

# Mary Pat Paulson

## Objective

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To strengthen the physical, emotional and spiritual aspects of clients skyrocketing them to their highest potential. Mary Pat uses a combination of equine assisted therapies, experience and success of 12 step recovery principles, a thorough knowledge of natural health therapies, life-coaching/mentoring as well as a vibrant walk with Jesus to restore life-purpose and joy to others.

## Professional Accomplishments

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### Life Coach

- Coach individual clients in goal setting and accountability to reach their personal and professional goals.
- Coach individuals with the variety of tools listed below focusing on physical, emotional, and spiritual well-being.
- Mentor for Foreverfound.org, a foundation that aids in the full rescue of children victimized by sex and labor trafficking, 2016
- High Risk for Trafficking Special Task Force, 2016.

### Equine Coach

- Certified Riding Instructor with PATH, International (Professional Association of Therapeutic Horsemanship) Currently teach beginning / intermediate riding lessons Specialties includes mental health areas/special needs including those affected by human trafficking.
- Developed and implemented EAL program at GRRS, working with eating disorder and chemical addiction clients.
- Founding partner of the non-profit Glory Reins Riding School, teaching lessons since 2012.

### Recovery

- 12 Step Recovery focused, mentoring girls/women since 1982. Specialized focus on working with women with food related issues, codependency, as well as sexual issues.
- Celebrate Recovery Ministry Leader, The Church at Rocky Peak, CA, 2006.
- Pioneered Women's Sexual Brokenness Ministry at The Church at Rocky Peak, Chatsworth, CA + Founded Prayer Walk for the Eradication of Pornography, 2003.
- Founded SADD (Students Against Drunk Driving) Chapter in Santa Barbara, CA. National Council on Alcoholism. 1985

### Health

- Nutritional Herbalist for 28 years building healthy clients through herbs and supplements. Specialties: bowel, breast, children's immune systems and support during cancer diagnosis and treatment.
- Coached individual clients in their health in coordination with their personal physicians to gain optimum health.
- Breast Cancer Patient Liaison/Educator The Breast Center, Van Nuys, CA working with top research physicians guiding newly diagnosed patients, Stem Cell Coordinator to UCLA, 1993.

# Mary Pat Paulson

## Education

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1986	B.A., Organizational Psychology	University of California, Santa Barbara
2010	EAGALA Certification	Pomona, CA
2014	Certified Herbal Consultant	Tree of Light, UT
2016	Advanced Certified Life Coach	AACC, Light University
2016	PATH ESMHL Certified Instructor	PATH, International (Professional Association of Therapeutic Horsemanship)
2016	PATH Therapeutic Riding Instructor-in-Training	PATH, International

## Hobbies

Horseback Riding, Dressage, Healthy Cooking, Hanging with my grown children, painting, spending time with friends, dates with my husband Kyle.

## References

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References are available on request.