Anne Ruitberg Taylor, B.S., Ph.D.

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https://HowToRelieveStressNaturally.com

Doctorate degree in Mythological Studies/Depth Psychology, Dissertation: *Speaking to the Cardiologist through Myth and Metaphor*. B. S. in Medical Biology. Research, writing, and work with clients lies at the intersection of Neurocardiology, depth psychology, and Wisdom traditions. Anne uses Western evidence-based heart coherence biofeedback monitoring along with Ancient Ritual practices, infused with archetypal significance for improvement of human health and psycho-spiritual transformation. Post-doctoral research focuses on chronic stress, high-functioning anxiety, stress-induced depression, and issues faced by loss of soul in modern society.

**Highlighted Areas of Expertise**

* Created curriculum and taught doctoral level course at Pacifica Graduate Institute, Somatic Studies, Non-Western & Indigenous Healing Practices, 2013.
* Speaker and Workshop leader focusing on Stress & Anxiety Self-Regulation using Ancient Ritual techniques; a Polyvagal Theory informed approach.
* Former board member at the C. G. Jung Society, Seattle.
* 10+ years Senior Management experience in Engineering and Customer Support, reported directly to CEO.
* Market Research and Analysis: Authored comprehensive Clinical Evaluation Reports for European regulatory agencies (MEDDEV 2.7.1 rev 4).
* KRI Certified Kundalini Yoga Teacher: 10+ years of consistent teaching Kundalini Yoga/Meditation classes, workshops, and conference presentations (SYTAR and North West Yoga Conference). Maintain a daily *sadhana* practice.
* Licensed HeartMath® provider for Stress, High-Functioning Anxiety and Stress-Induced Depression.
* Excellent communication, interpersonal, organizational and customer service skills: experience in listening with intuitive depth, building team coherence, collaboration, and coaching skills.

**Professional Profile**

Anne Taylor Enterprises, Camano Island, WA **1997 – Present**

**Founder**

*Further career focus in integrative medicine, depth psychology, and Wisdom traditions.*

* Founder, How to Relieve Stress Naturally; https://HowToReleiveStressNaturally.com
* Workshop leader focused on Kundalini yoga, Heart Coherence, & Depth Psychology and meditation.
* Stress Management Consultant (Western and Non-Western modalities)
* K*undalini* yoga and meditation Teacher, Camano Island and Issaquah, WA.

Spacelabs Healthcare, Snoqualmie, WA **2014 – 2016**

**Consultant/Clinical Evaluation Reports**

* Primary author and clinical researcher for Clinical Evaluation Reports (CERs), performed in accordance with the requirements of Annex X, MDD, and with European Commissions Guideline MEDDEV 2.7/1 revision 4, *Evaluation of Clinical Data: A Guide for Manufacturers and Notified Bodies Under Directives 93/42/EEC and 09/385/EEC*.
* Targeted analysis for TÜV (EU) included: Executive summary, Scope of Clinical Evaluation, Clinical Background (state of the art), Clinical Date from Literature, Analysis of Clinical Data, Post-Market Surveillance (PMS) Plan, Post-Market Clinical Follow-up (PMCF) Plan, PMCF Report, Summary of Safety and Clinical Performance (SSCP), all integrated into CER.

**Product Complaint Specialist/Technical Support**

* Investigate medical device (heart monitoring) complaints according to all regulatory requirements instilled by the various agencies such as the FDA.
* Assures complaints from written, electronic, and oral communications are researched and documented in accordance with procedure in compliance with FDA and International regulatory guidelines in preparation for audit.

Pacifica Graduate Institute, Carpinteria, CA **2013 Spring Quarter** **Adjunct Professor Depth Psychology with emphasis on Somatic Studies**

* *Created and taught original curriculum for* Non-Western and Indigenous Healing Practices DPS 952.

**Doctoral Dissertation Committee Member (Internal Reader) 2012 – 2018**

Spacelabs Medical (Spacelabs Healthcare), Redmond, WA **1985 – 1997**

**Senior** **Director of Product Development (R&D)** *Reported directly to the CEO for 10 years.*

* 10+ Years Senior Director and Director Level Project Management at Spacelabs HealthCare (formerly Spacelabs Medical)
* Directed software, hardware, mechanical, component directors, managers, and engineers.
* Directed up to 13 Product Development Managers and worked directly with engineers on development of physiological product metrics, e.g. blood pressure, telemetry, Heart Rate Variability (HRV), invasive and non-invasive blood pressure, Sp02, EKG.
* Managed Product Test and Validation department that included nurse clinicians and programmers trained in software testing and validation.
* Led Customer Technical Support and Technical Training departments focusing on development of support materials for product life cycle.

**Cross-Functional Liaison** **reporting to CEO (medical devices)**

* Moderated the *Management Action Team* leading representatives from core departments (i.e., Manufacturing, QA/RA, Field Service, International, R&D, and Marketing Management) for the purpose of strategizing effective resolutions for challenging customer issues.
* Investigated root causes of customer complaints, identified department responsibility for resolving problems, and tracked progress towards customer resolution.
* Chaired *Product Review Board* leading representatives from core departments to ensure product readiness prior to final release to manufacturing. Evaluated design, service, quality, and manufacturing requirements in the final phase of the product development process and delivered an assessment of each department’s fulfillment of requirements to the CEO.

**Excellent communication, interpersonal, organizational and customer service skills.**

* Experience in listening with intuitive depth, building team coherence, collaboration, and coaching skills.

**Product Complaint Investigation Experience**

* Experience applying medical device technical knowledge to the complaint handling process, insuring complaint documentation is suitable for FDA, and European Union regulatory agency audits.

**Other Titles Held at Spacelabs:**

* Director of Product Development (R&D)
* Director of Engineering Services
* Director of Customer Support

Beckman Instruments, Brea, CA

**Management Position: Hotline Administrator**: Customer Service (national telephone support for chemistry analyzer troubleshooting). 24-hour help line for biomedical engineers and clinical chemistry technologists.

Northport VA Medical Center, Northport, NY

**Laboratory Sciences**: Clinical Chemistry Technologist, Phlebotomist

Huntington Hospital, Huntington, NY

**Laboratory Sciences**: Clinical Chemistry & Hematology Technologist, Phlebotomist, and EKG Technician

**Professional Presentations**

August 4, 2019: International Consciousness Research (ICR), 34th Annual Spiritual Conference & Retreat

“Jung, Kundalini, and the Feminine Voice of Individuation”

Marksdale, Ontario, CN

February 24, 2019: Care of Souls: The *Cura Animarum*, presented by The C.G. Jung Institute of Seattle & The WA Pastoral Counseling Association

“Jung, Kundalini, and the Feminine Voice of Individuation”

Washington State History Museum

Tacoma, WA

May 2014: Poster Session: “Heart Coherence: Unveiling the Imaginal Heart in an Age of Technology”

Pacifica Graduate Institute: Imagination and Medicine IV Conference  
Carpinteria, CA

Spring Quarter, 2013: Non-Western Healing Traditions Pacifica Graduate Institute: Depth Psychology/Somatic Studies as Adjunct Professor.  
Carpinteria, CA

November 5, 2012, Lecture: “Kundalini Yoga: Cosmology and the Body”

Pacifica Graduate Institute: Depth Psychology/Somatic Studies  
Carpinteria, CA  
  
August 10, 2012, Jungian Society for Scholarly Studies

Lecture: "Coherence, Synchronicity, and the Tao: an Integrative Approach to Healing Psyche, Soma, and *Anima Mundi*." http://www.thejungiansociety.org/Jung%20Society/Conferences/Conferences.html

New Orleans, LA

February 19, 2012 Northwest Yoga Conference

Lecture: “Bhagavad-Gita Gita: The Song of Self-Mastery.”

Lynnwood Convention Center

Lynnwood, WA

March 19, 2012 Pacifica Graduate Institute

Lecture to Somatic Studies Graduate Students: “Advanced Kundalini Yoga with emphasis on Depth Psychology.”

Carpinteria, CA

October 31, 2011 Pacifica Graduate Institute

Lecture to Somatic Studies Graduate Students: “Developing Heart Coherence: An Integrative Approach with

Neurocardiology, Kundalini Yoga, and Depth Psychology”

Carpinteria, CA

August 2011, Symposium on Yoga Therapy and Research (SYTAR)

http://www.sytar.org/sytar2011/default.aspx

“Stimulating the Vagus Nerve with Kundalini Yoga”

“Kundalini Yoga for Post-Myocardial Infarction Induced Depression”

Pacific Grove, CA

November 11-12, 2011 C.G. Jung Society of Seattle

“Jung’s Post Cardiac Visions: Image and Individuation”

Evening Lecture and Saturday Workshop

Seattle, WA

**Professional Publications**

Taylor, Anne E. *Medical Humanities: Speaking to the Cardiologist through Myth and Metaphor.* Dissertation 2010.  
  
Taylor, Anne E. *Journal of Clinical Engineering*. "A Serial Interface Design to Integrate Bedside Devices into Patient Monitoring Systems." July 1992, Vol. 17, Issue 4, pp. 325-330.

**Education & Associations**

Pacifica Graduate Institute, Carpinteria, CA

Ph.D., Mythological Studies with Emphasis on Depth Psychology

Dissertation: Medical Humanities: Speaking to the Cardiologists Through Myth & Metaphor.

Graduated with GPA of 3.9

Pacifica Graduate Institute, Carpinteria, CA

M.S., Mythological Studies with Emphasis on Depth Psychology,

Focus on Medical Humanities

SUNY Empire State College, Saratoga Springs, NY

B.S., Biological Sciences – Medical Technology

**Membership:**

C. G. Jung Society of Seattle (former Board of Directors)

Center for Spirituality, Theology & Health (Duke University)

International Association of Yoga Therapists (IAYT)

Kundalini Research Institute (KRI)