laboratory preparations for the experiments. Writing reports and providing literature searches.
- September 1983
April 1985
Part Time
SFU TEACHING ASSISTANT
Responsible for teaching lectures and labs/tutorials, preparing materials for other instructors, creating novel presentations for the students. Assessing papers and grades, marking exams. Providing counselling for students.
Classes: Psyc 101 Introductory Psychology
 Psyc 180 Brain and Behaviour
 Psyc 280 Brain and Behaviour

Non-PROFESSIONAL:

- 1998 Owner and CEO of a major trucking firm**
1999 Owner and CEO of a major warehouse & distribution center
2000 Owner and CEO of an accounting business for outsourcing
2001 Owner and CEO of a large equipment rental business

Pre-PROFESSIONAL:

January 1979
January 1982

Full Time

LAND TITLE OFFICE: Attorney General

Responsible for: duties including teaching computer related skills to employees; working with survey maps; writing legal exams (highest marks ever obtained in the province); and servicing the public with their wills, mortgages, land claims, etc.; processing legal documentation.

Summer 1978

Full Time

BURNABY ACTIVITY CENTRE

Social Worker:

Responsible for: training, testing and assessing physically, mentally and emotionally handicapped individuals. Creating specific tasks to meet individual needs and abilities.

Supervisor: Robert Waycott

Summer 1977

Full Time

NEW VIEW SOCIETY

Instructor:

Responsible for teaching physically, mentally and emotionally handicapped individuals. With the help of advisors from UBC, taught a deaf, blind mute lady to talk (this work continued on, long after my work with the society terminated).

Supervisor: Sharon DiSanto

VOLUNTEER AND PRACTICUM WORK

- YOUTH UNLIMITED Maple Ridge – serve breakfast to high school students weekly
- ROTARY – VAN – YALETOWN Vancouver Yaletown group – a number of different activities
- SALVATION ARMY Through Rotary – serve dinner on Sat nights
- HOSPICE SOCIETY: MAPLE RIDGE
- WOMEN'S CENTER: RIDGE-MEADOWS
- EMERGENCY VOLUNTEER
Volunteer for the Fire Fighters and Community in Kelowna during the fires
Volunteer for the Flooding Emergency Program in Maple Ridge
- VALLEY VIEW: Responsible for coordinating leisure activity, and motivating and encouraging verbal interaction between the senior citizens
- WILLINGDON REST HOME: Responsible for coordinating and encouraging active participation among the senior citizens
- SETON VILLA: Responsible for encouraging active verbal and physical participation
- EPILEPTIC SOCIETY (& Royal Columbian & Eagle Ridge Hospitals)
On behalf of or in conjunction with the society, I have provided the following services:
Counseling newly diagnosed epileptics
Radio television interviews regarding epilepsy
Cooperated with newspaper articles regarding epilepsy
Wrote articles for the "Epilepsy News Letter for B.C."
Presented to groups such as agents for "Sun Life of Canada" regarding the risks of epileptic clients
- CREATIVE IMAGERY CONFERENCE:
Worked as a coordinator, as well as, introducing guest speakers at the conference.
- In all positions, I have received praise for my motivation and ability to learn and apply concepts, for being efficient and organized. I work well with clients, fellow employees and with those requiring structured and/or specialized assistance. In my teaching/conference positions, I have received praise both from fellow colleagues and students in my ability to convey new concepts; provide alternative methods of presentation; and include all aspects/research regarding given issues.

REFERENCES

Dr. Phil Brinded
Senior Psychiatrist
Forensic Psychiatric Institute
Moved to New Zealand as
Director of an Institute Jan/1992

Dr. S. Lorasbe
Psychiatrist
Forensic Psychiatric Institute
524-7749

Dr. J. Smith
Psychiatrist
Forensic Psychiatric Institute
524-7700

P. W. Kane
Deputy Director
Forensic Psychiatric Institute
524-7705

Dr. Paul Bakan
Professor
Psychology Dept.
Simon Fraser University
291-4779

Dr. Jim Marcia
Professor
Psychology Dept
Simon Fraser University
604 689 1104

Julian Gray, M.Sc
Registered Psychologist
Langley, BC
604 533 1558

Jazz Mattu
Medical Herbalist (England)
White Rock Wellness Center