

Kristy S. Arbon
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PROFESSIONAL EXPERIENCE

CENTER FOR MINDFUL SELF-COMPASSION (CMSC), San Diego, California **2012-present**
Teacher, Teacher Trainer, Coordinator of Live Online MSC, Administrative Director

- Adapted Mindful Self-Compassion for the online environment and teaches Live Online MSC
- Member of the Mindful Self-Compassion Teacher Training development team
- Mentor for Mindful Self-Compassion teachers-in-training

HARVARD MEDICAL SCHOOL, Boston, Massachusetts **2020-present**
Teacher

Lead instructor for Mindful Self-Compassion intervention program for childhood trauma survivors

TRAUMA-INFORMED EDUCATION, California **2019-present**
Consultant and Dedicated Practitioner

- Consultant to David Treleaven on Trauma-Sensitive Mindfulness curriculum
- Invited member of Dedicated Practitioner Program

HEARTWORKS TRAINING, St Louis, Missouri **2013-present**
Founder, CEO and Lead Teacher

- Teaches embodied mindfulness, self-compassion, and trauma-informed programs online and in Australia, New Zealand, Singapore, Brazil, Bhutan, and the US
- Mentors mindfulness and self-compassion teachers and other individuals to support their trauma-sensitivity and self-compassion practice, study and teaching

HENDRIX COLLEGE, Conway, Arkansas **2019-2021**
Teacher and Research Collaborator

- Somatic Self-Compassion teacher on campus
- Lead instructor for Somatic Self-Compassion Online intervention program

VALLECITOS MOUNTAIN RETREAT CENTRE, Taos, New Mexico **2015-present**
Teacher

Mindful Self-Compassion teacher

SOUNDS TRUE, Boulder, Colorado **2017-present**
Mentor

Mentors students of The Power of Self-Compassion online skills training program.

MIDWEST ALLIANCE FOR MINDFULNESS, Kansas City, Missouri **2017-present**
Teacher and Teacher Trainer

Mindfulness and self-compassion teacher and teacher trainer for online and in-person programs

SHAN YOU COUNSELLING CENTRE, Singapore **2017-present**
Teacher and Teacher Trainer

Trauma-Informed Mindfulness and Mindful Self-Compassion training and teacher training

SYDNEY LOCAL HEALTH DISTRICT , Sydney, Australia <u>Teacher Trainer</u>2017-2020
Trauma-Informed Mindfulness and Self-Compassion teacher trainer	
MANA RETREAT CENTRE , Coromandel, New Zealand <u>Teacher</u>	2015-2019
Mindful Self-Compassion teacher	
INSTITUTE FOR MEDITATION AND PSYCHOTHERAPY (IMP) , Boston, Massachusetts <u>Teacher</u>	2014-2019
Mindful Self-Compassion Teacher	
INSTITUTE FOR MEDITATION AND PSYCHOTHERAPY (IMP) , Boston, Massachusetts <u>Administrator</u>	2011-2016
<ul style="list-style-type: none"> • Maintained website, social media, bulk email lists, online forms, membership • Organized events such as conferences and membership meetings • Provided editorial and administrative assistance for IMP publications 	
BARRE CENTER FOR BUDDHIST STUDIES , Barre, Massachusetts <u>Center Manager, Registrar, Course Manager</u>	2008-2013
As the manager of the Study Center, responsible for directing all aspects of the operations of the Center.	
<ul style="list-style-type: none"> • Managed a team of staff and supported faculty to ensure smooth operations for residential courses • Developed policy and procedures that took into account all facets of the centers operations • Managed course registrations and logistics 	
CHRIS GERMER, PhD , Boston, Massachusetts <u>Personal Assistant</u>	2012-2019
Assisted Dr. Chris Germer, developer of the Mindful Self-Compassion training.	
KRISTIN NEFF, PhD , Austin Texas <u>Personal Assistant</u>	2017-2018
Assisted Dr. Kristin Neff, developer of the Mindful Self-Compassion training.	
INNER KIDS , Los Angeles, California <u>Online Learning Management System consultant</u>	2013-2015
CELSIAS.COM , New Zealand <u>Freelance Writer</u>	2007 – 2009
KRISTY ARBON LANDSCAPING , St. Louis, Missouri; Mylor, South Australia <u>Freelance Landscape Designer, Builder and Gardener</u>	2006 – 2008
ST. LOUIS COMMUNITY COLLEGE AT FOREST PARK , St. Louis, Missouri <u>Journalist, Managing Editor, Advertising Manager and Business Manager</u>	2005 – 2008
BIOPARK ORGANIC FARM , Mt. Barker, South Australia <u>Assistant Manager and Farm Worker</u>	2005 – 2006
PERMACULTURE ASSOCIATION OF SOUTH AUSTRALIA , Adelaide, South Australia <u>Newsletter Editor and Writer</u>	1999 – 2006

SOUTH AUSTRALIA AMBULANCE ASSOCIATION , Adelaide, South Australia <u>Ambulance Transfer Officer</u>	2003 – 2005
CHILD SUPPORT AGENCY , Adelaide, South Australia <u>Client Service Officer, Team Coach, Workplace Assessor and Team Leader</u>	1995 – 2002
UNIVERSITY OF ADELAIDE FITNESS CENTRE , Adelaide, South Australia <u>Community Fitness Instructor</u>	1993
IMMANUEL COLLEGE , Adelaide, South Australia <u>Boarding House Supervisor</u>	1993-1994

EDUCATION

David Treleaven
Advanced Trauma-Sensitive Mindfulness, 2020

Somatic Experiencing Trauma Institute
Somatic Experiencing Professional Training Beginning I (first year), 2019

Inner Mammal Institute
Certified Inner Mammal Trainer, 2019

Institute for Meditation and Psychotherapy – Boston, Massachusetts
Certificate in Mindfulness and Psychotherapy, 2018

UCSD Center for Mindfulness, Mindfulness-Based Professional Training Institute – San Diego, California
Mindful Self-Compassion Teacher Certification, 2015

Center for Self-Leadership – St Louis, Missouri
Internal Family Systems training Level 1, 2014

Barre Center for Buddhist Studies – Barre, Massachusetts
Integrated Study and Practice Program, 2009

Australian College of Journalism – Sydney, Australia
Advanced Certificate of Professional Writing (Professional Children's Writing), 2006

Douglas Mawson College of Technical and Further Education – Adelaide, Australia
Certificate IV in Assessment and Workplace Training, 2003

South Australian Ambulance Association – Adelaide, Australia
Certificate IV in Basic Emergency Care, 2003

The Food Forest – Gawler, Australia
Permaculture Design Certificate, 1998

Flinders University – Adelaide, Australia
Post-Graduate Bachelor of Social Work, 1994

Regency Park College of Technical and Further Education - Adelaide, Australia
Certificate in Fitness Leadership, 1993

University of Adelaide – Adelaide, Australia
Bachelor of Arts (Psychology and Philosophy), 1991