

Curriculum Vitae

Personal data

Born in Copenhagen 02.02.1970

Married to Michael Thorsted & mother of four.



Educations

- Physiotherapist from Fysioterapeut Skolen København (Copenhagen School of Physiotherapy)
- Osteopath DO M.R.O.DK from The International Academy of Osteopathy
- Heilpraktikerin (German Natural Medicine /Naturopath) form Heilpraktikerskolen
- Diploma in Paediatric Osteopathy DPO from Panta Rehi
- Bach Practitioner level 1 & 2
- Posturology & Auriculotherapy/medicine
- Celle metabolism and environmental toxins test UMP/EPP at EU BioTek
- Medical Acupuncture
- Orthomolecular Medicine
- Meditation Instructor
- Hypnosis & Hypnotherapy

Relevant work experience

- Founded DSPO Danish Society for Paediatric Osteopathy 2018
- Teacher in Paediatric Osteopathy since 2017
- Lecturer in Paediatric Osteopathy since 2016
- Co-owner and Paediatric Osteopath at "Qklinik" since 2016
- Co-owner and Paediatric Osteopath at "Klinik Westend" 2010 – 2016
- Founded Osteokids in 2015
- Founded Clinic for Auriculotherapy 2011
- Founded "Du lille" Clinic for Paediatric Physiotherapy & Osteopathy 2002
- Founded Clinic for Natural Paediatric treatment 2002
- Founded the Back-Rehabilitation School with Chiropractor Maria Nørskov-Erichsen 2001-2003
- Worked in Several Clinics as a Physiotherapist Specializing in Obstetrics & Paediatrics 1997 – 2002
- Water Rehabilitation for Patients with Pelvic Instability since 1999
- Paediatric Treatment & Rehabilitation since 1997
- Treatment & Rehabilitation of Gynecological and Obstetrical patients since 1997
- Infant Massage Trainer since 1994
- Lecturer and Course Instructor since 1994 on Subjects Concerning Pregnancy and Afterbirth since 1994
- Author of Several Articles Concerning Pregnancy and Afterbirth Training since 1994

- Private Physiotherapist for Aerobic Athletes, Miss fitness competitors and Handball Clubs
- Instructor in the Fitness industry since 1986, as: PT, CI, FI, BPI.
- Danish Master Trainer in BodyFlow at LM international from 2000-2007

- Consultant for The Instructor School Copenhagen since 1999 - 2001
- Educated Instructors and Physiotherapists in PT, CI, FI, Bodyflow, Swissball, Mat Pilates, Back Rehab, Pregnancy & Exercise Theory since 1994

Courses & Continuing Education

- Courses in Gyn/ Obs Physiotherapy and Exercise pre - & post partum.
- Craniosacral Osteopathy for Infants and Children by The Upledger Institute Scandinavia
- Osteopathy and Obstetric with Stephen Sandler, Osteopath, DO, Ph
- Paediatrics level 1 with Giles Cleghor
- KISS/KIDD 1 Paediatric at NIBB with Dr.Med Robby Sacher
- KISS/KIDD 2 Paediatric at NIBB with Dr.Med Robby Sacher
- The Excessively Crying Baby at NIBB with Maria Browning BSc,DC,MSs (Chiro. Paeds) Cert ME
- The Miserable Baby Part 1 . Treating Feeding & Digestive Disorders in the Newborn & Baby. With Miranda Clayton Registered Osteopath (GOsC)at Mum & Baby, London School of Osteopathy
- Miserable Baby Part 2. Treating shock, trauma & birthinterventions in the newborn & baby. With Miranda Clayton Registered Osteopath (GOsC)at Mum & Baby, London School of Osteopathy
- The Miserable Baby Part 3. Clinical Applications, The Newborn Foot, Lacrimal Duct Obstruction, Congenital Muscular Tortecollis, Positional Plagiocephaly & Constipation. With Miranda Clayton Registered Osteopath (GOsC)at Mum & Baby, London School of Osteopathy
- Naturalmedicine and the Paediatric patient
- Paediatrics at The Barral Institute with Mark Bloemberg
- Stillmore Paediatrics with Hanne De Ruyck DO – BSc
- Paediatric E.N.T. Treating Ear, Nose & Throat Disorders in Children & Teenager, Xmaking space in the face & clearing the ears. With Miranda Clayton Registered Osteopath (GOsC)at Mum & Baby, London School of Osteopathy
- Plagiocephaly, Torticollis and Cranio-Facial asymmetries. With Sylvie Lessard pht., D.O. Québec Canada
- NeuroSeminars. Childhood Developmental & Learning Disorders – A Functional Neurological Approach – With Darren Barnes-Heath, DC, BSc(Hons), CCEP, MCC (Neurology) & Nicole Oliver, DC, MChiro, BSc(Hons), DACNB
- NeuroSeminars part 2. Childhood Developmental & Learning Disorders – A Functional Neurological Approach – Ved Darren Barnes-Heath, DC, BSc(Hons), CCEP, MCC (Neurology)
- 'Let's Breathe' – Treating Respiratory Disorders in Infants & Children. With Miranda Clayton Registered Osteopath (GOsC)at Mum & Baby, London School of Osteopath
- Paediatric ENT – Treating Ear, Nose & Throat Disorders in Children & Teenagers. With Miranda Clayton Registered Osteopath (GOsC)at Mum & Baby, London School of Osteopathy
- International Association of Infant Massage Instructor – Silvie Hètu
- Paediatric Health and disease at Alma with Heilpraktikerin Heidi Hansen
- Morfology and embryology – Sander Kales DO

- Child development in General – René Zweedijk DO
- Development and Anatomy of the neurocranium – Frank Vermeule DO
- Dynamic Embryology Principles of Blechschmidt – René Zweedijk DO
- Pregnancy – Sabine Cartrysse DO
- Visceral problems in babies and children- Anja Caers DO
- Childbirth in practice. The birth process, the influence of the various positions on the child, influence of a traumatic birth on the child – Cindy de Nooijer DO
- The newborn. The treatment of the newborn, first cry, the umbilicus, the pelvis, the legs etc BLT. – Laurie Kolfoort DO
- The Central Nervous System Embryology, Anatomy and Physiology related to Padiatric Osteopathy – René Zweedijk D
- Neuro-sensori-motor Development – Laurie Kolfoort DO
- Pediatric Dynamic Neuromuscular Stabilization I – Petra Valouchova, MPT, Ph
- Pediatric Dynamic Neuromuscular Stabilization 2 – Marcela Safarvoa, MPT, PhD
- Viscero cranium and ENT – Geert Achterkamp DO
- First Aid and CPR in Children by Norwegian Physician
- Padiatric First Aid and CRP by Danish Paramedic
- MANIPULATING THE MICROBIOME – Probiotics Explained- BioCare
- GOLD Learning Tongue-tie Symposium 2017 – Putting the Pieces Together by:
 - Comprehensive Review of Laser Soft Tissues Physics Infant Lip and Tongue Frenum Surgery - Dr. Martin Kaplan, D.M.D.
 - Why Bodywork is a Significant Piece of the Puzzle of Comprehensive Tongue & Lip Tie Treatment? — The Emerging GOLD Standard of Treatment & Care - Effath Yasmin, MA, HDSE, CLEC, IBCLC, BCST
 - Tongue Ties Untied - Dr. Rajeev Agarwal, MD
 - Posterior Tongue Tie: Confusion, Concerns and Controversies in the Conceptualization, Definitions, Diagnosis and Treatment of Problems of Tongue Mobility Affecting Breastfeeding Babies - Christina Smillie, MD, FAAP, IBCLC, FABM
 - A Breastfeeding-friendly Approach to Tongue-tie- Dr. Yvonne LeFort, MD, FCFP, FRNZCGP, FABM, IBCLC
- GOLD Learning Symposium – Tongue-tie Research and Implications by:
 - Breastfeeding improvement following tongue-tie and lip-tie release: A prospective cohort study - Dr. Bobby Ghaheri MD.
 - Will it hurt? Frenotomy aftercare strategies to optimize healing outcomes for the newborn - Melissa Cole, IBCLC, RLC
 - Aerophagia Induced Reflux Associated With Lip and Tongue Tie in Breastfeeding Infants - Dr. Scott Siegel, MD, DDS, FACS, FICS, FAAP
 - Gamechangers: New studies that will change the way we think about tongue-tie. - Alison Hazelbaker, PhD, IBCLC, FILCA
 - Tethered Oral Tissues: Beyond Breastfeeding - Autumn Read Henning, MS, CCC-SLP.
- Unraveling the Mysteries of Human Milk: The Fascinating Role of Neohormones, Epigenetics, the Microbiome and More! - Laurel Wilson, IBCLC, RLC, BSc, CLE, CCCE

- Paediatric Structural Development at Nordic Institute for Chiropractics and Click Biomechanics with Chiropractor Kari Skovmand
- Advanced Paediatrics – Torsten Liem DO
- Sucking Dysfunction & the Role of Bodywork Lecture Pack:
 - The effects of stress on the mother-baby dyad – Elissa O'Brien, B.Sci (clin) M.Health.Sci (osteo) Member Osteopathy Australia
 - The Vagus Nerve: Branchial Motor / Special Visceral Efferents: The Pharynx, Larynx, Soft Palate and one tiny tongue muscle – Michelle Emanuel, OTR/L, CIMI, CST, NBCR, RYT 200
 - The Impact of Bodywork on Infant Breastfeeding – Dr. Alison Hazelbaker, PhD, IBCLC, FILCA, RCST
 - The Integration of Feeding Skills: Oral Motor Patterns and Reflexes – Kristie Gatto, MA, CCC-SLP, COM
 - Where Should We Dig? Not All Gold Is Buried Under the Tongue – Carol Gray, CST, LMT, RYT200
 - Neuromusculoskeletal disorders in the breastfed baby: causes, assessment, & treatment – Dr. Valerie Lavigne, DC, chiropractor, MSc, I.B.C.L.C.
- Tongue-tie Lecture Pack:
 - The Faux Tie: When is a “Tongue-tie” NOT a Tongue-tie? – Dr. Alison Hazelbaker, PhD, IBCLC, FILCA, RCST
 - The New IBC Tongue Tie Assessment Tool: From Validation to Practice – Edith Kernerman, IBCLC, NBCI
 - New Thoughts on Infant Pre and Post-Frenotomy Care – Melissa Cole, IBCLC, RLC
 - Helping Parents Navigate the Roller Coaster Ride of Tongue-Tie and Breastfeeding – Renee Beebe, M.Ed., RLC, IBCLC
 - Diagnosis and Management of Tongue Tie and Lip Tie in Breastfeeding – Dr. Bobby Ghaheri, MD
 - Ankyloglossia – Recognition of the many different forms & Impact on Breastfeeding and Lifelong Health – Dr. James Murphy, MD, FAAP, FABM, IBCLC
- GOLD Learning Online Tongue-tie Symposium 2018:
 - Breastfeeding Strategies for Tongue-tied Infants – Catherine Watson Genna, BS, IBCLC
 - Tongue-ties Demystified – Anjana Srinivasan, MDCM, CCFP, IBCLC
 - Utilizing Myofunctional Methods and Lactation Therapy Pre & Post Frenectomy for Optimal Suck Rehabilitation – Lisa Lahey, RN, IBCLC, COMS
 - A Multidisciplinary Approach to Post Frenotomy Care: Examining Exercises, Therapy, and Support for the Breastfeeding Dyad Post Release – Cara J. Riek, DNP, RN, FNP-BC, IBCLC, DABLS & Stevanie Bahnerth, DC
 - The Tongue is for Life: Oral Restrictions and their Impact on Breastfeeding and Throughout the Lifetime – Dr. Dan Hanson, BDS (Dentistry), MBIBH (Buteyko Institute)
- Paediatric Neurology – Kok Weng Lim DO
- Craniosacral osteopati 1, 2, 3 and SER 1 by The Upledger Institute Scandinavia
- Cranial Nerves with Jean-Pierre Barrel DO, MRO(F), PT
- VM 1, 2 & 4 with The Barrel Institute
- NM 1 with The Barrel Institute
- Fattyacids Conference Copenhagen
- Functional Medicine Conference
- Vaccinations Conference

- WEB update courses in homotoxocology, digestion, asthma, allergy, Adrenal Fatigue, Burnout, ME & Stress
- Repetition Course in Nutricion and Orthomolecular medicine
- Modern Iridology w/John Andrew
- Repetition Course in Homeopathy, Homotoxicology, Phytootherapy and Medical Acupuncture