

## Jana Panter, ND, CST-T | Credentials

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### EDUCATION & LICENSES

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<b>1987</b>	Naturopathic Doctorate, Bastyr University, Seattle, Washington
<b>1988 – present</b>	Washington State Department of Health Naturopathic Doctor License
<b>1999</b>	Craniosacral Therapist Certification, Cranial Rhythms, LLC/Bodymind Academy
<b>2019</b>	CranioSacral Therapist Certification- Techniques Level, Upledger Institute

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### PROFESSIONAL MEMBERSHIPS

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<b>1998 – present</b>	Associated Bodywork & Massage Professionals, Professional Member
<b>2008 – present</b>	International Association of Health Care Practitioners
<b>2010 – 2019</b>	Washington Association of Naturopathic Physicians, Professional Member
<b>2007 – 2014</b>	Northwest Craniosacral Therapy Association. Vice-president 2007 – 2009

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### TRAINING

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<b>Upledger Institute</b>	Craniosacral Therapy training, over 500 hours of coursework: CST1, CST2, SER1, SER2, CSP1, CSTA, , SYMP, TBS1, TCS1, TCS2, TSER1, TSER2, ISCIN, VM1, ADV1, CCPB1, CTTB1 (for descriptions see <a href="http://www.upledger.com">www.upledger.com</a> ) Healing From The Core training over 400 hours advanced coursework: HFFBP, HFCH, HFRR, HFTR
<b>Cranial Rhythms, LLC</b>	Over 600 hours of coursework: Long Program, TALP (x2), TACP, Embryo I, II, III, IV, ABS, Sacred Geo, Practitioner Review
<b>Teaching Assistant</b>	Upledger Institute and Cranial Rhythms: over 1,000 hours

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## WORK HISTORY

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<b>2010 – present</b>	Lecture and teach classes on Craniosacral Therapy to the public, Craniosacral therapists, and other health care professionals
<b>2006 – present</b>	Oceana Bodyworks, PLLC, Private Craniosacral Therapy practice
<b>1998 – 2006</b>	Oceana Bodyworks, PLLC, Private massage and Craniosacral practice
<b>1988 – 1990</b>	Poison Information Specialist Supervisor, WA Poison Center, Seattle Children’s Hospital

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## WRITING CREDENTIALS | PUBLICATIONS

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<b>2015 – 2018</b>	Association of Massage and Bodywork Professionals magazine articles: The Emotional Side of Craniosacral Therapy, May/June 2015 All Hands On Deck, March/April 2016 Honoring Popeye, Nov./Dec. 2016 Association of Bodywork and Massage Professionals, Nov. 2018
<b>2013</b>	Washington Association of Naturopathic Physicians’ Newsletter articles: Washington’s Lydstedt Law: A Heads Up for Athletes and Physicians, Spring/Summer
<b>2010</b>	Craniosacral Therapy and Naturopathy: One Practitioner’s Perspective, Winter
<b>1993 – 1995</b>	Editor, WA Association of Naturopathic Physicians’ Newsletter

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## WRITING CREDENTIALS | ACADEMIC FOCUS

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<b>2014 – 2015</b>	Hugo House Memoir Class taught by Theo Pauline Nestor
<b>1976 – 1977</b>	Writing Intensive, Earlham College

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**TEACHING, SPEAKING, & PRESENTATIONS**

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<b>2000 – ongoing</b>	Presentations at PEPS, Cancer Lifeline, Washington State Nursing Association, Brain Injury support groups, Autism support groups, Survivor support groups, etc.
<b>2018 – 2019</b>	Taught breathing and skeletal anatomy and physiology for Pilates Teacher Training Programs
<b>2012 – 2013</b>	Designed and facilitated Craniosacral Practitioners advanced study groups
<b>2010 – 2014</b>	Taught Sharecare Class, an Upledger Institute Craniosacral introductory class
<b>1988 – 1990</b>	Taught Pediatric Emergencies and CPR through American Red Cross
<b>1980 – 1982</b>	Taught women’s and reproductive health at The Olympia Women’s Center for Health and the Thurston County Health Center