

Curriculum Vitae

Sandra Coulson, MS, COM

Founder – Coulson Institute of Orofacial Myology

International Lecturer | Orofacial Myofunctional Therapist | Educator



Academic Background

- **M.S. in Health Sciences** – University of Northern Colorado
- **B.A. in Speech Therapy & Education** – University of Colorado



Professional Summary

Sandra Coulson is a globally recognized leader in **Orofacial Myofunctional Therapy (OMT)** with over four decades of clinical, academic, and educational experience. She is the **founder and director of the Coulson Institute of Orofacial Myology**, a premier training center where she teaches dentists, dental hygienists, speech-language pathologists, and allied professionals from around the world.

Sandra has managed a **multi-office private practice in the Denver Metro Area**, offering customized OMT programs for children and adults. She has served as **Professor of Orofacial Myology** and is an international lecturer dedicated to advancing early intervention and functional therapies that improve oral function, facial development, and overall health.



Lectures & International Teaching

- Keynote speaker and trainer across the U.S., Europe, Asia, and South America
- Lecturer at major international congresses in orthodontics, speech therapy, craniofacial growth, airway health, and dental hygiene
- Instructor and clinical supervisor for hundreds of certified OMT practitioners worldwide



Areas of Clinical Expertise

- Tongue thrust and oral habit elimination (thumb/finger sucking, pacifier use)
- Orofacial dysfunction in Down syndrome and cerebral palsy
- TMJ disorders and facial pain
- Post-stroke or Bell's palsy rehabilitation

- Snoring and sleep apnea
- Orofacial concerns impacting orthodontic, cosmetic, and prosthodontic outcomes
- Trichotillomania, denture retention issues, and oral motor coordination disorders



Educational Initiatives

- **Founder – Coulson Institute of Orofacial Myology**
A global institution training certified myofunctional therapists in clinical practice and patient care.



Mission Statement

“My personal goal is to deliver the **best possible therapy** for each patient, while educating and inspiring a new generation of skilled therapists. Through simple yet transformative orofacial exercises, we **change lives**—one breath, one smile, one face at a time.”