

**LAURA J. BODIAN**

OTR/L, SEP, BCST

tapestry-wellness.com

tapestrywellness@protonmail.com

828.776.6505

**EDUCATION:**

**Boston University**

MS Occupational Therapy 1998

**Brown University**

BA Biology 1993

**PROFESSIONAL LICENSURE AND CERTIFICATION:**

**Occupational Therapist**

National Board Certification 1998

Commonwealth of Virginia Board of Medicine License 2018

**Biodynamic Craniosacral Therapist**

Colorado School of Energy Studies 2017

**Somatic Experiencing Practitioner**

Somatic Experiencing Trauma Institute 2012

**OCCUPATIONAL THERAPY CLINICAL EXPERIENCE:**

**Blue Ridge Rehabilitation Associates, Charlottesville, VA**

- Coached families receiving OT early intervention services with Infant and Toddler Connection of the Blue Ridge (2019-2020)

**Asheville Specialty Hospital, Asheville, NC**

- Created a unique OT program designed to meet the special needs of patients with high medical acuity (2011-2019)

**CarePartners Outpatient Center, Asheville, NC**

- Integrated manual therapy and functional therapeutic approaches in orthopedic and neuro rehabilitation (2008-2011)

**Gentle Pain Release Center, Asheville, NC**

- Specialized in myofascial release and craniosacral therapy in the treatment of patients with chronic and acute pain syndromes (2006-2008)

**Burke Rehabilitation Hospital, White Plains, NY**

- Developed advanced OT clinical skills in post-surgical orthopedics, cardiopulmonary, acquired brain injury, and spinal cord injury (1998-2006)

**CONTINUING EDUCATION:**

**Prenatal and Perinatal Health**

- Castellino Prenatal & Birth Therapy Foundation Training, 425 hours with Ray Castellino
- Supporting Babies and Mothers, 23 hours with John Chitty
- TummyTime! Method Professional Training
- DONA International Postpartum Doula Training
- The Matrona Holistic Birth Doula Program
- Tongue-Tie Assessment Workshop
- Infant Massage Certified Educator Training
- Infant Mental Health as an Interdisciplinary Practice
- Occupational Therapy Online Courses
  - Whole Body Treatment for the Pre-Crawling Infant
  - Improving Infant Motor Outcomes
  - Feeding Disorders Overview
  - Sleep: A Family-Centered Approach
  - Normal Development as it Relates to Torticollis
  - Neonatal Therapy Assessment and Intervention
  - Respiratory Concerns for the Premature Infant
  - Maternal Health and OT
  - Role of OT in Postpartum
  - Coaching: Evidence Based Practice
  - Safe and Sound Protocol for Vagus Nerve Stimulation
  - Co-Regulation in Infants and Young Children
  - Attachment and Mental Health of Infants and Toddlers

**Somatic Experiencing**

- Somatic Experiencing Professional Training Program, 216 hours  
Beginner, Intermediate with Ariel Giarretto, Advanced with Raja Selvam
- Working with Stress and Trauma Symptoms with Greater Efficiency

## **Ancestral Healing**

- Ancestral Healing Online Summit
- Wellsprings of Wisdom: Deep Ancestral Healing Through Jungian Archetypes, Ancient Mysticism, & Trauma Science

## **Craniosacral Therapy**

- Biodynamic Craniosacral Therapy Professional Training Program, 700 hours with John and Anna Chitty
- Body Into Being: Advanced Energetic Bodywork, 175 hours with Ray Castellino and Anna Chitty
- Source, Being, and Becoming: Advanced Biodynamic Craniosacral Therapy, 35 hours with Franklyn Sills and Cherionna Menzam-Sills
- Craniosacral Therapy for Infant Breastfeeding
- Upledger Institute Craniosacral Therapy I and II

## **Myofascial Release**

- Myofascial Release for Pediatrics
- Myofascial Release Skill Enhancement
- Advanced Unwinding
- Rebounding
- Fascial Pelvis
- Cervical-Thoracic
- Myofascial Release I, II, and Unwinding

## **Upper Extremity Rehabilitation**

- Assessment and Management of Carpal Tunnel Syndrome Online Course
- Upper Extremity Assessment: Elbow to Hand Online Course
- Orthopedic Review of Common Upper Extremity Pathologies
- Evaluation and Treatment of the Shoulder
- Manual Therapy for the Upper Extremity
- Manual Edema Mobilization for the Upper Extremity
- Muscle Energy Therapy and Positional Release
- KinesioTaping of the Upper Extremity
- Proprioceptive Neuromuscular Facilitation