

# **SANDIE BERSHAD || RESUME**

## **EDUCATION**

**Naropa University, Boulder, CO**  
**MA, Transpersonal Counseling Psychology**

Expected May 2016

**Naropa University, Boulder, CO**

**BA in Somatic Psychotherapy and the Psychology of Health and Healing**

Studied the use and application of somatic and transpersonal psychotherapeutic methods, the development of healthy lifestyle strategies such as meditation, yoga, alternative medicine systems, nutrition and diet, and general anatomy and physiology.

## **PSYCHOTHERAPY TRAININGS**

**Internal Family Systems Workshop (Somatic Psychology Techniques), Facilitated by Jay Earley, Ph.D and Bonnie Weiss, LCSW- June, 2011**

Accepted in graduate level, CEU course as an undergraduate by the Santa Barbara Graduate Institute. Explored many different aspects of somatic resourcing and how to identify different sub-personalities of the self and create cohesive communication between them. Participated in group therapy exercises and intensive, individual therapy.

## **RELEVANT EXPERIENCE WITH CHILDREN ADOLESCENTS AND ADULTS**

**The Play Therapy Institute of Colorado- Boulder, CO** Supervised by Kathryn Clarke, LPC, RPT-S. 700 Hours of direct contact working as a Play Therapist with children, parents, and families utilizing the Synergetic Play Therapy Method (Pending)

**I Have A Dream Foundation: Boulder, CO- Fall-Winter 2014**

Practicum Student, supervised by Lori Canova, MSW. 70 hours of direct contact working with at risk youth at Casey Middle School. Responsible for classroom management and tutoring in the after school program as well as facilitating weekly girls' groups that combines teaching mindfulness and meditation exercises, creative arts therapy techniques, somatic expressive techniques/movement exercises, and group exploration around body image, girl aggression/social dynamics, sexuality, building group trust and recognition of diversity, and current issues for girls transitioning into adolescence and puberty.

**Freelance Integrative Energy Worker and Vibrational Sound Healer, Inner Landscapes Healing Arts - Philadelphia, Pennsylvania – September, 2011 to Present**

My experience conducting private energy healing and spiritual guidance sessions, pro bono, for eight years, led to the development of an integrative energy and sound healing practice.

## **Additional Experience**

### **Access Consciousness/The Bars, Facilitated by Kevin Baluha - October, 2012**

Non-invasive healing technique which involves the gentle manipulation of thirty-two cerebral points that correspond with areas of the brain that hold limiting belief patterns. Therapeutic touch perpetuates the somatic release of cellular memory which stimulates pattern identification. As the client identifies patterns, the therapist holds the container for dialogue around limiting belief patterns and the trauma that precipitated them. Twenty-five contact hours have been completed.

### **Vibrational Healing Sounds Intensive Certification, Facilitated by Jonathan Goldman - July, 2011**

Studied the intricacies of sound and music therapy as a vehicle for healing by identifying areas in the body that hold dissonant frequencies resulting from blockages. Utilized tuning forks, singing bowls, and chanting to harmonize the dissonant vibration, thus supporting the body's natural ability to relax, clear meridian channels, and regain homeostasis.

### **Shamanic Healing Vision Seeker Workshop, Level 1, Facilitated by Hank Wesselman-Esalen Institute- June, 2011**

Studied the practical applications of utilizing shamanic healing in therapeutic practice. Learned the foundations of shamanic journeying and meditation, soul retrieval, and the interconnection between soul retrieval and trauma.

### **Hanna Somatics Workshop (Somatic Movement Based Therapy), Facilitated by Eleanor Hanna- Esalen Institute - June, 2011**

Learned the basics of neuromuscular training that re-educates the body through somatic awareness, attention to sensation, and the way people physically hold their body.

### **Feldenkreis Workshop, Facilitated by Patrick Deuce - Esalen Institute- June, 2011**

Studied the therapeutic application of Feldenkreis and spinal awareness to assist clients in the identification of habitual neuromuscular holding patterns and limitations. Learned to appreciate the interconnection between mind and body and the body's tendency to retain destructive patterns until it is reminded, through subtle movements and exercises, how to reclaim original functioning.

### **Theta Healing Certification, Levels 1 and 2, Facilitated by Kevin Baluha - May, 2011**

Studied a quantum healing technique that relies on meditation and inquiry to activate theta waves for the purpose of supporting somatic healing.

### **IRECA 1 & IRECA 2 (Sufi Healing Method), Facilitated by Marco Santello - Summer, 2009**

Learned a variety of chakra systems and how to channel life force energy into the body with the intention to heal.

### **Dreaming the World into Being Workshop, Facilitated by Alberto Villoldo -Winter, 2009**

Studied shamanic healing techniques, meditation, and soul retrieval.

**Usui Reiki, Level 2, Facilitated by Myra Reichel - Winter, 2009**

Further pursued the study of this Japanese, non-invasive, hands-on healing technique based on the premise that energy flows through and creates all life.

**Usui Reiki, Level 1, Facilitated by Liora Institute - Summer, 2005**

Studied the basic foundations of this Japanese, non-invasive, hands-on healing technique. Through gentle touch, I learned how to become a channel for life force energy with the focused intention to heal.

**Spring Forest Qi Gong 1 and 2, Facilitated by Master Lin - Winter, 2005**

Studied the application and practice of Qi Gong and its use as a vehicle to achieve and maintain balance and harmony within the context of the body/mind connection.

**Intuitive Coach, Private Practice - Philadelphia, Pennsylvania and Loveladies, New Jersey - 2005 to 2010**

Conducted private and group sessions utilizing clairvoyant sensitivities to coach and support children and adults in their integration and exploration of diverse traumas. Challenges included societal integration, terminal illness, addiction, depression, family dynamics, sexual abuse, and grief resulting from loss.

**Sandie Bershad**

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