

BECK FORSLAND WEST, DC, C-IAYT

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EXPERIENCE

CHIROPRACTIC PHYSICIAN, PARKSIDE CLINIC. PORTLAND, OR, 2021-2022

Chiropractic physician at a private clinic. Utilize current scientific literature in a medical practice.

MANAGER/YOGA TEACHER, DAYA, PORTLAND, OR, 2016-2017

Thrived as a detail-oriented manager in a challenging environment at a nonprofit yoga studio.

CONTENT WRITER, CABRIO STRUCTURES, RIVER FALLS, WI, 2011-2017

Wrote and edited copy for newsletters, marketing materials, and website. Built the website.

YOGA TEACHER TRAINING, 2013-2015

Wrote and edited the content of a teacher training book for 3 series of yoga teacher training.

OWNER/YOGA THERAPIST, THE YOGA PLACE/WELLINSPIRE. MENOMINEE, MI, 2012-2016

All operations of a wellness center including writing and editing marketing materials and newsletters, mastered new skills every day and problem solved when challenges arose. Attended local health events.

BLOG WRITER, WELLNESS HAMMOCK, 2011-2018

Researched and blogged about natural foods and medicine for a lay audience of yoga students.

BANK TELLER, BANTERRA BANK, CARBONDALE, IL, 2008-2010

Mastered new skills on the job as a bank teller.

EDUCATION

University Of Western States, Portland, OR—Masters In Human Nutrition And Functional Medicine, 2021-PRESENT

University Of Western States, Portland, OR—Doctor Of Chiropractic, 2021

University Of Western States, Portland, OR—Bachelors Of Science In Human Biology, 2020

University Of Wisconsin-River Falls, River Falls, WI—Bachelor Of Science In Art an Sociology, 2008

CERTIFICATIONS

Webster Certified for prenatal care through the International Chiropractic Pediatric Association, 2021-PRESENT

Certified Yoga Therapist through the International Association of Yoga Therapists, 2019-PRESENT

Certified Life Coach through Transform Coaching Academy, 2015-PRESENT

Registered Yoga Teacher with Yoga Alliance, 2011-2019

SKILLSET SUMMARY

3+ years diversified, activator, drop table, and Webster spinal manipulative therapy

3+ years Craniosacral therapy

3+ years manual therapy techniques including pin-and-stretch, effleurage, cross friction, and more

15+ years in the nutrition field

15+ years in the yoga field

3 decades of American English

Experience with slack, video calls, Google Suites, Microsoft office, and more

Experience with SEO, copywriting, digital marketing

Teachable

BOARD CERTIFICATION, LICENSURE, ASSOCIATIONS

Active Physician License: State of Oregon, Doctor of Chiropractic

Inactive Physician License: none

National Board of Chiropractic Examiners: Part I, II, III, IV, and Physiotherapy, 2019-20

Member of the International Chiropractic Pediatric Association

Member of the International Association of Yoga Therapists

Member of the Oregon Chiropractic Association

Member of the American Chiropractic Association

CONTINUING EDUCATION

Operation Osprey clinical correlative studies with Dr. Bill Moreau 2020-2021

Tier 1 Star Behavioral Health Providers (Sponsored by Returning Veterans Project) 2020

STEADI: Older Adult Fall Prevention 2020

Changing the Conversation about Pain 2020

Cervicothoracic TULIP Seminar 2020

CranioSacral Therapy 1 Training, Upledger Institute 2018

YogaCARE Conference 2017

How to Rewire the Traumatized Brain 2017

Trauma-Informed, Brain-Sensitive Yoga Teacher Training, Portland, OR 2017

Yoga Teacher Training 500-hour, Blue Mounds, WI 2014-2016

Yoga Teacher Training 200-hour, Green Bay, WI 2011