

FACULTY & STAFF

Lourdes Institute Administration & Faculty is proud to provide Continuing Education and Individual Offerings facilitated by exceptional Guest Presenters who are noted for their practical & teaching skills plus the depth of their experience.

LOURDES ADMINISTRATION

Helen Owens, OSF, D.Min., MSN, RN, Dean

Sister Helen is the founder of Lourdes Wellness Center, the Institute of Wholistic Studies, and is currently Vice President of Mission at Our Lady of Lourdes Medical Center. Her background is in Community Health Nursing and in wholistic modalities. Her interest in wholistic spirituality prompted her to include the wholistic modalities certification programs at Our Lady of Lourdes.

Frank Pileggi, Ph.D., RHP, Director

Dr. Pileggi is the Director of Lourdes Institute of Wholistic Studies and Lourdes Corporate Wellness programs. He has received his Masters Degree in Holistic Health Sciences and his Doctorate in Holistic Arts and Practices and is a nationally Registered Holistic Practitioner specializing in Advanced Bodywork and Somatic Therapies. He is the founder of Corrective Muscle Therapy®, holding certificates in over 20 modalities and in Athletic Training. In addition to his studies, Dr. Pileggi spent five honored years training with the Shamans of the Abenaki American Indians in Northern Vermont.

Angela Austin, AS, Coordinator

Angela is the Coordinator and Receptionist for Lourdes Institute of Wholistic Studies. Angela is an honors graduate of LIWS with an Associates Degree in Applied Science/Massage Therapy. Angela is in pursuit of furthering her education in Wholistic Healthcare. Angela provides administrative assistance and helps to facilitate the needs of our students.

Lourdes Jesukiewicz, AS

Lourdes is the Registrar for Lourdes Institute of Wholistic Studies. Lourdes graduated with honors from Community College of Philadelphia with a Degree in General Studies and a Certificate in Management. She has worked with Lourdes Health System since 2006.

FACULTY

Dorothea Atkins, RN,BSN, MA, Th.D.

(Infectious Disease & CEU's)
A graduate of Temple University's BSN nursing program, she received her Master's Degree from Fairleigh Dickinson University. She completed her massage training at Pennsylvania School of Muscle Therapy, having studied extensively in many modalities. Dotty, a retired high school teacher, and staff nurse, received a Doctor of Theology degree with focus on Spiritual Healing.

Michelle Carlino, BA, E-RYT500 (Yoga Techniques and Teaching Methodology, YTT500)

Michelle has been studying multiple styles of yoga since 1980 and has been teaching since 1987. She is certified in Hatha, Kripalu, Anusara, Christian, Kundalini and Yoga for Cancer/Cardiac patients. She has done extensive studies in therapeutic yoga and specializes in working with special needs populations, including clients with Multiple Sclerosis, Fibromyalgia, brain injuries and back pain. Michelle is a Foot Reflexologist and T'ai Chi instructor. She has been an Assistant Director of the Lourdes 200 hour yoga teacher training program since 2002.

Ralph Casciato, NCBTMB (Clinic, Teaching Assistant)

Ralph is a graduate of the Lourdes Institute of Wholistic Studies and is a nationally certified Massage Therapist. He maintains a private practice in Collingswood, specializing in Deep Tissue, Hot Stone, and Seated Chair Massage and is an active member of the South Jersey Wellness Council.

Corinne A. Corcoran, Ed.D., AMTA

(Reflexology, Ethics & CEUs)
Corinne is nationally certified massage therapist and NJ State licensed in bodywork. She holds a doctorate from Temple University. She is an A.C.A.R.E.T. Accredited Educator of Reflexology, and an Authorized One Brain Facilitator from Three-in-One Concepts. Corinne has taught holistic arts for over twenty years and started the Lourdes Institute of Wholistic Studies in 1992. Having studied with Dr. Deepak Chopra and Dr. David Simon, she teaches Ayurveda and Vedic Chant. She is certified by the Bellanina Institute in the Belavie Facelift Massage. She is certified by the American Reflexology Certification Board and designed the Three Level Reflexology Program at Lourdes.

Susan DiGregorio, CMP (Reflexology, A&P, Business for Reflexology, CEUs)

Sue is a graduate of Lourdes Institute of Wholistic Studies, specializing in Therapeutic, Deep Tissue, Hot Stone, Myofascial, Pregnancy and Infant Massage, as well as Foot Reflexology. She has maintained a private practice for 6 years, and also works at the Lourdes Wellness Center. Sue is also an instructor at LIWS.

David A. Egan, BS

(Kinesiology & Palpation, Environmental Management, Business & CEUs)
David has his Bachelor of Science in Exercise Science from Temple University and is certified in Scientific Swedish Massage through the Academy of Massage Science. He is a nationally certified Strength and Conditioning Specialist. He has provided Personal Training, Massage Therapy and Therapeutic Stretching to private clients for 15 years.

Xavier Harvey

(Pathology, Deep Tissue & CEUs)
Xavier Harvey is a NJ Certified Massage, Bodywork, and Somatic Therapist. He has studied at the Pacific College of Oriental Medicine (PCOM) and Lourdes Institute of Wholistic Studies. He is a Certified Oriental Body Therapist and has received his Tui Na Certification.

Marianne Hieb, RSM, MFA, ATR, D.Min.

(Wholistic Living –Creativity Component)
Sister Marianne is the Director of Spirituality Programs at Lourdes Wellness Center. She is also a trained studio artist and a Registered Art Therapist. Sister Marianne holds a certificate in Spiritual Direction from Shalem Institute of Spiritual Formation.

Melanie Linton

(Eastern Therapeutic Concepts)
Melanie is a certified personal trainer and certified pilates instructor through the American Aerobic Association International and International Sports Medicine Association. She is also a certified shiatsu therapist, having a certificate through the American Organization for Bodywork Therapies of Asia. She continues to take courses in massage training.

Barbara Moeller, MA, E-RYT500

(Yoga Techniques & Teaching Methodology, Christian Yoga, YTT500)
Barbara is the Director of the 200 and 500 Hour Yoga Teacher Training at Lourdes Institute of Wholistic Studies. She has been an avid practitioner of yoga and meditation since 1973 and has taught for over 27 years. She has received extensive training in multiple styles of yoga and is certified in Classical Hatha, Kripalu, Christian Yoga, Ashtanga, Yoga Nidra, and and Yoga of the Heart for cardiac and cancer clients. Barbara is very active in retreat ministry and advocates yoga as a wholistic modality, honoring body, mind, and spirit.

Karen Murphy, CMP

(Therapeutic Massage, Integration & Application, Clinic & CEUs)
Karen is a graduate of LIWS and provides massage to patients at Lourdes Medical Center. She has been in practice for 16 years and specializes in sports and deep tissue massage. Her travels have taken her to Greece where she provided massage to Olympic athletes in 2004. Karen is also on staff at Lourdes Wellness Center.

Lisa O'Brien, RYT, CRM

(Yoga Techniques & Methodology, YTT500)
Lisa is a registered yoga teacher. She is a graduate of Lourdes Institute of Wholistic Studies Yoga Teacher Training program and is familiar with various styles of yoga. She specializes in Chakra Yoga, which supports the body's energy system,

meditation, and yoga for seniors and students with physical challenges.

Patricia Rudolph, BA, CH, NTP

(Therapeutic Herbal Applications) is a clinical herbalist and herbal educator. She has a BA in Biology/Botany from The College of NJ and has been studying herbs for more than 24 years, including a two year Therapeutic Herbal Program and one year graduate program at David Winston's Center for Herbal Studies. Patricia has been offering herbal consultations and education in central NJ since 1996 and has taught at conferences and herbal schools throughout the northeast. She is a member of the American Herbalist Guild and the NorthEast Herbal Association.

Elaine Shaughnessy, BA, CAT

(Therapeutic Sensory App I & II)
Elaine holds a BA in Mathematics from Rutgers University and has worked in education for 30 years. She completed a 300-hour aromatherapy diploma program in 1998 and since then has completed over 1000 additional hours in aromatherapy and other wholistic healing modalities. She holds certificates in aromatherapy, medical aromatherapy, aroma fitness, natural perfumery, Swiss Reflex Therapy, angel healing and has completed year one of the Eden Energy Medicine Practitioner Course. She is a member of the National Association of Holistic Aromatherapy (NAHA), the Alliance of International Aromatherapists (AIA), Feng Shui in NJ Group, and also the Vice Chairperson of the Herb Society of America-South Jersey Unit. Elaine currently sits as a Director on the Board for the Alliance of International Aromatherapy.

Nita Spielberg, BSN, CYT

(Yoga Anatomy & Physiology, Yoga Techniques & Methodology, YTT500)
Nita graduated from Lourdes Institute of Wholistic Studies and has been practicing since 1970 in the Iyengar and Kripalu styles of yoga. She is a pediatric nurse with an interest in yoga for special needs and yoga as adjunct therapy for various medical concerns.

Pamela West, M.Ed.

(Integrated Myofascial Structural)
Pamela is certified in Body Education and received a Masters in Dance from Temple University. She has over 30 years of experience in movement studies. Pamela has maintained a private practice in myofascial work in Philadelphia since 1983.

Please Note: CMP or Certified Massage Practitioner is being used by LIWS to indicate the holder is a graduate of and has successfully completed all the requirements of a diploma/ certificate program in Massage Therapy of a minimum of 500 hours.