

LAURA J. BODIAN

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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
- Bowen Technique for Mothers and Babies, 29 hours with John Wilks
- “Two-Chair” Method for Supporting Mothers and Babies, 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

Pelvic Floor Training

- Franklin Method Pelvic Floor Fascia Trainer Online Course

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