

Amy M. Wiltgen

Education	August 1994- December 19, 1998	B.A. in English from Eastern Illinois University with a minor in Professional Writing
	September 2024- June 18, 2027	M.S. in Marriage and Family Therapy from Capella University of Minnesota
Licenses	September 2006- December 18, 2016	Illinois Massage Therapy License # 227006975
	November 17, 2016 - February 28, 2027	Wisconsin Massage Therapy License # 14071 - 146
Professional Experience	April 2019 – Present	Owner of Breathing Space Therapies, LLC, Green Bay, WI
	June 2017 – September 2018	Licensed Massage Therapist Level 3, Lodge Kohler Water Spa
	April 2012 – March 2014	Lead Massage Therapy Instructor
	May 2006 – March 2016	Owner of Breathe Easy Touch Therapies aka Amy Wiltgen LMT, Chicago, IL
Practicum/Internships	October 12, 2026 – June 18, 2027	Internship II, III, IV for Master’s Program at Oshkosh Marriage and Family Therapy Center, LLC
	June 29, 2026 - October 11, 2026	Internship I for Master’s Program at Dynamic Family Solutions, LLC
Related Experience	September 4, 2026	AAMFT Course “Working Systemically With Sexual Health and Out of Control Sexual Behaviors”
	September 14-17,	Masters Events Transform Trauma Oxford 2026, Virtual 2026
		IFS, Exploring the Inner Landscape of Healing – Dick Schwartz, Jeanne Catanzaro, Loch Kelly, Laura Patryas, Donald ‘Del’ Laverdure
		Self, All-Self, and the Living Body: Parts Work, the Body and the Systems We Live In – Dick Schwartz, Jeanne Catanzaro, Prentis Hemphill
		Embracing Our Fragmented Selves: A Mindful Approach to Working with Trauma-Related Parts – Janina Fisher
		Road to Resilience – How to Reclaim Brain, Body, & Spirit after Narcissistic Trauma – Ronia Fraser
		IFS, Legacy Burdens & Spirituality – Dick Schwartz
		The Brain That Learns Too Well; Vulnerability, Addiction, and the Science of Resilience – Rayyan Zafar
		IFS, Food, and the Body: Self as Synthesizer – Jeanne Catanzaro

Growing Up with Addiction and Relational Trauma: Healing the Adult Child Legacy: Codependency, cPTSD – Tian Dayton

From Trauma to Punchlines: Using Humor and Creative Writing in Therapeutic Practice – Finn Mott

October 8-9, 2026

2026 Systemic Family Therapy Conference

October 9, 2026

WI-AMFT: Religious Trauma in Couples: Clinical Considerations for Systemic Practice

Certifications

September 2025 -
October 15, 2025

The National Society of Leadership and Success – Foundations of Leadership

April 2025 –
August 31, 2025

Certified Yomassage® Therapist with Honors, Yomassage Company, Portland, OR

February 2021–
August 15, 2021

RYT 300 Hour Advanced Yoga Psychology Teacher Training at Ashley Turner, LMFT

September 2020–
December 2020

200 Hour Health and Wellness Coaching at The Soma Institute, Chicago, IL

Jan 5, 2019 –
Jan 19, 2019

RYT 200 Hour Hatha Teacher Training at Inner Sea, LLC, Costa Rica

March 22, 2007–
March 25, 2007

Pre- and Perinatal Massage Therapy, Body Therapy Associates in Chicago, IL

May 1, 2004–
September 2005

750 Hour Clinical Massage Therapist Certificate with President's List Honors at The Soma Institute, Chicago, IL

Volunteerism

September 2017 -
May 2019

Green Bay Secular Homeschool Families & Co-op: taught weekly yoga to families, taught mindfulness and meditation to preschoolers, taught yoga anatomy to teens, part of six-member administrative team, organized field trips, developed quarterly cooperative educational program, designed course curricula, coordinated parent-led teaching, and managed online forum discussions.

January 2013 - May
2013

Live, Love, Learn - 3 Day Alternative Health Expo in Chicago: Organized with a collaborative team to provide community Vendors and wellness providers; donated proceeds went to "A New Direction – a Chicago nonprofit organization to support Individuals impacted by domestic abuse.

Jan 2008 - July
2010

Oak Lawn Moms Meetup: Supported local mothers and families, moderated online forum, organized events, part of three-member administrative team, collaborated with local venues and resources to support families, parents, and child development

Memberships

May 21, 2025 -
present

The National Society of Leadership and Success Member

February 1, 2025 -
present

AAMFT Student Member

February 1, 2025 -
present

WAMFT Student Member

December 31, 2012 - Associated Bodywork and Massage Professionals, Professional
December 31, 2018 Member

April 2006 - National Certification Board for Therapeutic Massage and
December 31, 2015 Bodywork, Certified Board Member

April 2006 - American Massage Therapy Association, Professional Member
present

Awards

June 2022 Runner-up Best of the Bay Massage Therapist 2022,
Green Bay Press-Gazette