

Curriculum Vitae

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Educational background:

05.2007 PhD. University of Minnesota, School of Nursing
09.2002 M.Sc University of Minnesota, School of Nursing
05.1996 Armuli Junior College, Massage program
06.1990 B.Sc in Nursing, University of Iceland, Dept. of Nursing
05.1986 Matriculation Examination, Hamrahlid Junior College, Field of Natural Sciences

Publications:

Peer reviewed:

Gunnarsdottir, T.J., Vilhjalmsón, R. & Hjaltadóttir, I. (2018). Use of complementary therapies in nursing homes: Descriptive study. *Complementary therapies in clinical practice*. [In Press].

Thorarinsdóttir, K., Kristjánsson, K., Gunnarsdóttir, T.J. & Björnsdóttir, K. (2018). Facilitation of a Person-Centered approach in health assessment of patients with chronic pain: *Qualitative Health Research*, 1-13. DOI: 10.1177/1049732318770628

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Gunnarsdóttir, T. J. & Kristofersson, G. (2018). Integrative Nursing in Iceland. In Kreitzer, M. J. and Koithan M. (Eds.), *Integrative Nursing 2nd edition*. Oxford University Press. [Accepted for publication].

Þóra Jenný Gunnarsdóttir, Guðrún Elka Róbertsdóttir & Salóme H. Gunnardóttir. (2016). Notkun viðbótarmeðferða á Landspítala [Use of Complementary therapies at the National Hospital in Iceland]. *The Icelandic Journal of Nursing*, 92(2), 1-9.

Gunnarsdóttir, T. J., Koithan, M. & Kristofersson, G. K. (2015). Integrative Nursing Principles in Action: A summary from the first Internatöanl Integrative Nursing Symposium. *Creative Nursing*, 21(4), 222-225.

Unnur Sigtryggsdóttir, Helga Gottfreðsdóttir & Þóra Jenný Gunnarsdóttir. (2015). Notkun viðbótarmeðferða á meðgöngu meðal íslenskra kvenna. [Use of complementary therapies

during pregnancy among Icelandic women.] *Ljósmaðrablaðið [Nursing Midwifery]*, July, 14-19.

Kristofersson, G. & Gunnarsdóttir, T. J. (2014). Integrative Nursing in Iceland. In Kreitzer, M. J. and Koithan M. (Eds.), *Integrative Nursing*. (pp. 504-514). Oxford University Press.

Gunnarsdóttir, T. J. (2014). Reflexology. In Lindquist R., Snyder M. and Tracy M. F. (Eds.), *Complementary and Alternative Therapies in Nursing 7th edition*. (pp. 459-474). Springer Publishing Company.

Ketilsdóttir A, Albertsdóttir, H.R., Akadóttir, S. H., Gunnarsdóttir T. J. & Jonsdóttir, H. (2014). The experience of sudden cardiac arrest: Becoming reawakened to life. *European Journal of Cardiovascular Nursing* 13(5), 429-435.

Inga Þorbjörg Steindórsdóttir, Þóra Jenný Gunnarsdóttir & Helga Jónsdóttir. (2012). The lifeline. The experience of patients with serious psoriasis of receiving infliximab medication. *The Icelandic Journal of Nursing*, 88(4), 40-47.

Þóra Jenný Gunnarsdóttir. (2012). Álag á álag ofan. [Experience of women with fibromyalgia]. In Sveinsdóttir H., and Gottfredsdóttir, H. Við góða heilsu? [In good health?]. Reykjavík: Háskólaútgáfan.

Þóra Jenný Gunnarsdóttir, Lilja Jónasdóttir & Nanna Friðriksdóttir. (2011). Áhrif slökunarmeðferðar á einkenni sjúklingna með krabbamein. [Effects of a relaxation therapy on cancer patients' symptoms]. *The Icelandic Journal of Nursing*, 87(6), 46-52.

Björg Helgadóttir, Rúnar Vilhjálmsson & Þóra Jenný Gunnarsdóttir. (2010). Notkun óhefðbundinnar heilbrigðisþjónustu á Íslandi. [Use of complementary and alternative therapies in Iceland]. *Læknablaðið*, 96, 269-275.

Gunnarsdóttir, T. J. & Jonsdóttir H. (2010). Healing crisis in reflexology: Becoming worse before becoming better, *Complementary Therapies in Clinical Practice*, 16, 239-243.

Gunnarsdóttir, T.J. & Peden-McAlpine, C. (2010). Effects of reflexology on fibromyalgia symptoms: A multiple case study, *Complementary Therapies in Clinical Practice*, 16, 167-172.

Gunnarsdóttir, T.J. Reflexology. (2010). Reflexology. In Snyder M. and Lindquist R. (Eds.), *Complementary and Alternative Therapies in Nursing 6th edition*. New York: Springer Publishing Company, p.307-320.

Anna Sigríður Vernharðsdóttir, Stefanía Guðmundsdóttir, Helga Sigurðardóttir, Þóra Jenný Gunnarsdóttir, & Helga Gottfreðsdóttir. (2009). Nálastungumeðferð í ljósmóðurstarfi. [Acupuncture in midwifery]. In Helga Gottfreðsdóttir og Sigríður Inga Karlsdóttir (Eds), *Lausnarssteinar* (pp. 123-143). Reykjavík: Hið íslenska bókmenntafélag.

Gunnarsdóttir, T. J. & Jónsdóttir, H. (2007). Does the experimental design capture the effects of complementary therapy? A study using reflexology for patients undergoing coronary artery bypass graft surgery. *Journal of Clinical Nursing*, 16, 777-785.

Þóra Jenný Gunnarsdóttir. (2006). Viðbótarmeðferðir í hjúkrun. [Complementary therapies in nursing]. Í Helga Jónsdóttir (ritsj). *Frá innsæi til inngrípa. Þekkingarþróun í hjúkrunar- og ljósmóðurfræði*. Hið Íslenska bókmenntafélag. Reykjavík.

Gunnarsdóttir, Þ. J. (2006). Reflexology. In Snyder M. and Lindquist R. (Eds.), *Complementary and Alternative Therapies in Nursing 5th edition*. Springer Publishing Company.

Gunnarsdóttir, Þ. J. & Peden-McAlpine, C. (2004). The experience of Using Combination of Complementary and Alternative Therapies: A Journey of Balance through self-healing. *Journal of Holistic Nursing*, 22(2), 116-132.

Teaching

Teaching positions

07.2017 – present	Director of the BS program at the Faculty of Nursing, University of Iceland
06.2012 – present	Associate professor at the University of Iceland, Faculty of Nursing. Full time position.
07.2005 – 06.2012	Assistant Professor at the University of Iceland, Faculty of Nursing. Full time position
08.2002 – 12.2004	Teacher assistant in clinical skills lab at the University of Minnesota
08.1996 – 08.2000:	Head of the clinical laboratory in the Department of Nursing at the University of Iceland.
01.1992 – 05.1994:	Part-time teacher at the Department of Nursing at the University of Iceland.

Thora Jenny Gunnarsdottir, RN, PhD, is currently Associate Professor at the Faculty of Nursing, University of Iceland. Research area and specialization are chronically ill patients, complementary and alternative therapies in nursing fibromyalgia and fatigue.