

CURRICULUM VITAE

Name: Mary R. Fry, ND

Position: Associate Professor, Maryland University of Integrative Health
Department of Nutrition and Integrative Health

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EDUCATION

6/17- present **Institute for Functional Medicine (IFM) Certification Training –
*Applying Functional Medicine in Clinical Practice*** Conference,
Washington DC

9/07-3/09 **Human Investigations Program for Clinical Research**, Oregon Health
& Science University (OHSU), Portland, OR

9/99-6/04 **N.D. (Naturopathic Doctor)** National College of Naturopathic Medicine
(NCNM), Portland, OR

9/94-7/98 **B.Sc., Nutritional Biochemistry**, McGill University, Montreal, PQ

LICENSES, MEMBERSHIPS & PROFESSIONAL AFFILIATIONS

2016- present TAP (Teach Advocate Practice) Integrative Membership

2016- present Institute for Functional Medicine (IFM) Member

2012-2013 National Center for Homeopathy

2010-2013 Oregon Association of Naturopathic Physicians Membership

2010-2012 Homeopathic Association of Naturopathic Physicians Membership

2009-2014 Integrative Health Care of Oregon (IMHCO) Membership

2006-present Oregon Naturopathic Medical License- #1456

2008-2009 American Public Health Association Membership

2000-2012 Member of Oregon Friends of C.G. Jung

POSITIONS HELD

EDUCATION

9/17- present **Research and Piloting of Dietary Analysis Software program for
Masters in Nutrition and Integrative Health Program-wide adoption**
*Conducted research on a wide range of dietary analysis software programs
appropriate for integrative/functional nutritionists to utilize as students and beyond
(to have the adaptability and robustness for clinical use with e-charting platforms).*

6/17-8/17 **Curriculum Updates –*Human Micronutrients***: Maryland University
of Integrative Health
*Expanded test banks for each quiz (additional 24 questions written) and
final exam (additional 50 questions written) with pooling by nutrient and*

POSITIONS HELD- EDUCATION- Continued

- exam, re-alignment of course and module objectives with assessments, development of video series across multiple modules 'Micronutrients in Medicine/Health Clinical Clips'*
- 9/16-9/17 **Comprehensive Exam Revision and Expansion:** Masters of Nutrition and Integrative Health Program Maryland University of Integrative Health
Organization, revision and creation of questions from core courses in the Masters Program by subtopics (aligned with the Board for Certification of Nutrition Specialists exam domains)
- 11/15-3/16 **Program Design/Development – Doctoral degree in Integrative Mental Health:** Maryland University of Integrative Health
Chaired a committee of 3 other faculty members to develop this program. The development process involved interviewing experts in the field, researching existing or similar programs and evaluating current curriculum and faculty at MUIH for possible inclusion into this program.
- 1/16-4/16 **Curriculum Re-design –Human Micronutrients:** Maryland University of Integrative Health
In conjunction with MUIH's instructional design and technical support, developed this fully online, 3 credit, Master's level Nutrition course in Canvas. Syllabus, Course and Module-level outcomes, weekly text-based lectures with embedded visuals, audio and resources were created. Assessments were developed; including module quizzes, final exam, discussions, vitamin and mineral assignments and presentation.
- 9/15-12/15 **Curriculum Re-design – Advanced Biochemistry, Pathophysiology, & Assessment:** Maryland University of Integrative Health
In conjunction with MUIH's instructional design and technical support, developed this fully online, 3 credit, Master's level Nutrition course in Canvas. Syllabus, Course and Module-level outcomes, weekly text-based lectures with embedded visuals, biochemistry focus boxes and resources. Module quizzes, discussion and case study assignments developed.
- 8/15-9/15 **Curriculum Design – Nutrition-Focused Physical Exam:** Maryland University of Integrative Health
In conjunction with MUIH's instructional design and technical support, using Canvas (Learning Management System), developed this on campus, 1 credit, Doctorate level Nutrition course in Canvas and for the classroom. Syllabus, Course and Module-level outcomes, lectures and development and delivery of experiential, interactive learning exercises and assessments.
- 3/16- present **Team Chair – Human Micronutrients, Nutrition and Integrative Health Masters Program:** Maryland University of Integrative Health
- 5/16 – present **Associate Professor, Full-time, Nutrition and Integrative Health Masters Program:** Maryland University of Integrative Health

POSITIONS HELD- EDUCATION- Continued

- 4/15- 4/16 **Instructor, Full-time, Nutrition and Integrative Health Masters Program:** Maryland University of Integrative Health
- 1/15-4/15 **Adjunct Faculty, Nutrition and Integrative Health Masters Program:** Maryland University of Integrative Health
Human Micronutrients (3 credits), Life Cycle Nutrition(3 credits), Applied Clinical Nutrition II (2 credits)
- 2/15-4/15 **Curriculum Design – Applied Clinical Nutrition II:** Maryland University of Integrative Health
In conjunction with Learning House’s instructional design and technical support, developed this fully online, 2 credit, Master’s level Nutrition course in Moodle. Syllabus, Course and Module-level outcomes, text & multi-media weekly lectures and module discussion topic development
- 9/14-12/14 **Curriculum Design – Life Cycle Nutrition:** Maryland University of Integrative Health
In conjunction with Learning House’s instructional design and technical support, developed this fully online, 3 credit, Master’s level Nutrition course in Moodle. Syllabus, Course and Module-level outcomes, student presentation and discussion topics, e-book on Nutrition and Socioeconomic Status, Race/ethnicity and Religion
- 9/14-12/14 **Adjunct Faculty, Nutrition and Integrative Health Masters Program:** Maryland University of Integrative Health
Advanced Biochemistry, Pathophysiology & Assessment (3 credits)
- 5/14-7/14 **Curriculum Design - Advanced Biochemistry, Pathophysiology & Assessment:** Maryland University of Integrative Health
In conjunction with Learning House’s instructional design and technical support, developed this fully online, 3 credit, Master’s level Nutrition course in Moodle. Syllabus, Course and Module-level outcomes, audio- narrated PowerPoint lectures, glossary & flashcards, additional reading lists and assessments (Assignments, quizzes and Discussions for each module and a Final Project) were developed.
- 4/14-6/14 **Teaching Assistant- Redefining Nutrition:** Maryland University of Integrative Health
Assisted lead instructor in course delivery (moderated discussion board, responded to student questions and participated in weekly webinar sessions).
- 9/13 – 12/13 **Curriculum Development- Systems of Human Behavior:** University of Washington Medical School
Weekly Quiz and Final Exam Question Development
- 8/13- 10/13 **Curriculum Development- Visualizing Nutrition:** Wiley Publishing
Adaptive Assessment Question Development- ORION- Visualizing Nutrition WileyPLUS- 2 chapters, with 2 question sets per chapter (Diagnostic & Assessment distributed across a variety of question types and each level of Bloom’s Taxonomy- 220 per chapter).

POSITIONS HELD- EDUCATION- Continued

- 4/13 **Review of MindTap** (Personalized Cloud-based Learning Platform):
Cengage Publishers
- 1/13-8/13 **e-tutoring- *Nutrition***: Chemeketa Community College
Pilot Project- Human Nutrition- with bi-weekly tutoring sessions hosted with Adobe Connect.
- 8/11 - present **Quality Matters Reviews**
Publisher Reviews- Wiley- Visualizing Nutrition- Introductory Nutrition class
Peer Reviews- Holistic Health, Integrative Health, Complementary and Alternative Health Capstone, Introduction to Nutrition, Managerial Accounting, History of the United States
*Master Reviews -*Cost Accounting, Introduction to Payroll Accounting, Ethics, Law and Business I, Economics, Computers, Technology, and Society
- 6/12- 9/12 **Curriculum Design- *Nutrition***: Chemeketa Community College.
Partnered with one other faculty member to coordinate and create a completely revised curriculum to integrate Wiley's Visualizing Nutrition Course Platform with Blackboard 9.1 for our department of 6 part-time online faculty.
- 3/11- 3/15 **Adjunct Faculty, Online Instructor- *Nutrition***: Chemeketa Community College
Courses taught: Introductory Nutrition (NFM 225) (*Each class is 4 credits and 10 weeks in duration.*)
- 5/10-7/10 **Educational Consultant- Continuing Education Curriculum**
Holistic Nutritional Therapy Curriculum for Health Professionals in Nutritional and allied Natural Health topics.
- 8/09-3/15 **Adjunct Faculty, Online Instructor- *Nutrition and Integrative Health courses***: American College of Healthcare Sciences.
Courses taught:
Undergraduate: Introduction to Homeopathy, Basics of Herbalism, Herbal Materia Medica II, Holistic Pathophysiology, Holistic Pathophysiology and Protocols, Introduction to Nutrition, Topics in Holistic Nutrition, Holistic Nutrition. (*Each class is 3 credits and 16 weeks in duration.*)
Graduate: General, Organic and Biochemistry, Botany and Plant Identification for the Holistic Health Practitioner, Advanced Herbal Materia Medica I & II, Integrative Pathophysiology. (*Each class is 3 credits and 16 weeks in duration.*)
- 7/07-7/09 **Faculty member (Instructor)- Department of Psychiatry, OHSU**
Research Faculty (Fellow)
- 11/05-4/06 **Library Cataloguer- *Jungian Psychology collection***: Oregon Friends of C.G. Jung
Catalogued the library collection (over 2,000 volumes) by call numbers (into Filemaker software for the online catalogue).

POSITIONS HELD- EDUCATION- Continued

- 7/05-7/07 **Assistant Medicinary Manager**, Natural Health Center, NCMN
*Supervised and taught naturopathic medical students about how to prepare and dispense customized and pre-made medicines.
Co-managed medicinary inventory and ordering.
Supervised staff and student employees.
Dispensed prescriptions & worked with doctors to formulate prescriptions.
Customer service of patients of the clinic and walk-in customers.
Managed mail orders for prescriptions and products.*
- 1/05-7/05 **Medicinary Service Representative**, Natural Health Center, NCMN
*Supervised and taught naturopathic medical students about how to prepare and dispense customized and pre-made medicines.
Responsible for medicinary inventory and ordering.
Supervised student employees.
Dispensed prescriptions & worked with doctors to formulate prescriptions.
Customer service of patients of the clinic and walk-in customers.*
- 01/99- 6/04 **Tutoring: Chemistry (University level), Biochemistry, Pharmacology (Medical School classes)**: Portland State University & NCMN, Portland, OR
- CLINICAL**
- 8/09 - present **Naturopathic Medical Practice**, A Healthy State of Mind, LLC
Naturopathic Mental Health Care Practice- *owner & founder*
- 5/10-6/10 **Natural Products Consulting**
*Consulted on how to grow and market an existing company.
Created educational literature on thyroid conditions for company newsletter to be distributed to health professionals.*
- 3/06-2/09 **Naturopathic Medical Practice**, Natural Health Center, NCMN
Naturopathic Mental Health Care and Primary Care Practice
- RESEARCH/SCHOLARSHIP**
- 9/16-present **Pending: Fry, M. R. (2018). Nutrition Physical Exam.** In: *Integrative and Functional Medical Nutrition Therapy: Principles and Practices* D. Noland & J. Drisko, (Eds). New York, NY:Springer.
- 7/07-7/09 **Post-doctoral research fellow, National Institute of Health (NIH) T32 fellowship in CAM and Neuroscience, Psychiatry Department, OHSU**
- 6/02- 3/04 **Research Assistant to Steve Austin, N.D.**, Portland, Oregon
*Copied, mailed and filed new nutritional and medical research literature on a monthly basis.
Assisted with correspondence from researchers interested in obtaining information from Dr. Austin's archives.*
- 8/00-9/00 **Data Entry, Leukemia study, Cancer Research Center, OHSU**
Logged and entered patient data from the clinical study into electronic databases.

RESEARCH/SCHOLARSHIP – Continued

- 5/99-5/00 **Assistant Data Manager, Cancer Research Center, OHSU**
Prepared letters and correspondences for the Institutional Review Board and for Principal Investigators of studies.
Data entry of study results (Prostate Cancer Study).
Interviewed and recruited patients (via phone) for the STAR study; a multi-center trial investigating pharmacological intervention in the prevention and treatment of breast cancer.
- 5/97-9/97 **Research Assistant, Dietetics & Nutrition Laboratory, McGill University, Montreal, PQ**
Assisted Master's students with their research involving the analysis of the effect of nutritional interventions on the amniotic fluid in mothers and the subsequent health of their offspring (animal model).
Compiled data for a literature review of a related project.
Researched and set up a computer system for the laboratory.
- 5/96-9/96 **Research Assistant, Nutrition and Food Science Laboratory, McGill University, Montreal, PQ**
Assisted a post-doctoral student with research on the esterification of butter fat.
Conducted a variety of chemical extraction techniques for conducting further analyses.
Carried out various chromatographic analyses and recorded results.
Compiled articles for the postdoctoral student's thesis.
Organized and catalogued the laboratory library holdings.
(The majority of this work was performed in French.)

AWARDS, CERTIFICATES & HONORS

- 2017 Quality Matters Certified Course – Human Micronutrients -MUIH
- 2003-2004 Homeopathic Certificate- NCNM
- 2003-2004 Shiatsu Certificate- NCNM
- 2001-2002 Joseph Boucher Scholarship
- 2000-2001 Wendy Bailey Scholarship

CONTINUING EDUCATION

TEACHING

- 8/17 **Maryland University of Integrative Health – Alternative Credentialing: Everything Old is New Again**
- 7/17 **Maryland University of Integrative Health - Teaching Presence in the Online Classroom I & II**
- 4/17 **Maryland University of Integrative Health - Take it easy: Tools for your online classroom which can nurture student engagement and decrease faculty workload**
- 1/17 **Maryland University of Integrative Health - "Discussion about Discussions" Discussion Forum**
- 10/16 **Quality Matters- 8th Annual QM Conference**

CONTINUING EDUCATION
TEACHING – Continued

5/15	Online Learning Consortium- <i>Women in Online Higher Education Leadership Roles: Strategies for Professional Development and Success</i> (Webinar)
4/15	Quality Matters- <i>Master Reviewer Re -certification</i>
6/14	Learning House, Inc. - <i>Adobe Connect Orientation Course</i>
5/14	Learning House Inc.- <i>Certificate in Online Instruction- Best Practices in Online Learning- Foundations in Online Delivery</i>
3/14	Learning House Inc.- <i>Certificate of Achievement- Advanced Instructional Features of Moodle</i>
3/14	Learning House Inc.- <i>Certificate in Achievement- Faculty Orientation to Moodle</i>
1/14	Apex Learning – <i>Reach Every Student in Every Class Every Day: The Flipped Classroom</i> (Webinar)
3/13	Quality Matters- <i>Continuing & Professional Education Reviewer Certification</i>
12/12	Quality Matters- <i>Master Reviewer Certification</i>
4/12	Quality Matters- <i>Peer Reviewer Certification Publisher Rubric Update Course for QM Certified Peer Reviewers</i>
2/12	Quality Matters- <i>Peer Reviewer Certification Update</i>
6/11	Quality Matters- <i>Peer Reviewer Certification</i>
4/11	Quality Matters- <i>Applying the QM Rubric</i>
2/11-3/11	Chemeketa Community College, eLearn Institute: <i>Teaching Online Courses- Blackboard Platform</i>
7/09-8/09	eCollege- <i>eCertification: Teaching Online Courses, EDU 101B</i>

CLINICAL

(A minimum of 50 hours per year in Natural Health/Nutrition/Medicine)

2018

- Psychiatric Manifestations of Infection and Chronic Inflammation- Jennifer Means, ND [Naturopathic CE Webinar]
- Mastering Herbs: Psych Med – Jillian Stansbury, ND [Naturopathic CE Webinar]
- Mastering Herbs: Nervines – Jillian Stansbury, ND [Naturopathic CE Webinar]
- Heart Rate Variability (HRV) Basics – Rollin McCraty, PhD [Naturopathic CE Webinar]

2017

- Institute for Functional Medicine (IFM): Applying Functional Medicine in Clinical Practice Conference (AFMCP). Washington, D.C.
- Institute for Functional Medicine (IFM): Introduction to Functional Medicine: A Systems Approach to Reversing the Epidemic of Chronic Disease.
- TAP Integrative: Intestinal Permeability
- Overview of Plaque Psoriasis Treatment
- Obstructive Sleep Apnea and Its Health-Related Complications
- Antipsychotics and Neuroleptic Malignant Syndrome
- Care and Treatment of Dementia
- Managing Chronic Pain Syndromes

CONTINUING EDUCATION

CLINICAL – Continued

2016

- CPR Recertification
- Therapeutic Management of Infertility: A Pharmacist's Perspective
- Herpes Zoster: Counseling Patients about Prevention and Treatment
- A Therapeutic Review of Chronic Constipation
- Clinical Management of Peptic Ulcer Disease
- Obstructive Sleep Apnea and Its Health-Related Complications
- Ethics and Clinical Work – Satya Ambrose LAc, ND

2015

- Centile Conference: International Conference to Promote Resilience, Empathy & Well-Being in Health Care Professions. Georgetown University Medical Center
- Lithium Toxicity: Risk Factors, Monitoring and Management
- Off-Label Drug Use and Promotion
- Non-neurogenic Overactive Bladder
- Electronic Cigarettes: Potential Risks and Benefits
- Alzheimer's Disease: Overview and Pharmacologic Treatment
- Non-verbal Communication Skills – University of Texas MD Anderson Cancer Center
- Managing Difficult Communication: - University of Texas MD Anderson Cancer Center
 - How Much Time Have I Got
 - Patient is Angry
 - Telephone Conversations

2014

- Current Pharmacologic and Complementary Therapies for Tourette Syndrome
- Pharmacogenomics in Women's Health
- Special Considerations for the Treatment of HIV in Women
- Update on the Treatment and Prevention of MRSA Infections
- Strategies for the Prevention and Management of Nevi (Moles)
- Stewardship of Health Care Resources: Allocating Mechanical Ventilators During Pandemic Influenza
- When an Aging Colleague Seems Impaired
- Author! Author! Who Should Be Named in a Published Study? An Ethics Case Study
- The Difficult Patient: Should You End the Relationship? What Now? An Ethics Case Study
- Preventive Health Screening, Ethics, and the Cognitively Impaired Patient
- Emergencies in the Primary Care Office- Tad Buckingham
- AARM- Herbal Safety- Potential Drug Interactions and Side Effects- Tierona Low Dog
- Introduction to Integrative Mental Health- University of Arizona- Arizona Center for Integrative Medicine
- Natural Medicines in the Clinical Management of Anxiety
- Preventing and Treating Nutrient Deficiencies
- Natural Medicines in the Treatment of Depression
- Natural Medicines in the Clinical Management of Attention Deficit/Hyperactivity Disorder Drug-Induced Nutrient Depletion
- Natural Medicines in the Clinical Management of Fibromyalgia
- Natural Medicines in the Clinical Management of Headache

CONTINUING EDUCATION

CLINICAL – Continued

2014

- The Perioperative Use of Natural Medicines
- Natural Medicines Used for Improving Athletic Performance
- Natural Medicines in the Clinical Management of Irritable Bowel Syndrome
- Protein Supplements-11/13/13 -General- 1 hr
- Natural Medicines in the Clinical Management of Insomnia
- Natural Medicines in the Clinical Management of Inflammatory Bowel Disease
- Functional Medicine Meeting- James Wilson, ND, DC, Ph.D
- Natural Cleanse with Ayurvedic Herbs, Food & Yoga- Vivek Shanbhag
- Hey Doc! How Do I Get Off These Drugs? Christie Fleetwood
- Clinical Consideration for the Treatment of H. pylori Infection
- Identification, Prevention, and Treatment Recommendations for Concussions
- Cultural Competence in Behavioral Health Care
- Testosterone Deficiency in Men- More Common Than You Think
- Functional Medicine Meeting- James Wilson, ND, DC, Ph.D

2012

- Ethically Managing Email and Other Electronic Communications – Roy Huggins
- A Practical Approach to Diagnosis & Management of IBS
- Irritable Bowel Syndrome: Increased Recognition of its Impact and Emerging Theories on Pathogenesis and Diagnosis
- Celiac Disease and Gluten Sensitivity Update: Insights into Testing and Treatment
- Evolving Concepts in the Management of Irritable Bowel Syndrome
- The Cancer Stem Cells, Self & Society
- Nutrition & Cancer- University of Arizona- Arizona Center for Integrative Medicine
- Environmental Medicine: An Integrative Approach- University of Arizona- Arizona Center for Integrative Medicine
- Psychiatry Grand Rounds, OHSU
- CPR/AED for Professional Rescuers & Healthcare Providers
- Drug Treatment of Addictive Diseases
- Iodine Nutrition and the Impact of Dietary Sodium Reduction
- Current Challenges in the Management of Hypothyroidism
- US Pharmacist Supplement: Advances in the Management of Shift-Work Disorder
- Update on Sexually Transmitted Diseases and HIV
- Ethics in Research- Psychiatric Pharmaceutical Medications

2011 and prior

- Continuing Education attended is available on request

UNIVERSITY AND PUBLIC SERVICE

UNIVERSITY SERVICE

2017-2018

- Doctoral Student Research Mentor and Principal Investigator (Multi-student collaborative pilot research project)
- Accreditation Council for Nutrition Professional Education (ACPNE) Site Visit Session Facilitator – Online Faculty Session

UNIVERSITY SERVICE- Continued

- 2016-2017 -Doctoral Student Research Mentor
- 2016 -Associate Provost for Center for Teaching and Learning Search Committee Member
-ACPNE Faculty Standard Committee Member
-Rodale book interview - Seasonal Affective Disorder (S.A.D.) contribution
-Student and Alumni Gathering coordination and attendance in Portland with Provost and Vice President for Student Affairs, Chris Sax, MUIH students and alumni in the Pacific Northwest region - October 2016
- 2015 -Independent Study Mentor
-Faculty Mentor, Online Learning
-Faculty Senate Member
- 2014 -Online Course Review Task Force, Maryland University of Integrative Health (MUIH)
- 2014 -Excellence and Innovation in Service for Faculty Committee, MUIH
- 2012-2015 -Master Reviewer, Chemeketa Community College

PUBLIC SERVICE

- 2009-2010 Board Member, Integrative Health Care of Oregon
2005-2010 Board member and Treasurer, Oregon Friends of C.G. Jung

PRESENTATIONS

- 12/17 Faculty Exploration Series Presentation: *Incorporating Audio/Video into Your Course: Balancing Accessibility, Engagement, and Time Management*. [Webinar]. Maryland University of Integrative Health.
- 10/15 Fry MR, Tims MA. *Wild Food: Using Nutrition and Herbs to Boost Resilience and Mitigate Stress*. Presented at Centile Conference: International Conference to Promote Resilience, Empathy & Well-Being in Health Care Professions. Georgetown University Medical Center.
- 2/14 *Cooking for Health!* Webinar presented for the American College of Healthcare Sciences Master Lectures Webinar Series. {Video recording available at: http://www.youtube.com/watch?v=9U_9ciTRo0U }
- 6/12 *Teleconference: The Anti-Inflammatory Life*. American College of Healthcare Sciences
- 1/11 *Dr. Mary Fry on Seasonal Depression*. Healthwatch- KBOO Radio Interview. Audio file archived at <http://kboo.fm/healthwatch>.

PRESENTATIONS – Continued

- 11/10 *Changing Moods, Changing Seasons*. Chronotherapeutic approaches for Depression (Seasonal, Bipolar & Unipolar). Presented at Multnomah Athletic Club, Portland, OR.
- 9/10 *Natural Psychiatry Information Booth* with S. Goldsmith, M.D. Green Sprouts Organic Baby and Family Festival, Portland, OR.
- 12/09 Fry MR, Harrison DA. *Psychiatry and Complementary and Alternative Medicine (CAM)*. Presented at Psychiatric Resident Senior Seminar University of Washington, Seattle, WA.
- 11/09 *Integrative Approaches to Managing Anxiety & Depression*. Presented at Integrative Mental Health Care of Oregon (IMHCO) Public Lecture Series, Salem, OR.
- 10/08 Fry MR, McFarland BH. *Length of stay as a performance measure in substance abuse treatment* (Poster Presentation & Abstract). 136th Annual Meeting of the American Public Health Association, San Diego, CA.
- 3/08 *Integrative Medicine-Naturopathic Practice panel*. Presented at Family Medicine Residency Seminars, Oregon Health & Science University, Portland, OR.
- 3/07 Fry MR, Bulbotz M, Friedman S, Misra S: *Use of Complementary and Alternative Medicine by Psychiatric patients*. Presented at the Psychiatric Grand Rounds of Oregon Health & Science University, Portland, OR.