

# **Trina C. Ulrich, MD, CCE, CHC**

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## **EDUCATION**

**Institute for Integrative Nutrition**, New York, NY

- Certified Health Coach & Integrative Nutrition Consultant

**Howard University College of Medicine**, Washington, DC

- Doctor of Medicine

**University of Freiburg**, Freiburg, Germany

- Graduate Research in Pharmaceutical Biology

**University of Virginia**, Charlottesville, Virginia,

- Bachelor of Science in Education., Major: Sports Medicine

## **PROFESSIONAL EXPERIENCE**

**American University** - Professorial Lecturer, Department of Health Studies, Washington, DC  
8/2016 – present

- Facilitate discussion, projects, lectures and assignments for Lifecycle Nutrition, Sports Nutrition and Changes in Health Behavior courses for online Masters in Nutrition Education
- Introduce undergraduate students to Sports Psychology concepts and techniques through an introductory course
- Committee Member for Nutrition Education, Faculty Searches, Strategic Planning, Pre-Medical Evaluation, Academic Integrity and Medical Consultant for Institutional Review Board
- Mentor undergraduate and graduate students with career counseling, recommendation support and networking
- Moderate panel discussions and speak at American University and at major conferences
- Assist in research projects
- Collaborate with physician team and colleagues in American University's School of Communication in creating a documentary series on healthcare and nutrition education

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**Trina Ulrich Integrative Nutrition Consulting** - Owner & Founder, Chevy Chase, MD  
1/2013 - present

- Consult with private clients and groups on improving health through nourishing food, self-care, career, relationships and attitude
- Create online educational programs and lead large groups of clients while allowing for individual feedback and focus

**Sibley Memorial Hospital** - Online Educational Program Creator and Childbirth Educator,  
Washington, DC  
1/2008 – 3/2013

- Designed online Childbirth Educational Course for patients and medical professionals
- Taught various Childbirth Education and Baby Care Courses to patients and families, including high-risk/medically challenged patients.

**Long Island Jewish Medical Center** - Obstetrics and Gynecology Resident Physician,  
New Hyde Park, NY  
6-10/2002

- Provided obstetric, gynecologic and intensive care unit patient care services
- Instructed medical students in bedside patient care
- Participated and led medical literature reviews among fellow physicians
- Resigned from the residency position due to severe personal medical pregnancy complications

**Metro Y.M.C.A.** - Prenatal Program Coordinator, Washington, DC  
4/1999 – 7/2001

- Designed and implemented both land and water prenatal exercise classes in collaboration with a nationally recognized certification program
- Instructed “moms-to-be” through segments such as aerobics, stretching, relaxation and support conversation

**University of Freiburg** - Scientific Researcher, Freiburg, Germany  
10/1997 – 7/1998

- Recipient of a one-year fellowship/scholarship to participate in research in the Department of Pharmaceutical Biology
- Research topic: Effects of sesquiterpene lactones from medicinal plants on childhood leukemias
- Molecular structure proposed by using assays and chromatography techniques
- Effects on various medical disorders were tested

**Clinton B. Ashford, MD** - Medical Assistant, Athens, GA  
8/1996 – 6/1997

- Assisted physician in private obstetric and gynecological practice with routine examinations, outpatient surgery and patient education
- Took vital signs, corresponded daily with insurance companies and scheduled surgeries and obstetric deliveries

Martha Jefferson Hospital Cardiac Rehabilitation - Exercise Physiologist, Cardiac Rehabilitation, Charlottesville, VA  
1994 –1995

- Instructed senior citizens through exercise programs with individual adaptations implemented
- Monitored medical conditions and medications for all participants

**University of Virginia Sports Medicine Department** - Research Assistant, ,  
Charlottesville, VA 1994

Worked with doctoral candidate in Sports Medicine Department on study, *The Effects of Orthotics on Balance in Athletes with Severely Sprained Ankles*. Assisted in analyzing data and writing journal article submission.

**University of Virginia Intramural Recreational Sports Department: Fitness Program** -  
Continuing Education Provider, Charlottesville, VA

8/1993 – 12/1995

- Prepared comprehensive aquatic exercise training program for university aerobics instructors
- Discussed lecture material including physics of water exercise, class format, safety and special population concerns

**Martha Jefferson Hospital** - Physical Therapy Aide, Charlottesville, VA

8/1993 – 8/1994

- Assisted physical therapists working with post-operative orthopedic, elderly and pediatric patients
- Instructed patients in proper exercise techniques, explained patient treatments, initiated and maintained correspondence with doctors, maintained patient records and instructed prenatal exercise classes

## **HONORS AND AWARDS**

- Professor Who Made Largest Impact During Undergraduate or Graduate Studies at AU, honored at AU Graduating Student BBQ hosted by AU Alumni Association, April 24, 2018.
- Very Important Professor (VIP), AU Student-Athlete Support Program & Department of Athletics, March, 2018
- Bridges to Collaboration Award, American University, Department of Health Studies with Trina Ulrich and Department of Literature with Sarah Marsh, course: Literature, Medicine & Culture, offered Spring 2019
- Very Important Professor (VIP), AU Student-Athlete Support Program & Department of Athletics, awarded twice, 2017
- Particularly Influential Faculty Member, AU Center for Diversity & Inclusion, 2017
- Outstanding Obstetrics & Gynecology Clerkship, Howard University College of Medicine, 2002

- Merit Scholarship, Howard University College of Medicine, 1998-2002
- Research Fellowship/Scholarship, DAAD (German Academic Exchange Service), 1997-98
- German Government Scholarship, Goethe Language Institute, 1997

## **PUBLICATIONS**

Ulrich, MD, Trina. (2017, October). "5 Steps to Healthy Eating." Retrieved from <https://programs.online.american.edu/msne/resource/5-steps-to-healthy-eating>

Ulrich, MD, Trina. (2017, January). "How to Make Resolutions You Can Actually Keep – Experts Weight In." Retrieved from <https://www.care.com/c/stories/8438/how-to-make-resolutions-you-can-actually-keep/>

Ulrich, MD, Trina. (2016, November). "Seven Tips on Healthy Eating for Kids." Retrieved from <https://programs.online.american.edu/msne/resource/seven-tips-on-healthy-eating-for-kids>

## **PRESENTATIONS**

The Changing Landscape of Food and Nutrition: Tools for Wholesome Nutrition Education, American Association for Occupational Health Nurses, Washington, DC, Speaker, April, 2018

Nutritional Aspects for People with Alzheimer’s Disease, Art & Science of Health Promotion Conference, San Diego, CA, "Making Connections" Discussion, Co-Producer and Co-Facilitator with Leslie Knibb, MSNE candidate, March, 2018

Being Mortal by Atul Gawande, Film Screening and Panel Discussion, Washington, DC, Leader of Panel Discussion on Medicine and What Matters in the End, February, 2017

## **MEDIA APPEARANCES AND INTERVIEWS**

Radio Interviews, German Public Radio/ ARD Radio Tagesschau

- “50 Shades of Green; Food Trends in the US,” 2015
- “Kale,” September 2014

Professional Interviewee, “Stress: It’s Sickening. Really.” Bethesda Magazine, May/June 2013

Live Radio Discussion, “Nutrition and Families with Children on the Autism Spectrum,” The Melissa & Mary Radio Show, February, 2013

## TEACHING RESPONSIBILITIES

HPRM 280: Sports Psychology	1 Section	Fall 2016
	1 Section	Spring 2017
	1 Section	Fall 2017
	1 Section	Spring 2018
HPRM 530: Sports Nutrition	1 Section Online	Fall I, 2016
	1 Section Online	Summer I 2017
	1 Section Online	Fall I, 2017
HPRM 610: Lifecycle Nutrition	1 Section Online	Spring I, 2017
	1 Section Online	Spring II, 2018
HPRM 650: Behavior Change for Health	1 Section Online	Fall II, 2017
	1 Section Online	Spring I, 2018
SPEX 696: Modular Master's Capstone	1 Section	Fall, 2017

## CURRICULUM DEVELOPMENT

Course Development: Literature, Medicine and Culture Bridges to Collaboration with Sarah Marsh, Department of Literature	Spring 2018
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## DEPARTMENTAL, COLLEGE, UNIVERSITY & COMMUNITY SERVICE ACTIVITIES

### **Department of Health Studies**

DHS Nutrition Education Search Committee	April, 2018 – present.
DHS Strategic Planning Committee	Spring 2018 –Present
DHS Course Development Ad-Hoc Committee	Spring 2018
MSNE Sub-Committee	August 2016–Present
Mentor 12 MSNE students and 3 CAS students	October 2016–Present
Speaker in Lifetime Fitness, biannually	Spring 2017 - Present
Speaker in Plagues, Plots & People	Fall 2017

### **College of Arts & Sciences**

Pre-Medical Evaluation Committee member	April 2017–Present
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### **American University**

Medical Consultant to Institutional Review Board	April 2017–Present
Academic Integrity Committee member	August 2017–Present
Collaboration to create Documentary Series,	

“Ernest Medicine,” with Department of Communications  
Professor, Larry Engel and Ernest Brown, MD Spring, 2017-Present

Athletic Department – Sports Nutrition & Sports Psychology speaker Spring 2017

### **Community at Large**

Bethesda Soccer Club Academy Coaches, Pro Bono Sport Psychology Consultant

Volunteer lunch server, S.O.M.E. (So Others May Eat), Washington, DC

Volunteer dinner preparer and server for homeless, Our Lady of Lourdes Church, Bethesda, MD

Advisory Council Member, Chevy Chase United Methodist Church Preschool, Chevy Chase, MD, 2015-2016

Wellness Committee Member, Chevy Chase Elementary School Wellness Committee, Chevy Chase, MD, 2013-2016

Health Screener, Head Start Inner City Program for Kids, Washington, DC, 2001-2002

### **MEMBERSHIPS AND PROFESSIONAL ACTIVITIES**

American Medical Association Physician Innovation Network 2017-Present

Institute for Integrative Nutrition Health Coaching 2013-Present

Prepared Childbirth Education Organization 2007-Present

Howard University School of Medicine Alumni Association 2002-Present

American Medical Association 1998–Present

DAAD Alumni Organization 1998-Present

University of Virginia Alumni Association 1994-Present

### **Continuing Education**

“Art & Science of Health Promotion,” San Diego, CA March, 2018

“US Farm Bill 2018 (Policy, Politics & Potential),” Washington, DC March 2017

“Health Means Business National Summit,” Washington, DC February 2017