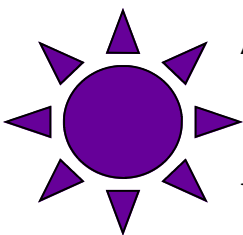


Life & Health Coaching with ThetaHealing

Optimize your physical, mental, and spiritual health for a more satisfying life.

"I have respected and benefited from Dorena Rode's work since 1986. She gets to the root of an issue without delay and helps one select an appropriate map for their life's journey. Her scholarly brilliance is coupled with a remarkable emotional intelligence."

-Lori Katz



Addictions

Health

Relationships

Money

Life Transitions

Career

Self-Care

Purpose

Love

ThetaHealing

"It's like five years of therapy in one hour!"

—Ann Marie Wyman



ThetaHealing is an alternative medicine healing system that frees people from self-defeating conscious and subconscious beliefs. In brief, the Theta practitioner works with a client to identify thoughts and beliefs that are inaccurate, dysfunctional, or simply not helpful. Self-defeating core beliefs are identified and confirmed using energy testing (similar to applied kinesiology). After obtaining the client's permission, the practitioner enters an awake theta brain wave state and facilitates the removal of the belief and the replacement of the belief with a self-affirming one. Other intuitive or energetic healing methods are incorporated as appropriate. Changes can be immediate and lasting.



Dorena Rode, PhD, CMT
Health Educator

Serving Sonoma
County since 1996.



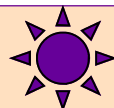
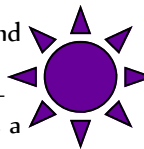
Dr. Rode's goal as a teacher, writer, and health coach is to educate individuals so that they can optimize their emotional, physical, and spiritual health and make the best decisions in support of their own healing. With over 25 years experience and a complementary background in human physiology, anatomy, nutrition, herbology, massage, Reiki, chi gung, herbal medicine making, ThetaHealing, and personal recovery she approaches healing from a broad perspective and with compassion.

Dorena began her journey as a healer in 1984 when she undertook studies at the Institute of Traditional Medicine and completed a two-year practitioner course in Chinese Herbal Medicine there. Subsequently she has studied independently and with a variety of teachers, including two years at the Pacific School of Herbal Medicine in Oakland.



In 2004 Dorena earned her doctorate in physiology from the University of California at Davis supported by a fellowship from the NIH NCCAM (National Institutes of Health National Center for Complementary and Alternative Medicine). Her undergraduate education was at UC Santa Cruz, where she earned highest honors in chemistry (1988).

Dorena offers both therapeutic bodywork and individual health coaching sessions to help people transform self-defeating habits and realize their full potential. In addition, she teaches a variety of classes and consults with businesses.



"Dorena is the best!"

—Rosario Williams



Life & Health Coaching with ThetaHealing™



Bodywork for Relaxation and Healing



Dorena Rode, PhD, CMT

www.elderberrycenter.com

(707) 291-7731

Bodywork for Relaxation & Healing

Dorena offers a firm **Swedish-Calistoga style massage**. This type of massage involves applying pressure to muscles (rubbing, rolling and compression) and is designed to relax the muscles while improving circulation into and out of the area. Tension is relieved and toxins are liberated.



Hot Stone Massage combines all the benefits of Swedish massage with the healing properties of stones. The hot stones are placed on the torso, where they begin the process of warming and relaxing the major tension holding muscles of the body. In addition, the body is massaged with smooth, warm, river stones, enhancing the bodies capacity to relax and release.

Dorena incorporates a number of different bodywork modalities into her basic massage as needed.

Deep Tissue

Chronically tight and “knotted” muscles can often be released by deep pressure. This type of massage is not comfortable, but some individuals find deep work to be the only method of restoring flexibility and circulation to chronically overused muscles. This type of massage is enhanced by identifying **trigger points** and releasing them.



“I’ve suffered with chronic pain for 20 years and have had body work done, but never experienced much relief. My experience with Dr. Rode was different. Her method is very effective. She was able to locate and alleviate painful trigger points I have as a result previous injuries. The healing aspect of her work is amazing; very uplifting and therapeutic.”



—Tom H.



“Dorena was completely attentive and present. She gave me the best massage ever, even better than my massage teachers. (I’m a former massage practitioner.)”

—Libby O’Meara



Reiki and Hands on Healing

During hands on healing, energy (Reiki being one particular type) is passed to the client. This life energy often increases the sense of well-being and enhances relaxation. Incorporated into a Swedish massage, this subtle energy is offered to support the client’s innate healing. Sensitive people can feel the flow of “energy” which may be experienced as warmth radiating from the practitioner’s hands. More focused work can done at the client’s request to aid in the healing of specific injuries and other imbalances in the body.

Gentle Soft Tissue Release

This method is an alternative to deep tissue for those individuals that prefer to avoid the discomfort of deep work or don’t respond well to deep tissue work. This technique uses positioning with very little pressure to activate the bodies innate ability to heal and relax. This technique is based on the experience that movement which exaggerates the body’s natural holding pattern can result in neuromuscular release of inappropriately held tension.



Health Classes and more....

Visit

www.elderberrycenter.com for up to date information regarding current class offerings and herb walks.



Classes topics include:

Natural approaches to Menopause, PMS and Menstrual Issues, Colds and Flu Prevention and Treatment, Holistic Approaches to Stress, Meditation, Herbal Medicine Making, Dragon and Tiger Chi Gung, Food as Medicine / Medicine as Food, Herb Gardening, and more.



Professional Services

Life Coaching with ThetaHealing

\$90 - 60 minutes
\$125 - 90 minutes

* Minimum appointment time for couple coaching is 90 minutes.

Health Coaching, Nutrition and/or Herbs Consultation

\$90 - 60 minutes
\$125 - 90 minutes



Bodywork for relaxation and healing

Therapeutic Massage	\$70	- 60 minutes
	\$95	- 90 minutes
	\$115	- 120 minutes
Hot Stone Massage	\$95	- 75 minutes
	\$115	- 105 minutes
Reiki or Nei Gung Tuina	\$70	- 60 minutes

Appointment Changes: I require at least 48 hours notice to change an appointment or you will be responsible for session charges. Thank you for your cooperation.

Prices as of 10/09. Please check website for current pricing.

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