



I am a Certified Health Education Specialist (CHES®) and Internal Family Systems (IFS) practitioner. I specialize in IFS for eating and mind-body healing.

**Manya
Ronay**

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(972) 58-660-3274

Education

University of Florida, Master of Science in Health Education and Behavior

- » Graduated Spring 2022, 4.0 GPA – Certified Health Education Specialist (CHES®)

Rutgers University, Bachelor of Arts in Journalism and Media Studies

- » Graduated January 2019, *Summa Cum Laude*, 4.0 GPA

Notable Achievements

- » Published thesis on America's processed food culture and chronic disease, which received over 170,000 views and critical acclaim across the health community.
- » Appointed youngest member of the Hypoglycemia Support Foundation advisory board.
- » Inducted into Matthew Leydt Society, honoring the top two percent of Rutgers graduates.
- » President of 2018 Kappa Tau Alpha (Journalism Honor Society) cohort.

Experience

January 2023-present

Internal Family Systems (IFS) Practitioner, Private Practice

- » IFS is a powerful form of therapy that helps us get to know our different parts: parts that want to be healthy, parts that overeat, inner critics and more.
- » Specialize in IFS for eating and mind-body healing (chronic illness).
- » Level 1 completed March 2023 with Einat Bronstein, MSW.
- » Level 2 completed December 2023 with Osnat Arbel, PhD, LMFT.

July 2022-present

Food Addiction Recovery Advocate (in training), Addiction Reset Community (ARC)

- » Guide clients with food addiction using Internal Family Systems (IFS) and Motivational Interviewing (MI). Manage the IFS Pod for offline support.
- » Lead group meetings on Zoom, along with individual/group IFS sessions.
- » Training under Dr. Joan Iffland, who wrote the textbook: *Processed Food Addiction*.

Sept. 2020-present

Social Media Manager, Hypoglycemia Support Foundation (HSF)

- » Manage the social media presence of multiple public health clients including Dr. Robert Lustig, an acclaimed pediatric endocrinologist who is fostering a global discussion about metabolic health and real food.
- » Curate and produce high-quality science and health content that reaches thousands of readers each day across numerous digital media channels.

March 2017-Sept. 2018

Journalist, Rutgers University School of Engineering

- » Reported on the university's latest science and technology developments, faculty research and student achievements across 11 engineering departments.
- » Published content on department websites and seasonal newsletters/magazines.

April 2017-May 2018

Layout Editor, Rutgers Journal of Bioethics

- » Formatted the journal's layout using Adobe InDesign alongside the design team.
- » Assisted the editorial board in curating and editing journal articles for publication.

June-Aug. 2016

June-Aug. 2015

Digital Marketing Intern, Berkshire Hathaway HomeServices Florida Network Realty

- » Designed marketing materials (e.g. advertisements, fliers, brochures), composed corporate press releases and drafted content for website redesign.
- » Headed the 2016 Backpack Challenge, which collected over 1,000 backpacks filled with school supplies for local underprivileged students.

Skills

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|---------------------------------|---------------------------|---------------------------|
| » Internal Family Systems (IFS) | » AP Style/Copyediting | » Adobe InDesign |
| » Health Education/Promotion | » Graphic Design | » Adobe Photoshop |
| » Motivational Interviewing | » Web Layout & Design | » SPSS Statistics |
| » Science & Health Writing | » Social Media Management | » CMS (Drupal, Wordpress) |