

Mary Ann Wallace, MD, MA

P.O. Box 2454
Corvallis, OR 97339

Description of Current Position:

I am presently the Medical Director for the Division of Integrative Medicine of Samaritan Health Services (SHS) in Corvallis, Oregon. The reputation of this clinic has attracted interest by excellent practitioners, facilitating the building of a premier practice. Over the course of the past four years the clinic has grown from one-and-a-half practitioners to the current staff of four mind-body therapists, one naturopath, two acupuncturist, three massage therapists, and two allopathic M.D.s who serve as consultants and liaisons with the medical community.

We have in-hospital programs as well as out-patient services, and I am currently in the process of developing additional clinics of a similar ilk throughout the SHS system. Heartspring Wellness Center has the distinction of being one of the few clinics in the nation which is doing well with no outside donation funds to support its function. I also teach extensively and help develop Integrative Medicine Programs for other health care facilities.

Recent Positions:

2004 to present Medical Director of Samaritan Division of Integrative Medicine, Corvallis, Oregon
2002 to present Medical Director of Heartspring Wellness Center, Good Samaritan Regional Medical Center
2002 to 2002 Chief of Program Development for Samaritan Integrative Medicine, Corvallis, Oregon
2000 to 2002 Internal Medicine Physician, Samaritan Internal Medicine, Corvallis, Oregon
1997 to 2000 Internal Medicine Resident Physician, Oregon Health Sciences University, Portland, Oregon
1990 to 1994 TB Program Manager/Epidemiologist, Oregon Health Division, Portland, Oregon
1989 to 1990 Supervisor/Case Manager, Metropolitan Family Service Portland, Oregon
1985 to 1989 Director/Counselor, Center for Choice and Change, Spokane, Washington
1980 to 1983 Program Coordinator/Epidemiologist, Linn County Health Department, Albany, Oregon

Licensure:

2000 Board Certification in Internal Medicine
1997 Oregon Medical License

Current Professional Affiliations:

2003 to present American Holistic Medical Association
1996 to present Alpha Omega Alpha Honor Society
1995 to present American College of Physicians
1995 to present American Society of Internal Medicine

Professional Education:

1997 M.D. Oregon Health Sciences University, Portland, OR
1984 M.A. in Psychology, Antioch University, Seattle, WA
1977 B.S. in Nursing, Arizona State University, Tempe, AZ

Recent Education related to Integrative Medicine:

2006 Holism in Action: Building Integrated Health Care” - American Holistic Medical Association annual conference
2005 The Kaiser Institute Annual Gathering with Leland Kaiser, PhD in Leadership
Mind/Body Medicine, with Anne Webster, PhD, from Harvard, at Silverton, OR
Integrative Medicine for Healthcare Organizations - InnoVision Communications, Phoenix, AZ.
2004 Medical Staff Leadership – GSRMC, Corvallis, OR.
The Human Factor: Critical Importance of Teamwork - GSRMC
Principles of Integrative Medicine – GSRMC
The Soul of Medicine: The Forces that Shape our Practice, American Holistic Medical Association
2003 Medicine and the Planet, The Coming Age of Ecological Medicine – InnoVision Communications, Seattle, WA

Additional Training:

Certified senior Jin Shin Do Acupressure Practitioner and Instructor
Vision Quests and other Western American Indian spiritual/medicinal practices
Meditation: Tibetan, Vipassana, Zen
Dreamwork, Visualization and Imagery, Interactive Imagery, Psychodrama, Gestalt therapy
Tai Chi Chuan, Yoga, Journaling, Reflexology, Therapeutic Touch (with Delores Krueger), Herbology
Iridology, Chi Kung, Neurolinguistic Programming, Arica Institute exercises (Oscar Ichazo)

Recent Presentations:

2006

“How the Language of the Mind Speaks through the Body” - DaVinci Days, Corvallis, OR
“Surviving, Even Thriving, with Change in the Workplace” - keynote for Regional Medical Librarians
Annual Meeting, Silver Creek Falls, OR
“Mind-Body Medicine” - Annual GSRMS Foundation dinner, Corvallis, OR
“Creating an Integrative Clinic with the Integrity of the Healing Self” (half-day seminar) -
Annual American Holistic Medical Association conference, St. Paul, MN
“Mind Body Medicine, What is It?” - American Association of University Women, Corvallis, OR
“Physician Wellbeing and Case Conference” - Samaritan Integrative Medicine, Corvallis, OR
“Mind-Body Training for Health Care Professionals” (half day seminar) - Samaritan Health Services, Corvallis, OR
“Guided and Interactive Healing Imagery” Training Program, Samaritan Health Services, Corvallis, OR

2005

“Being in Touch with the Healing Heart”, Oregon Association of Hospital Volunteers 50th Annual conference, Eugene,
“Forgiveness as a Healing Power”, Healing Ourselves, Healing Our World conference Interfaith Community, Corvallis, OR
“Pathways to Healing”, keynote speaker, Cancer Coalition, Corvallis, OR
“Loss and Transitions Workshop”, Heartspring Wellness Center
“Mind/Body Medicine, Hospitalists, Good Samaritan Regional Medical Center, Corvallis
“Mind/Body Medicine” to Physicians’ Advisory Board, Lebanon Community Hospital
“Healing Imagery”, Oregon Cancer Registrars seminar, Corvallis, OR
“Wholistic Health for Women with Cancer”, Soroptomists International, Corvallis, OR
“Mind/Body Medicine, Auxiliary Group, Lebanon Community Hospital
“A Time for Reflection” at Heartspring Wellness Center
“Mind-body Medicine” - American Association of Women in Community Colleges, Linn-Benton Community College, OR
“Professional Burnout” to clergy and physicians, Lebanon Community Hospital, Lebanon, OR.

2004

“Mind-body Interaction in Pain Management” for State of Oregon Pain Management Program
“The Mind-Body Connection and Women’s Health” at Breast Cancer seminar
Oasis of Hope -- film interview

2003

“Meditation as the Path to Wholeness” – Heartspring Wellness Center
“How to Maintain Wellness in a Driven Environment” – Oregon State University
“Life Balance” for Oregon Council of Healthcare Educators
“Minding the Spirit in Caring For the Elderly” - Oregon State University Gerontology Conference
“Physician Wellbeing” – GSRMC Family Practice Physicians
“Music and the Healing Arts – Staying Young through the Spirit of Music and the Healing Arts” -
SHS Albany Hospital Auxiliary and Community Health Ministries
“The Value of Creativity and How It Helps Individuals to Stay Young” – SHS
“Mind-Body Medicine – What Is It and Why Does It Matter?” Beyond Cancer, Nourishing Life seminar.

2002

“Emerging Healthcare Trends” – panelist for Good Samaritan Hospital, Leadership Corvallis seminar.
“What is Mind-Body Medicine” – Nurses Day Seminar, Linn-Benton Community College
“Mind-Body Medicine” – SHS staff
Mind-Body lecture series - Heartspring Wellness Center

“Acupressure for Headaches” – Nurses of SHS
“Staying Well in a Driven Environment” - Oregon State University
Mind-Body workshops – for Nursing and Social work staff at SHS

Prior Lectures:

Over 400 talks on complementary/alternative/integrative medicine, mind-body healing and spiritual topics including:

Self Esteem
Stress Management
Attitudinal Healing
Choices and Changes
Holistic Health
Jin Shin Do Acupressure (Instructor; teach and certify through Advanced Level)
Therapeutic Touch
Communication Skills
Spiritual Psychology
The Drama of Life
Dreamwork Playshops
Visualization and Imagery
Vision Quests (week-long, in the wilderness)
The Emotional Kaleidoscope of the Body
Forgiveness as Healing

On-going Classes:

Meditation and Process
Process-oriented Psychotherapy
The Seasons of the Psyche
Energy Healing
The Mind-body Connection and Health
Meditative Journaling
Relaxation and Mindfulness
Insomnia Classes
Transformational Workshops
Self-Reflection Series

Contracts Include:

Group Health, Spokane Falls Community College, WA.
Linn-Benton Community College, OR
Exodus II Foundation, OR
Nurses Advisory Committee on Perinatal Education, WA
Holy Names Hospital, Becoming Program, WA
YWCA, WA
Take V Talent Studio, WA
Washington Mutual, WA
Body-Mind Institute, WA
Jin Shin Do Foundation, CA
Oregon State University, OR
Samaritan Health Services, OR
Regional Gerontology Conference, OR
Samaritan Family Physicians, OR
Regional Cancer Center, OR
State of Oregon Pain Management Program, OR.
Good Samaritan Regional Medical Center, OR
Lebanon Community Hospital, OR
Regional Nurse Educators Conference, OR.
Cancer Registrars Association, OR.
Association of Hospital Auxiliaries, OR.
Soroptomist International, OR.
American Holistic Medical Association
City of Corvallis, OR
Oregon Medical Librarians’ Association
Oregon Association of Women in Education

Recorded Workshops:

“Developing an Integrative Clinic from the Integrity of the Healing Self”
“Mindfulness in Daily Living – 13 week Meditation Class”
“PMS”
“Imagery”
“Overcoming Fear of Success”
“Male – Female Balance”
“Spirituality in Medicine”

Videos:

“Mind Body Medicine – What Is It and Why Does it Matter?”
“Beyond Cancer”
“How to maintain Wellness in a Driven Environment”
“Minding the Spirit in Caring for the Elderly”
“Relaxation and Mindfulness for Women with Heart Disease”
“Jin Shin Do Acupressure”

Audio CDs:

Imagery to Sleep By (Insomnia)
Pain Reduction Through Guided Imagery
Stress Reduction
Beyond Pain Relief

Audio Tapes:

“Healing the Child Within / Relaxation”
“Entering the Psyche / Chakra Balancing”
“Healing Addictions / Divine Sounds”

Recent Publications:

“Physician Well-Being –Samaritan Physician News, Aug, 2006
“Energy as Emotion” –International Journal of Healing and Caring, May 2006
“Loss and Transition” – HeartSpring Wellness Center Newsletter, Fall, 2005
“Mind-body Medicine, What Is It?” – Heart To Heart, SHS publication
“The Burden of Being Overweight” – Diabetes News, SHS publication
“Antibiotic Resistant Infections” – Heart To Heart
“Good-bye Winter Blues” – Heart To Heart
“Diabetes Management” – Diabetes News
“Weight Loss: A Mind-Body Experience” – Health Now, Corvallis, Or. Edition
“Jin shin Do Acu-points Related to Muscles on the Body”

Recent Grants:

2006 “Surviving – Even Thriving” Arts project for Cancer Survivors in collaboration with the Samaritan Regional Cancer Center
2002 Erquilla grant to fund Imagery and Yoga Pilot Project for patients with Fibromyalgia

Honors and Awards:

The John A. Benson, Jr. Humanism Award; Oregon Health Sciences University
AMWA Janet M. Glasgow Memorial Achievement Citation
Cum Laude Oregon Health Sciences University School of Medicine
Alpha Omega Alpha Oregon Health Sciences University School of Medicine
Alpha Kappa Kappa Oregon Health Sciences University School of Medicine