

MARY JANE WHITE, MS, LMSW

Speaker,
Psychotherapist,
Wellness Consultant

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PROFESSIONAL BIOGRAPHY

Mary Jane White is managing partner of Wellness Works and is the previous Director of the Mind/Body Medical Institute at Memorial Hermann Healthcare System in Houston, Texas. She has a B.A. in Spanish/English, an M.S. in Studies of the Future, and an M.S.W. in social work from the University of Houston.

Mary Jane is also an energetic, dynamic presenter who draws from her broad experience in mind/body medicine, wellness, stress management, yoga, meditation and psychotherapy. Her talks are content-rich and presented in an easy style with audience interaction and participation.

Mary Jane's eclectic breadth of experience makes her a unique and talented mind/body integration expert. She speaks Spanish well, is trained as a clinical social worker and therapist, and has been teaching yoga and meditation for over 30 years. In the early 1980s, she served as Director of the Trend Analysis Program, American Council of Life Insurance. For the past 15 years, she has actively trained and taught in the field of stress management and mind/body medicine, with a focus on infertility and women's health issues. In 2004, Mary Jane helped create and facilitate 19 very successful Fertility Enhancing Retreats for women diagnosed with infertility.

Mary Jane's passion today is to mentor, teach and train people to function at their highest level of wellness and to help organizations become well places to work. She helps people to be proactive in prevention and wellness, to choose careers and avocations that support their goals, and to focus on becoming a healthy mind in a healthy body with a healthy attitude.

Past presentations on stress management and wellness have included such diverse groups as Shell Oil, AON Risk Services, the Houston Criminal Investigators Association, caregivers' support groups at Memorial Hermann Healthcare System, the Board of Directors of Multicare Health System in Tacoma, Washington, Texas Executive Women, and the annual Houston Resolve Infertility Symposium.

PROFESSIONAL HIGHLIGHTS/CREDENTIALS

- M.S., University of Houston, Clear Lake
- M.S.W., University of Houston, Houston
- Director of Trend Analysis Program, American Council of Life Insurance
- Director, Mind/Body Medical Institute, Memorial Hermann Healthcare System
- Fifteen years speaking experience in many different venues
- Trained clinicians at Harvard Mind/Body Medical Institute affiliates across U.S.
- Faculty member of Harvard Mind/Body Medical Institute - trained professionals at 3-day Introductory Trainings in Mind/Body Medicine following Spirituality & Healing Conferences, Houston, Chicago, Denver and Boston
- Co-created *Beyond the Relaxation Response* workshops at Harvard Mind/Body Medical Institute and trained participants
- Faculty member of Spiritual Leadership Institute, Memorial Hermann Healthcare System
- Fifteen years in field of mind/body medicine
- Thirteen years facilitating Mind/Body Wellness Program for Fertility
- Co-Creator and Co-Facilitator of National Fertility Enhancing Retreats

REPRESENTATIVE PRESENTATIONS

- *Think Strong, Think Well*
- *WOWW - Wellness, Optimism, Wit and Wisdom*
- *Take a Breath - It's Free!!*
- *The Biopsychosocial-Spiritual Model of Health & Wellness*
- *Handle Stress Before it Handles You*
- *Stress Less and Have More Fun*
- *Life-Work Balance - What the Heck is That??*
- *Stress and Women's Health*
- *Time-Out - A Mind/Body/Spirit Approach to Wellness*
- *First Things First - Caring for the Caregiver*
- *The Relaxation Response Revisited*
- *Creativity and Spirituality - The Path to Wellness/Wholeness*

Presentations can be customized to client specifications as 1-hour, 2-hour, half-day or full-day workshops/seminars.

REPRESENTATIVE CLIENTS

- AON Risk Services
- Children's Protective Services
- City of Houston Library System
- First American Title
- Internal Revenue Service
- Parks & Recreation Department, City of Houston
- Postal Inspectors, Gulf Coast Regional Division
- Spiritual Leadership Institute, Memorial Hermann
- Quan, Burdette and Perez
- Shell Oil
- Temple Emanu El Sisterhood
- Texas Executive Women
- Unitarian Fellowship of Houston
- University of Houston Center for Organizational Research & Effectiveness
- Women's Finance Exchange, Houston
- National Youth Forum in Medicine
- Memorial Hermann Healthcare System

"I let go of hurry, anxiety, pressure, and worry. I choose peace, joy, relaxation and renewal. I am guided in how to best use my time. I accomplish everything I am here to do and I have time to enjoy life right here and right now."

Reverend Donald Welsh, as quoted in DIVINE INTUITION by Lynn A. Robinson, M.Ed.

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REFERENCES

- Dr. Ann Webster, Health Psychologist,
The Mind/Body Medical Institute, Boston, MA
- Dr. Alice Domar, Infertility Psychologist,
Boston IVF, Boston, MA
- Dr. Steve Byrum, Professor and Minister, Dean,
Spiritual Leadership Institute, Memorial Hermann
Healthcare System, Houston, TX
- Dr. Gene Divita, psychiatrist in private practice and
former Medical Director, The Mind/Body
Medical Institute
- Loretta LaRoche, Humorist, National Speaker and
PBS celebrity, Boston, MA
- Patrice Jones Easterly, LMSW-ACP, psychotherapist
in private practice, Houston, TX