

**MATTHEW J. TAYLOR, PT, PHD, C-IAYT**

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**EDUCATION**

California Institute of Integral Studies, San Francisco, CA <b>Ph. D. emphasis in Individual and Organizational Transformational Learning &amp; Change</b> Dissertation: Biopsychosocial Group Care for Chronic Back Pain	<b>2006</b>
Integrative Yoga Therapy, Willow Creek, CA <b>1000 Hour Professional Yoga Therapy Certification</b> Project: Developed and operated MyBalance Seminars	<b>1997</b>
Baylor University, US Army Program, San Antonio, TX <b>Masters in Physical Therapy (MPT)</b> Thesis: Correlating Surface Anatomical Landmarks to Radiographic Lumbo-sacral Angle Measurements	<b>1981</b>
Northern Illinois University, DeKalb, IL <b>B. S. in Psychology</b> Areas of concentration: Motivation and Physiological Psychology	<b>1980</b>

**TEACHING EXPERIENCE**

Adjunct Faculty Clarke College Physical Therapy Program <b>[Lecturer – “Global Communication in the 21st Century”]</b> Taught blocks of instruction on business management and Complementary Medicine	<b>1997-2003</b>
<b>Lead Instructor MyBalance/Dynamic Systems Seminars and then Matthew J Taylor Institute</b> Developed syllabi and overall course structure for CEU courses, workshops and retreats for state level PT meetings, international symposium and public education courses.	<b>1998- Present</b>
<b>Chair and lead presenter AZ APTA Fall 2006 Conference “Future Trends in PT”</b> Developed, recruited and coordinated faculty for programming.	<b>2006</b>
<b>Co-Chair and lead presenter APTA Annual 2009 Meeting CES track “CAM in PT”</b> Developed, recruited and coordinated faculty for 3 days of programming.	<b>2009</b>
<b>Keynote presenter APTA Private Practice Annual 2009 Meeting “Creativity in PT”</b> Presented 60 minute luncheon keynote to private practice administrators on fostering creativity.	<b>2009</b>
<b>Presenter APTA Private Practice Annual 2010 Meeting “Making Cents in a MindBody Market”</b> Led 2 different roundtables on the topic.	<b>2010</b>
<b>Presenter APTA CSM 2011 Oncology Section “Beyond Fitness and ROM”</b> 3-hr presentation with Dr Mary Lou Galantino, PT, PhD.	<b>2011</b>
<b>Presenter Mayo Clinic PT School, Rochester, MN “The DSR Method: Making Back Pain Fun Again”</b> 2-day presentation with lecture and labs.	<b>2011</b>
Adjunct Faculty Franklin Pierce University (Goodyear, AZ) Physical Therapy Program <b>[Lecturer – “MindBody Science in PT: Your New Profession”]</b> Taught blocks of instruction on developing an embodied personal self-care practice and the science of innovation in PT.	<b>2012</b>
Adjunct Nazareth College (Rochester, NY) Physical Therapy Program <b>[Lecturer – “MindBody Science in PT: Your New Profession”]</b> Teach blocks of instruction on developing an embodied personal self-care practice and the science of innovation in PT.	<b>2012-Present</b>

- Presenter AZ APTA 2012 Student Conclave “Complexity Fueling Innovation in PT”** 2012  
One hour presentation on how complexity is demanding innovation in PT.
- Presenter Amer. Society of Hand Therapist’s Annual Conference “Yoga Therapy in Upper Extremity Rehab”** 2012  
All day pre-conf institute with lecture and lab.
- Presenter N. AZ Univ, High Altitude Lecture Series “How Science has Progressed to a Mind-Body Understanding”** 2012  
Two-day lecture and lab with Cheryl VanderMark, PT at the NAU Dept of Physical Therapy.
- Presenter Arizona PT Directors Lecture “Practical Creativity: Navigating the Seas of Change Ahead for You and Your Department”** 2014  
3.5 Hour lecture and lab in Phoenix, AZ.
- Plenary Speaker Symposium on Yoga Therapy and Research (SYTAR) “Stretching Our Vision of Yoga Therapy.”** 2016
- Keynote Mayo PM&R Annual Conference, Scottsdale AZ, “Creativity and EBM: A happy marriage?”** 2018
- Presenter, APTA CSM “Safe Yoga in Your Community” Geriatric Section all-day pre-con** 2018

## RELATED EXPERIENCE

Matthew J Taylor Institute, Phoenix, AZ

**Founder and Director**

2009 – Present

The Institute is a center for training, certification and resources where education and research come together as the DSR Method™. The Institute is where the Matthew J Taylor brands support vigorous research, develops new DSR-related programs, and where professionals learn to provide integrative rehabilitative care.

SmartSafeYoga, Phoenix, AZ

**Founder and Director**

2009 – Present

Dr. Taylor leads training programs and creates resources through SmartSafeYoga to incorporate smart, safe yoga for the international yoga community. Smart Safe Yoga fosters intelligent, creative and mindful sources of information and tools for yoga teachers, students, yoga therapists and conventional medical professionals who want to incorporate yoga principles into their practices and studios. His leadership in the field of yoga safety and science has made him an expert in yoga safety and injuries.

Dynamic Systems Rehabilitation Clinic, PLLC, Scottsdale, AZ

**Founder and Director**

2003 – Present

The Clinic is the home base of the Dynamic Systems Rehabilitation Method where hundreds of people have and continue to move through pain and health challenges to recovery. It is the model clinic and lab where future advancements are tested. The clinic is cash-based plus Medicare and allows therapists an autonomous practice environment.

Taylor Physical Therapy & Fitness, Ltd., Galena, IL

**Owner and President**

1988 – 2003

Built a full service private practice clinic from a single therapist clinic to a staff of 17 in a town of 3500. Sold the business to the host hospital 2003.

Symposium on Yoga Therapy and Research

**Program committee and research committees**

2007-2009

Developed the format and coordinated programming for the first three research symposiums with over 500 participants from over 15 different countries in various leadership roles.

Courage Center Study

**Co-leader and research methodologist**

2008-Present

Provided the research methodology and training for a \$43M/yr full service rehabilitation facility to conduct organizational research to become the first mind~body based center of its kind.

## PUBLICATIONS AND PAPERS

Editorial board member of the PubMed indexed International Journal of Yoga Therapy. Also peer reviewer for the International Journal of Yoga Therapy, the Journal of Complementary and Alternative Medicine and others.

Taylor, MJ, "Yoga Therapy as a Creative Response to Pain." London: Jessica Kingsley Publishers, 2018.

Taylor, MJ, Wheeler, A, Schmalzl, L "Licensed Healthcare and Yoga Therapy: Let's Talk" Yoga Therapy Today, International Association of Yoga Therapists, Summer 2017, pp. 44-46.

Taylor, MJ, McCall, T (2017) "Implementation of Yoga Therapy Into U.S. Healthcare Systems" Intl J of Yoga Therapy, 27: 115-119.

Taylor, MJ, "Yoga Therapy as a Creative Inquiry into Pain and Suffering" Yoga Therapy Today, International Association of Yoga Therapists, Spring 2016, pp. 32-33.

Taylor, MJ "Yoga Therapeutics: An ancient practice in a 21st century setting." In C. Davis, Complementary Therapies in Rehabilitation: Evidence for Efficacy in Therapy, Prevention, and Wellness, 4th ed. New York: Slack, 2016.

Taylor, MJ, "Fostering Creativity in Rehabilitation" In MJ Taylor, Fostering Creativity in Rehabilitation, 1st ed. New York: Nova Publishing, 2015.

Taylor MJ, "Organizational Yoga Therapy: The Unfoldment of Institutional Yogamind in the World " Yoga Therapy: Theory and Practice, 1st Ed. New York, NY: Routledge, 40-46, 2015.

Taylor MJ, "Yoga Therapy for Rehabilitation Professionals" Yoga Therapy & Integrative Medicine: Where Ancient Science Meets Modern Medicine, 1st Ed. North Bergen, NJ: Basic Health Publications, 263-285, 2015.

Taylor MJ, Yarian R, Cooper, C "Yoga Therapeutics: A Biopsychosocial Approach" In Fundamentals of Hand Therapy, 2nd Ed. Philadelphia: Elsevier, 197-205, 2013.

Taylor, MJ "The Science of Mudras" In J & L Le Page, Mudras for Healing, 1st ed. Brazil, IYT, Dec. 2013.

Taylor, MJ "It's Complex...Now What?" Access, Ohio APTA , September. p. 4-5, 2011.

Taylor MJ, Galantino ML, Walkowich H, "The Use of Yoga Therapy in Hand and Upper Quarter Rehabilitation." In Skirven, Rehabilitation of the Hand and Upper Extremity, 6th Ed. Philadelphia: Elsevier, 1548-1562, 2011.

Taylor, MJ "Focus on Our Last Name: Therapy" IMPACT, APTA Private Practice , July. p. 44-47, 2010.

Taylor M. Viewpoints: Emphasis on Fitness Is a Leap in the Wrong Direction. *PT in Motion* 2010;2(6):8.

Taylor, MJ "Opportunities with the Complementary and Alternative Medicine World" IMPACT, APTA Private Practice , February. p. 40-41, 2010.

Taylor, MJ "Member Spotlight" IMPACT, APTA Private Practice , November. 2009, p. 10.

Taylor, MJ "Creativity in the Workplace" Advance for Directors In Rehabilitation, Sept. 2009.

Taylor, MJ "Dynamic Systems Rehabilitation: Prototype Yoga-based Physical Rehabilitation Clinics" Somatics, Vol 15:3; 22-27.

Taylor, MJ "Addressing Systems at Every Level" IMPACT, APTA Private Practice, April 2007: 12-15.

Taylor, MJ "Research and the Feldenkrais Method: Sharing a Different Vision with the World" IFF Academy Feldenkrais Research Journal, International Feldenkrais Federation, Vol 3, 2007.

Taylor, MJ "Yoga Therapeutics" Ed. Cuellar, N. "Conversations in Complementary and Alternative Medicine." Sudbury, MA: Jones & Bartlett Publishing, 2006.

Taylor, MJ "Yoga Therapeutics: An ancient practice in a 21st century setting." In C. Davis, Complementary Therapies in Rehabilitation: Evidence for Efficacy in Therapy, Prevention, and Wellness, 3rd ed. New York: Slack, 2009.

Taylor, MJ Majmundar, M. "Incorporating Yoga Therapeutics into Orthopedic Physical Therapy" Ortho Phys Ther Clinics of N Amer Saunders, Philadelphia Vol 9:3, 2000; 341-360.

Taylor, MJ "Yoga For the Elderly: Geriatric Yoga Therapeutics" GeriNotes, APTA Geriatric Section, Jan 2001.

Taylor, MJ "Yoga Therapeutics in Neurologic Physical Therapy: An Ancient Practice in a 21st Century Setting" Neurology Report, APTA Neurology Section, Jun 2001.

Taylor, MJ "Putting the Movement System Back in the Patient: An Example of Wholistic Physical Therapy" Orthopedic Physical Therapy Practice, Vol. 12, #2, 2000; pp 15-20.

Taylor, MJ "Yoga Therapeutics: An Ancient Dynamic Systems Theory" Techniques in Orthopedics, Lippincott, Williams & Wilkins; Volume 18(1): 2003; 115-125.

Taylor, MJ "Risk Management: Conscious Ahimsa" Intl J of Yoga Therapy, 2004.

Taylor, MJ "Addressing Systems at Every Level of Rehabilitation" IMPACT, Private Practice section of the APTA, May 2007, 12-14.

Taylor, MJ (2005) "Osteoporosis: An Opportunity to Serve" *Intl J of Yoga Therapy*, 15: 97-104.

Taylor, MJ (2006) "Harvesting the full potential of group yoga therapy classes" Intl J of Yoga Therapy, 16: 33-37.

Kepner, J., Taylor, M., Gates, J., Crutchfield, L., Roth, B., (2005) Financial Support for Yoga Therapy: A Montage of Possibilities. *Intl J of Yoga Therapy*, 15: 105-118.

Taylor, MJ "Balance: Constructing a Firm Foundation" Embug Publishing, Galena, IL; 2001.

#### MEMBERSHIPS

International Association of Yoga Therapists: Past President, Board of Directors 2008-2009

Academic Consortium of Complementary and Alternative Health Care: past board member 2008-2009, Traditional World Medicines Rep

Yoga Alliance: Scope of Service Consultant, 2018.

Integrative Health Care Providers, Task Force Member for Non-pharmacological Pain Management and Opioid Addiction 2017- Present.