

Sylla Sheppard-Hanger

Founder & Director, Atlantic Institute of Aromatherapy
Founder Director, United Aromatherapy Effort

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Certifications, Diplomas and Other Education:

- Certificate: Aromatherapy and the Medicine of the Soul, 2 days with Cathy Skipper and Florian Birkmayer, Atlanta GA 2017
- Certificate: Naturopathic-TCM Anxiety & Joint Pain 2 days with Gabriel Mojay and Timothy Miller Atlanta GA 2017
- Certificate: Chemistry of Essential Oils, 2 days Tim Miller Tampa, 2017
- Certificate: Aromatic Medicine 8-day training with Mark Webb, Atlanta GA 2016
- Certificate: Harmonizing the Spirit 2 day with Gabriel Mojay, Tampa October 2015
- Certificate: Clinical Safety in Aromatherapy, 1 Day with Robert Tisserand., St Petersburg, FL 2013
- Certificate: Aromatic Kinesiology 2- The Path of Nurture 3 days with-Robbi Zeck Tampa 2013
- Certificate: Aromatic Kinesiology, 3-day training with Robbi Zeck- Aromatic Kinesiology 1, 3 days, Tampa, Florida 2014; Certificate: Aromatic Kinesiology 1, 3 days Tampa, 2011, Tampa, 2009, and San Francisco, 2004.
- Advanced Cranial Work, Structural Energetic Therapy, Lutz, Florida 2010.
- Certificate: Emotional Release, Structural Energetic Therapy, Lutz, Florida 2010.
- Certificate: Children's Cranial, Structural Energetic Therapy, Lutz, Florida 2010.
- Degree/Certification; Structural Energetic Therapy, Lutz, FL- advanced 2-year bodywork training in Structural Energetic Therapy for acute and chronic pain, 2009. Retook 1-year program 2010.
- Certificate Landmark Seminars- Forum and advanced, Tampa, Florida, 2006
- Advanced Certificate Aromatic Energetics and the Five Elements; Gabriel Mojay. January 2001
- Diploma: Cambridge University, Cambridge, England- Flowering Plant Systematics Course, July 1999.
- Certificate: Orto De Provenco - the Center for Aromatherapy Workshops and Medicinal Plants, a secluded educational 5-day retreat is located in Aurel, near Sault en Vaucluse, France; developed by Dr. Malte Hozzell, June 1997.
- Diploma: International Training in Essential Oils: Advanced Studies, Part One and Two; Purdue University, West Lafayette Indiana, February 1997.
- Certificate Medical Aromatherapy Training Seminars, Blackmore Essex, UK, Martin Watt, Cert. Phyt., Medical Herbalist, Advanced training in the production of essential oils, the safety issues surrounding their clinical use and on their broad therapeutic actions. February.1995
- Diploma: International Training in New Crops: Medicinal and Aromatic Plants; Purdue University and University of Illinois at Chicago, August 1993.
- Therapist Certificate; Herbal Essence Therapist Training: Holistic Skin Therapy Using Essential Oils; Dr. Dietrich Gumbel, Florida, December 1990.
- Certificate AATA, with Robert Tisserand, Dr. Daniel Penoel, Avery Gilbert, Dr. LePraz Los Angeles, Ca 1990
- Certificate: Dr. Daniel Penoel - Medical Aromatherapy, 2 days, San Rafael, California, April 1989.
- Certificate: AATA-2nd Convention, with Maggie Tisserand, Dr. Daniel Penoel. San Rafael Ca, April 1989
- Diploma: Medical Aromatherapy- Dr. Daniel Penoel update on latest medical aromatherapy research regarding the use of chemotype oils.) San Rafael, California, October 1988.
- Certificate: Robert Tisserand, 2 days, Boca Raton, Florida, June 1988.
- Certificate: American Aromatherapy Association AATA, 3 days with Robert Tisserand, Marcel Lavabre, Kurt Schnaubelt, Victoria Edwards. Napa, California. February 1988.
- Certificate: Tibb Herbal Health and Healing, Hakim Moinuddin Chisti, N.D. 1988.
- Certificate: Aromatherapist certification; Pacific Institute of Aromatherapy, Dr. Kurt Schnaubelt; June 1987.
- Certificate: Neuro-muscular therapist, Paul St. John, St. Petersburg, Florida; January 1979.

- Certificate: Touch for Health, Florida; March 1979.
- Diploma: Natural Health Care Practitioner (massage, colonic irrigation, hydrotherapy, nutrition, neuromuscular therapy, exercise physiology and preventative medicine), American Institute of Natural Health, Florida; 1979.
- University of South Florida, Tampa, Florida; three years of biology, chemistry, anatomy, physiology, neuro-psychology, and other studies as a non-degree seeking student (1976-1979).
- Diploma: Cosmetology; Troutmans College of Hairstyling, Raleigh, N. C.; July 1969.

Experiential Data

- Florida Licensed Massage Therapist since 1979. (#MA0003434) Private practice 1979-present.
- Florida Licensed Cosmetologist since 1969 (#CL009345) Private practice 1989-present.
- Board of Massage Continuing Education Provider since 1989 (# MA007597)
- Atlantic Institute of Aromatherapy founded in 1989. Teach Basic, Advance classes; Home study course, www.AtlanticInstitute.com
- Rumors Aromatherapy Salon Owner, Manager. (1982-present)

Volunteer/Community Service

- United Aromatherapy Effort, Inc- UnitedAromatherapy.org was created after September 11, 2001 (2001 to present) to collect and disseminate aromatherapy products and provide chair massage after a disaster- providing aromatherapy and stress relief to our emergency first responders (responding to NY2001, Florida 2004, Gulf Coast Katrina 2005-6; Waveland/Bay St. Louis 2007, Military in Afghanistan, 2010) www.UnitedAromatherapy.org. Founder and director since 2001;
- James H. Haley Veterans Hospital, Tampa Florida-ongoing chair massage, aromatherapy since 1996.

University Presentations:

- "Introduction to Aromatherapy" (the first university class in aromatherapy for credit in the US), Indiana University, South Bend, IN; November 1999.
- "Basic Aromatherapy," Indiana University at South Bend Continuing Education Dept, November 1999.
- Honors Seminar, University of South Florida, College of Education, September 1999.
- "Aromatherapy and the Mind," University of South Florida, College of Psychology with Dr. Trevor Stokes; 1998-1999.
- "Aromatherapy," University of South Florida, College of Nursing, Complementary Therapies, with Assistant Prof. Joyce Larson-Presswalla, PhD, RN; (every semester 1996-present).
- "Faith, Spirituality, and Alternative-Complementary Medicine in Health Promotion," University of South Florida, Dept. of Community and Family Health, College of Public Health, with Kay Perrin, Ph.D., RN, Assistant Research Prof., May 1997.
- "Aromatherapy," University of Tampa, American Holistic Nurses' Assn. (AHNA), with Patricia Salmon, Ph.D., ARNP, Adjunct Professor of Nursing; May 1996
- University of South Florida, Dept. of Community and Family Health, college of Public Health, Kay Perrin, Ph.D., RN, Assistant Research Prof., "Faith, Spirituality, and Alternative-Complementary Medicine in Health Promotion", May 1997
- University of Tampa, college of Nursing, Tampa Florida 2003
- University of Tampa, American Holistic Nurses' Assn. (AHNA), "Aromatherapy", May 1996, Patricia Salmon, Ph.D., ARNP, Adjunct Professor of Nursing

Papers Presented at Aromatherapy Conferences:

- "Psychosensory Aromatherapy Research Project (PARP): Ten Years Later", "United Aromatherapy Effort, Inc Update", Keynote speaker, New Zealand Registry of Holistic Aromatherapists-2008 Conference, Auckland, New Zealand, June 2008.
- "Reclaiming the Feminine Body- Aromatic Recovery on the Path to Wholeness Parts 1 & 2" workshop Wellpark College, Auckland, New Zealand, June 2008.
- "Aromatherapy Undiluted- are we in Denial" National Association of Holistic Aromatherapy- World of aromatherapy- Boston September 2006
- "Aromatherapy Undiluted- are we in Denial" Aromatherapy conference Tours, St. Petersburg FL, March 2006.

- "Safety and Toxicology"- Aromatherapy in Action, Boulder CO, October 2005
- "Aromatherapy in Disaster Work: United Aromatherapy Effort & Emergency Response Massage International"- presentation of our work in New York after September 11th Tragedy at the National Association of Holistic Aromatherapy Conference, Raleigh NC, June 2002
- Aromatherapy for cancer survivors, Factors annual Educational Conference, H. Lee Moffitt Cancer hospital, October, 2001, Tampa Florida.
- Use of Essential Oils and Natural Products to counter side-effects during Radiation Treatments for Cancer", Pacific Institute Conference, San Francisco. November 2000,
- Aromatherapy and Treatment of Psychological Disorders- an update", NAHA National Association for Holistic Aromatherapy Conference, Seattle, October 2000.
- Super Clone "88 " Melaleuca alternifolia - what is its value" presented at First International Phyto-Aromatic Conference, Nice, France (Mar 2000) co author Tony Burfield.
- "Artemesia- a new high azulene oil from the pacific northwest"- co author Rob Pappas, presented with Tony Burfield at First International Phyto-Aromatic Conference, Nice, France (Mar2000)
- "Aromatherapy and Treatment of Psychological Disorders," (CICA) Canadian International Conference on Aromatherapy, Toronto, Canada, October 1999.
- "Psychotherapy-aromatherapy treatment of behavior and emotional disorders," Third Aromatherapy Conference: Connection Science and Emotion, San Francisco, CA; October 1998.
- "Collaborative psychotherapy-aromatherapy treatment of behavior and emotional disorders," Second Australasian Aromatherapy Conference and Trade Fair, Sydney, Australia, March 1998.
- "Aromatherapy for Abused Women and Recovery", National Association for Holistic Aromatherapy Conference, The World of Aromatherapy I, San Francisco, CA; September 1996.
- "Aromatherapy for the LMT," Florida Massage Therapy Association Annual Conference, St. Petersburg, FL; July 1995.
- "Aromatherapy and Massage," American Massage Therapy Association, Regional Conference, Orlando, FL; September 1994.
- "Aromatherapy for the LMT," Florida Massage Therapy Association Annual Conference, St. Petersburg, FL; July 1995.
- "Aromatherapy and Massage," American Massage Therapy Association, Regional Conference, Orlando, FL; September 1994.
- "Aromatherapy for the LMT," American Massage Therapy Association Conference, Atlanta, GA; April 1994.
- Aromatherapy for the Esthetician," Aesthetics International Association Annual conference, Dallas, TX, April 1994.

Presentations at other conferences:

- Speaking of Women's Health, hosted by WEDU and Moffitt Cancer hospital, Tampa Fl, September 6, 2001
- First World Congress on Medicinal and Aromatic Plants for Human Welfare, (WOCMAP) Maastrich, Netherlands - worldwide scientific conference on research and use of medicinal, aromatic plants and essential oils. July 1992. (Poster)
- Aesthetics International Association Annual conference, Dallas Texas, "Aromatherapy for the Esthetician", April 1994.
- Florida Cosmetology Association FCA Inspirational Education Tour, Jacksonville, FL; April 1996,
- Florida Cosmetology Association: Florida Esthetics Committee, Tampa, various (1992-1997),

Book Publications:

- *The Aromatic Mind Book*, Atlantic Institute of Aromatherapy, Tampa, FL; 2008
- *The Chemistry of Essential Oils FlipBook*, Atlantic Institute of Aromatherapy, Tampa, FL 2007
- *The Aromatic SpaBook*, Atlantic Institute of Aromatherapy, Tampa, FL 2007
- *The Aromatherapy Practitioners Reference Manual*, Atlantic Institute of Aromatherapy, Tampa, FL; 1994.
- *The Aromatherapy Practitioner Correspondence Course*, Atlantic Institute of Aromatherapy, Tampa, FL; January 1995, and December 1999.

Paper Publications: partial list does not include papers on: www.AtlanticInstitute.com

- "Aromatherapy in Afghanistan? UAE expands outreach to Troops in Afghanistan -Update on the United Aromatherapy Effort, Inc. Summer 2010", *New Zealand Registry of Holistic Aromatherapists Journal*.
- "Scoliosis – Effective Alternative Methods of Treatment", 2 Parts, co authored with Don McCann April 2009
- "Effects of contingent touch and aroma on relaxation by children with developmental disabilities". Wright, M.F., Sheppard-Hanger, S., & Stokes, T. (2006 in review for publication) University of South Florida, Tampa.
- "Evaluation of Aromatherapy and Core Curriculum Training, *International Journal of Aromatherapy*, Vol 10, 3/4, 2001 co-author Michael Kirk-Smith.
- "Assessment of the effects of music and aroma on relaxation and animation. Poster presented at the 27th Annual conference of the Association for Behavior analysis, New Orleans. Wright, M.F., Wallace, J. Healey, C., dePerczel, M.Y., Sheppard-Hanger, S. and Stokes, T. (2001, May).
- The Essential Oil of *Eucalyptus camaldulensis* Dehn. From South Florida: A High Cryptone/Low Cineole Eucalyptus, *J. Essent. Oil Res.*, Winter 2000 (currently in press). Co author Dr. Rob Pappas.
- "Aroma as a sensory reinforcement to motivate engagement by children with autism. Poster presented at the 17th annual association for the advancement of behavior therapy, New Orleans, November 2000, Fisher, B.L.c Stokes, T., Mowery, D., Medina, C, McQwown, S.Sheppard-hanger, S., Bryant, J.B., and dePerczel, M.Y.
- Book review, *International Journal of Aromatherapy*, Fall 1999.
- "Ammi Visnaga-Essential Oil Profile", *Scentsitivity*, National Association for Holistic Aromatherapy, Fall 1999.
- "Oud - Essential Oil Profile", *Scentsitivity*, National Association for Holistic Aromatherapy, Summer 1999.
- "Collaborative psychotherapy aromatherapy treatment of behavior and emotional disorders: Psychosocial Aromatherapy Research Project", co-author with Trevor Stokes, Ph D., University of Florida, Summer 1999.
- "Aromatherapy treatment of behavior and emotional disorders", *Aromatic Thymes*, Winter 1999 Volume 6.4.
- "Essential Safety" - a quarterly column on the safety of essential oils-, *Scentsitivity*, National Association for Holistic Aromatherapy, 1998-ongoing
- "What is Aromatherapy" fact sheet for National Association for Holistic Aromatherapy-1998
- "The Ravensara Dilemma- A comparison study of the taxonomy, chemical constituents, safety and an aromatherapy market survey of essential oils from the plants: Ravensara aromatica, Ravensara anisata, Cinnamomum camphora," *NORA newsletter*, 2 (2); Feb 1997
- Percutaneous Confusion or the Evidence on Cutaneous Absorption of Essential Oils, *The World of Aromatherapy*, Frog; Berkley, CA; 1996

Affiliations:

- National Association for Holistic Aromatherapy (NAHA)
- Florida State Massage Therapist Association (FSMTA)
- Alliance of Aromatherapists (AIA)
- Associated Bodywork & Massage Professionals (ABMP)