

Barbara Strassman dba SOLE WOMAN
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Resume of Holistic and Bodywork Experience

July 1997 Level 1 Reiki Certification Usui Tradition
March 1998 Level 2 Reiki Certification
1996 Reflexology Training- Muscular Therapy Institute
Cambridge, MA 200-hour certification

After the training I spent about 1 year
working on my practicum,
(as I was working a full time job and
raising two children)
30 people, 3 one - hour sessions each,
fully documented
This was a requirement for the ARCB
examination

Private Reflexology
Instruction/Refinement of Skills
I also studied additionally for the
Anatomy and Physiology part of my
National Exam

May 1998 Certified by the American Reflexology Certification Board

1998 –1999 Level One CranioSacral/Myofascial Therapies
Marsha Hood Physical Therapist, Hanover, Ma
70 hours class, theory and practice

1999-2000 Level Two CranioSacral/Myofascial Therapies
Marsha Hood Physical Therapist,
Hanover, Ma
70 hours class, theory and practice

2002-2003 Level Three Inner Dialogues
Marsha Hood Physical Therapist,
Hanover, Ma

56 hours class, theory and practice

9/2004 John Barnes Level One Myofascial Training

20 hours Theory, Practice and clinical applications

Even though I have already had this course, he is the founder of Myofascial Work and he requires you attend his seminars before going onto his advanced courses. Marsha Hood trained with Mr. Barnes.

7/2004 Ear and Hand Reflexology Certification by Bill Flocco 20 hours

10/2005 Reflexology Infertility Training – 8 hours

Cranio-Sacral Reflexology with Dr. Martine Faure-Alderson
November 5 & 6, 2005 Level 1 - 16 hours

Ayurvedic Reflexology with Sharon Stathis, RN
2006 Level 1 - 14 hours

Maternity Reflexology with Susanne Enzer
March 2007 Part 1 - 15 hours

CranioSacral Reflexology
May 2007 review part 1 - 6 credits
Part 2 Advanced – 16 hours (14
CEU's)

RAA Leadership Education and Training August 2007

Academy of Universal Health and Healing
6/2001 – Chris Stormer – Language of
the Feet

Spirituality and Healing in Medicine 12/07 – Herbert Benson and the Mind Body
Institute -2 day program

I also have attended various Meditation classes and retreats, classes studying the
Chakras, Chakra and energy work classes, and a Mandala Healing class.

I teach a basic Meditation course and I facilitate a woman's Spirituality Program. To see all the classes I have taught please view my website:
www.thesolewoman.com

There are also many one-day programs that I have attended and as a Nationally Certified Reflexologist I am required to complete continuing classes to keep my certification. Even where not required I continue to take classes of all types connected to my work and spirituality.

My private practice in Sharon, Ma has grown primarily from referrals. I treat all ages and a great variety of ailments as I offer three therapies. Each client's session is based on his or her needs and goals and that is assessed before each session. My sessions are 1 hour or 90 minutes long, again, based on their needs/goals.

Some clientele do come with no goals other than relaxation – meaning no specific health issues or emotional/transitional issues. I enjoy educating and empowering my clients with the hope they will become a partner in their health and well-being.

I do research the illnesses/ailments that I am not familiar with when working with a client as it is important to understand what organs and glands are affected and then I can focus my work more directly when needed. I do not diagnose ailments, yet Reflexology is a diagnostic tool and a therapeutic tool. All sessions are documented so the progress can be reviewed with the client and referrals made if needed.

At different times I have also offered Meditation Classes, Mandala Classes, Woman's Spirituality Groups, as well as weekend retreats that focus on Yoga, Meditation, Mandala Healing work, Affirmations and of course, fun!
The weekend retreats are held at my house in Wolfeboro, NH on Lake Winnepausakee.