

Dawn Aragón



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Profile

Deep personal interest in helping others help themselves. Extensive experience developing and managing service projects, teams, and companies. Intuitive understanding of human behavior and the importance of synergistic alliances and whole health practices. Proficient at business and relationship development, office management, quality control, strategic planning, and marketing communications. Compelling spokesperson and writer, able to demystify a wide range of whole health issues across all demographics. International experience in England, The Netherlands, Thailand and Jamaica.

Skills

Office, business, and project management. Event planning and coordination. Whole health training and education, including fitness and yoga. Process quality improvement. Strategic thinking on a grand scale. Elegant problem solving using cross-disciplinary experience and knowledge. Strategic alliances and joint marketing. Recruitment, organizational structure, and operations. Expert user of presentation, project management, web+print design, electronic document management, and social networking tools.

Experience

Managing Member, Primaltrust LLC; Seattle — 2013-present

Co-founder, Business Manager and Chief Instructor for a profitable small business leveraging more than 17 years of training and experience in whole health practices, with emphasis on nutrition, yoga and fitness. Invited to conduct workshops and private classes in Washington, Oregon, Arizona, Oklahoma, Texas, and Amsterdam. Personally built the iRONFAERY yoga brand, now synonymous with *the art of smart asana*—refining simple movements with advanced self-awareness, mindfulness flowing with humble repetition, sequences informed by breath (Pranayama). Developed and produced *Tripsichore Yoga Tour 2016* — a 5-day, multiple-venue workshop and performance event bringing Master Teachers to Seattle from London, with multiple local yoga studio sponsors.

Clinical Psychologist, VA Medical Center; Seattle — 1998-2015

Licensed Behavioral Health Psychologist in the Marrow Transplant Unit of the Department of Veterans Affairs Puget Sound Healthcare System (PSHCS). Duties:

- Completed Candidate Mental Health Assessments—a VA Central Office requirement (neuropsychological and personality testing, caregiver evaluations, clinical interviews)
- Participated in medical team rounds with inpatients and outpatients
- Participated in all "Welcoming" and "Pre-transplant" conferences

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- Participated in Autogenic and Autologous Transplantation Classes for patients/caregivers
- Provided inpatient and outpatient pre- and post-transplant psychotherapy, support, and behavior modification to individuals, couples, and families
- Provided long-term post-transplant psychotherapy, support, and behavior modification to local patients
- Provided group therapy to caregivers
- Provided in-services to staff regarding psychological issues of transplant, as well as debriefings after deaths
- Liaison for conflict resolution between patients and staff, and among staff members
- Liaison for a consulting psychiatry service
- Taught rotating hematology and oncology fellows the psychological issues of transplants
- Provided follow-up support for patients after returning to their referring VA Medical Center
- Provided 1-yr follow-up assessments of allogeneic transplant patients.

Committees and special projects

- Member, Comprehensive Cancer Care Committee
- Member, Mental Health Peer Review Committee
- Member, Transplant Candidate Mental Health Assessment Task Force
- Lead Member, Quality Improvement Committee
- Lead Designer and Content Creator, Marrow Transplant Unit website (in coordination with VA Public Affairs Office)
- Founder and Instructor, “Yoga For PTSD” volunteer program (weekly classes).

Leadership activities

As Lead Member of the Marrow Transplant Unit’s Quality Improvement Committee:

- Developed a bi-monthly class entitled “*Multidisciplinary Long-Term Follow-up Education Class—Allogeneic Transplantation*” for allogeneic patients and caregivers, to teach them about Graft-versus-Host Disease, how to optimize the best outcome, how to care for the caregiver, what to expect when returning home, and guidelines for post-transplant
- Developed a monthly multidisciplinary class entitled “*Multidisciplinary Long-Term Follow-up Education Class—Autologous Transplantation*” for autologous patients and caregivers to teach them how to optimize their long term outcome, how to care for the caregiver, what to expect when returning home, and guidelines for post-transplant
- Created a program of local outside resources that directly supported patients and caregivers (Gilda’s Club, Seattle University gym membership for caregivers, local sightseeing opportunities with Seattle Cancer Care Alliance, and more)
- Extensively revised the MTU Apartment Guide (a 26-page book printed by Medical Media), given to all patients/caregivers
- Created a patient sign-in process to improve the efficiency of morning medical rounds
- Created a discharge process to help patient/caregivers understand what to expect on returning to their referring VAMC.

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Awards and honors

- Puget Sound Healthcare System 26th Annual Pride in Public Service Recognition Week May 3-7, 2010: "*Unsung Heroine Award*"

Education

Ph.D. (1996), M.S. (1992), Oklahoma State University; Stillwater OK

Doctor of Philosophy and Master of Science degrees in Psychology

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B.A. (1989), The University of Tulsa; Tulsa OK

Bachelor of Arts, Magna Cum Laude

Certifications and Training

- Whole Health—Change the Conversation (2015)
- Whole Health Coaching (2014)
- Mantram Repetition Program (2014)
- Mind/Body/Spiritual Strategies for a Healthy Workforce (2014)
- Portable Mindful Strategies for a Healthy Workforce (2014)
- BLS HEARTCODE Provider (2014)
- Resiliency for Veteran Advocates—Leaning In and Out for Sustained Compassion (2014)
- Diagnosis with DSM-5 and ICD—APA Sponsored CEU (2013)
- DSM 5: What You Need to Know—APA Approved (2013)
- Tripsichore Intensive Study Course in London—with Edward Clark (2013)
- Integrated Care for Smoking Cessation (2011)
- Palliative Care Psychotherapy for People with Advancing Dementia (2011)
- Psychopathology, Mental Health Factors and Transplant Outcomes (2011)
- Benefits of Adaptive Sports and the Role of the Psychologist (2011)
- Taking Your Pills on Schedule—Sharing Responsibility for Your Care (2011)
- Clinical Application of the Transplant Psychosocial Assessment (2011)
- Psychosocial Risk Factors in Transplant—Significance, Impact and Evidence (2011)
- Transplantation—Past, Present, and the Relevance of Psychosocial Issues (2011)
- Key Concepts in Assessing and Managing Patients with Suicidal Behavior (2011)
- Living with Multiple Myeloma—Coping with the Stress of Caregiving (2011)
- Fear of Recurrence and Late Effects—Living with Uncertainty (2011)
- End of Life Issues—Best Practices and Applied Ethics: (2011)
- Understanding and Managing Chemotherapy Side Effects (2011)
- Stress Management for Caregivers—Taking Care of Yourself Physically/Emotionally (2011)
- The Importance of Taking Your Pills—Understanding Adherence (2011)
- VA Privacy and Information Security Awareness and Rules of Behavior (2011)
- The Role of the Health Behavior Coordinator in Primary Care (2011)
- Food for Life Cooking Class—The Cancer Project (2011)
- Commitment in Psychotherapy—A Mindful Approach to Rapid Clinical Change (2011)

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- Mindfulness Based Stress Reduction (2008)
- AcroYoga Teacher certification (2007)
- Eye Movement Desensitization & Reprocessing/EMDR—Level 1 and 2 (2006)
- “*Life Of A Yogi*” 200-hour Ashtanga teacher training—with Sri Dharma Mittra (2006)
- Bhakti Yoga via Siddha Yoga Meditation (1998-2005)
- Motivational Interviewing (1998).

Professional Affiliations

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State of Tennessee Division of Health Related Boards

Licensed Psychologist #P2123 (retired status)

References

Additional reference available on request

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