

Jen Owen, MSN, APRN, ANP-C

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Professional Profile

Highly experienced Nurse Practitioner and business owner with over 26 years of unique industry knowledge in health care, integrative/functional medicine, herbal medicine, pelvic care, mind-body awareness, and business management. Extensive health and wellness expertise has resulted in professional speaking and training for healthcare students, professionals and business owners. Proven ability to educate by establishing and maintaining credibility, trust, and confidentiality.

Professional Experience

Jen Owen, N.P. LLC, Owner; Portland, OR 8/13-Present

- Management of S-Corp LLC; includes a physical clinic, online consultations services, and business consulting services.
- Teach classes and workshops on health and life wellness and business creation and management.
- Provides professional online training courses and business consulting for healthcare professionals and business owners who want to thrive in business.

Bloom Pelvic Therapies, Nurse Practitioner and Owner; Portland, OR, 2/18-Present

- Provide Integrative Women's Healthcare and Wellness Services, including in-depth Consultations, Holistic Pelvic Care™, and Vaginal Steams.
- Teach classes on pelvic health and life wellness.
- Business Management.

Jen Owen, N.P. Integrative Health Solutions; Bloomington, IN, 10/13-8/17

- Provided primary care services with a focus on Integrative medicine and sales of herbs and supplements.
- In-office and distance consultations and focused online e-course learning to improve health and wellness as naturally as possible.
- Provided Holistic Pelvic Care™ women's health pelvic floor technique.
- Business management.

Self Employed Green Blessings Herbal Products, Bloomington, IN, 3/00-12/17

- Herbal education and preparations and management of small business.

Nurse Practitioner Future's Family Planning Clinic, Bloomington, IN, 8/13-8/14

- Provided Gynecology and disease intervention care in income based health department clinic.
- Completed Gynecology exams, pap smears, wet mount, disease screenings and education.

Nurse Practitioner Holistic Medical and Wellness Center, Indianapolis, IN, 6/12-8/13

- Provided primary and speciality care to patients with an emphasis on Complementary and Alternative Medicine.
- Utilized Functional Medicine testing and use of supplements as primary treatment modality.
- Assisted in management of staff and daily operations of clinic.

Volunteers in Medicine RN, IU Health Bloomington Hospital 1/08-12/11

- Resource person for staff and volunteers. Closely worked with Nurse Practitioner on patient discharges, case management, continuing care for chronic conditions, abnormal findings and medication management.
- Managed Women's Health Clinic; assisted with pap smears, vaginal cultures, colposcopy and handling of specimens.

Float RN, IU Health Bloomington Hospital, Bloomington, IN, 5/07-1/08

- Provided total nursing care to patients in an acute care facility. Rotated among ten different units of hospital as needed. Education in all core areas; Basic Heart Rhythms, and Phlebotomy.

Self Employed Postpartum Doula Bloomington IN, 2/01-5/07

Birthways Inc, Chicago IL, 8/99-10/00

- Assisted and cared for new mothers and their families.
- Trained in Breastfeeding, Postpartum depression and infant massage.

Formal Education:

- **Indiana University School of Nursing Master of Science in Nursing-ANP:** 5/2012
- **Ivy Tech Community College Associate of Science in Nursing-RN:** 5/2007
- **Bachelor of Arts Indiana University Bloomington, IN Major Anthropology, Double Minor: Sociology and Religious Studies:** 8/1991-5/1995

Professional Speaking:

- The Venue Fine Arts & Crafts, "**Natural Healthcare for Older Adults**" 2/2015 & 10/2016
- Indiana University School of Nursing: "**What is all this Natural Medicine Stuff about any way?**" Lecture for RN students, 3/2015
- Indiana Herb Festival: "**Culinary Herbs for Health: The Benefits of Cooking with Herbs**" 8/2015
- Women's Success Network, "**Benefits of the Rainbow Diet**" 1/2015
- Indiana Herb Festival, "**Herbs for Vitality**" 8/2014
- The Venue Fine Arts & Crafts, "**Spring Cleaning for Body & Soul**" 2/2014

Certifications/Licenses: (License expiry dates upon request)

- **American Academy of Nurse Practitioners:** Adult Nurse Practitioner Certification; Renewed 6/2017
- **Oregon Advanced Practice Nurse:** License 201704184NP-PP
- **Oregon Registered Nurse:** License 201704183-RN
- **Federal DEA**

Specialty Trainings:

- **Holistic Pelvic Care™ and Holistic Pelvic Energy:** 39 hour training with creator, Tami Lynn Kent; 9/2016; Returned as Teaching Assistant 3/2018
- **Foundations in Herbal Medicine:** 500 hour training with Dr. Tieraona Low Dog, MD; 4/2016-Present

- **American Herbalists Guild Herbal Medicine and Mental Health and Wellness Training:** 11/2014
- **UMKC School of Nursing: Pharmacology for Women's Health:** Preventive Health Care & Lifestyle Choices I & II; 3/2014, Common Medical Conditions I & II; 2/2014 & Reproductive Health I & II; 2014
- **Indiana Family Health Council:** HIV Prevention Counseling & Testing Training; 12/2013, Motivational Interviewing; 11/2013
- **Centers for Disease Control:** STD Modules: HPV and Chlamydia; 10/2013
- **Denise Duffield-Thomas, Lucky Bitch Money Bootcamp:** 8/2013
- **Marie Forleo, B-School:** 6/2013
- **Clarian Health Partners Perinatal Depression:** 8/2006
- **Sage Mountain Herbal Center: Science & Art of Herbalism Intensive Program:** 8/2003
- **Chicago College of Healing Arts: Foundations in Herbalism:** 2/2003

Education, Awards and Recognition:

- **Indiana University School of Nursing Master of Science in Nursing-ANP Academic Achievement Award:** 4.0 (highest grade) 4/17/2012
- **HRSA-AENT Professional Nurse Traineeship Grant:** 2011-2012
- **Global Institute for Alternative Medicine Glendale, CA, Nutritional Consultant Certification:** 8/2004-8/2011
- **Indiana University Health Patient Activation/Engagement Team Award:** 12/15/2011
- **Indiana University Health Excellence in Caring Eleanor W. Koon-Community Health Award:** 6/2009
- **Indiana University School of Nursing Jessie Cross Scholarship:** 2010-2011
- **Coalition of Advanced Practice Nurses of Indiana (CAPNI) Annual Scholarship:** 2010-2011
- **Ivy Tech Community College Chancellor's List, Bloomington, IN, Magna Cum Laude:** Spring 2007, Fall 2006
- **Licensed as a Registered Nurse in the state of Indiana Associate of Science in Nursing-RN:** 8/2005-5/2007

Conferences Attended:

- **Portland Plant Medicine Gathering:** Portland, Oregon, 11/2017
- **American Herbalists Guild National Symposium:** Silverton, Oregon, 10/2017; Callaway Gardens, Georgia, 11/2014; Bend, Oregon, 11/2013; St. Petersburg, Florida, 10/2011; Austin, Texas, 10/2010; Santa Rosa, California, 10/2009
- **Margaret M. Lynch Ignite Your Power, Manifest Your Wealth Event:** Boston, Massachusetts, 3/2015
- **Indiana Victim Assistance Network 1995 Regional Conference:** Indianapolis, Indiana, 3/1995