

Devanshi G. Patel

Masters in Physical Therapy | Certified Integrative Health & Wellness Coach
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Professional Summary

A proven leader with 20 plus years in physical therapy and wellness coaching based on neuroscience and body mind connections; conducting individual and diverse group integrative health and wellness coaching sessions in an open and honest manner helping clients create a healthy lifestyle and a sense of well being.

Key Competencies

- Motivational Interviewing
 - Behavioral Change Management
 - Exercise Training (with or without injury)
 - Meditation
 - Nutrition
 - Breathwork
 - Functional Medicine Timeline Evaluation
 - Integrative Health & Wellness Coaching
 - Setting of SMART* goals
 - Integrative Intake Focus on Body, Mind, Spirit
 - Yoga Nidra for Body, Mind, Spirit alignment
 - Trauma informed practices with somatic strategies
- * specific, measurable, achievable, realistic and timely*

Experience

Align'D - a health and wellness coaching practice

Owner & Physical Therapist, Austin, TX

May 2013 – Present

- Coached participants with various aspects of weight management, nutrition, exercise, stress management, and sleep hygiene
- Led group and individual meditation sessions with breathwork practices such as WimHoff, 4,7,8 breathing in various settings such as in-home, via video chat and in the hospital
- Performed wellness evaluations in office and home settings and offered suggestions for seating and desks
- Utilized behavior change clients with a history of injury or deconditioning wanting a more active lifestyle
- Developed and implemented a sustainable physical fitness program with client's fitness preferences in mind
- Leveraged 20 years of experience in multiple disciplines and settings to develop a unique template for healthy work life balance that can be personalized to the client's individual goals
- Created strong and trusting connections with clients where the clients feel safe in discussing personal health information required to take realistic steps towards achieving goals
- Assisted clients in adopting an anti-inflammatory diet with emphasis on whole foods
- Introduced clients to different platforms and apps to assist with improving diet and stress reduction
- Increased morale by implementing the concept of "Fun in the Workplace" to alleviate stress and build trust between interdisciplinary hospital teams
- Created client specific ergonomic protocol for prevention of repetitive stress injuries

Baylor Scott and White Lakeway Hospital

Physical Therapist, Austin, Texas

Feb 2012 – June 2020

- Utilized behavioral change & motivational interviewing to mobilize critical ICU patients
- Opened the hospital's first in-patient physical therapy department including cardio-thoracic rehab, ICU services, spine and post surgical program
- Oversaw the physical, occupational and speech therapy staffing and coaching during exponential growth and management changes via acquisitions within a six year period
- Coached physicians and oriented interdisciplinary teams to rehab services protocols based on patients' medical status
- Grew the in-house guidelines for acute care treatment and patient education specifically in ICU and the spine program across multiple teams such as social work, respiratory, surgical, and nursing

Texas Pain and Rehabilitation Institute (TPRI)

Supervising Physical Therapist Austin, Texas

Aug 2001 – Nov 2011

- Conducted utilization reviews to maximize patients' benefits within their specific insurance parameters
- Coached and trained new staff members on pain management across various modalities such as: Biofeedback, Cognitive Behavioral Therapy and Yoga
- Initiated a Journal Club that promoted education for physical therapists on new techniques, new developments and new

research in pain management

- Evaluated and treated patients with chronic pain and orthopedic diagnosis with a multi-disciplinary team which included: the physician, physical therapists, psychologists, and the social-worker
- Assisted patients in returning to work and strength and conditioning for severely deconditioned patients
- Involved with community and professional education in regards to pain management
- Worked with private doctors to leverage the TPRI pain management protocols and health and wellness coaching with their patients to increase return to functional activity
- Coached patients to promote a healthy lifestyle through yoga, stress management, behavior and activity modification
- Initiated and implemented use of Wii Fit for proprioceptive training and postural re-training

Brackenridge Hospital & Children's Hospital

Physical Therapist Austin, Texas

June 1999 – Dec 2006

- Clinical instructor for masters level physical therapy students in all hospital departments
- Led the program development for the pediatric rheumatology clinic at Brackenridge Hospital & Children's Hospital to serve children with: JRA, lupus, fibromyalgia and auto-immune diseases

Education

- Texas Woman's University- Houston Campus Houston, Texas Masters of Science in Physical Therapy Dec 1998
- University of Texas at Austin Austin, Texas Bachelor of Arts in Biology, Graduated with Honors May 1996

Licensure

- Certified Integrative Health and Wellness Coach, 2013
- Licensed in Texas as a Physical Therapist, 1999

Continuing Education

- Functional Nutrition in Chronic Pelvic Pain 2021
- Endometriosis and The Gut- Immune System 2021
- Treatment in Immune Dysfunction in Women 2019
- Integrative Medicine and CAM- Current Concepts 2018
- Meditation and Pain Management 2017

Speaking Engagements

- On-going Lunch & Learn Coaching Sessions around Austin at various hospitals, corporations, dentist offices, health fairs with a diverse participant population (clinical staff, office staff, and general public) about behavior modification, posture, stretching, meditation, nutrition, stress management and overall well-being (Since 2000)
- Multi-disciplinary Approaches to Pain: Coaching integrative physicians in the Health & Wellness of Patients Dealing with Pain, Austin (2019)
- Using Ayurveda in a Physical Therapy Practice, Seton Cove, Austin (2019)

Other Coaching Related Experience

Emerging Perspectives - Currently conducting research in neuroscience, complexity, and reflective practice offer insights that can be applied to the ways we approach decisions, interact with others, and change.

- Provided professional guidance in terms of the flow, completeness, accuracy of neuro-science, Austin (2020)

Personal Development for South Asian Women - a group that was started to empower south asian women to discover, transform, and speak their truth (a huge concern in the south asian culture). Topics include: Identity, negativity, fear, intention, purpose, ego, gratitude, relationships, and service, Austin (2021)