

SHARON PORTER, RPP®, SEP®, RCST®

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Body/Mind Practitioner and Teacher of Energy Medicine: Somatic Experiencing® and Somatic Trauma Resolution Biodynamic Craniosacral Therapy (Bodywork)* Polarity Therapy (Bodywork)
* Self-Care including Yoga and TRE (Tension and Trauma Release Exercises)*

Office in San Juan Capistrano, CA, near Orange Co. John Wayne Airport

Please see [Calendar](#) for courses, lectures, and locations.

Sharon Porter is a Health Practitioner, Bodyworker, and Body-Centered practitioner gifted with broad experience, skill, compassion, and humor. She maintains a private practice and has trained holistic practitioners since 1974. Her approach includes the following modalities:

TRAUMA RESOLUTION. Sharon has spent the last 30 years studying and further developing an understanding of the nervous system—how it is affected by trauma, and how best to heal it. She now integrates Somatic Experiencing® (SE) techniques with her own experience in this field, calling her trauma work Somatic Trauma Resolution (STR). In STR, she teaches the client how to track his or her own internal bodily sensations, which in turn opens the neural pathways that allow safe discharge of trauma from the nervous system. Discharge often includes the completion of truncated impulses that help transform trauma into empowerment and healing on all levels. **Trauma is defined as anything that is overwhelming to the nervous system of an individual, which may include birth, drugs, surgery, accidents and injuries, emotional or physical shock, and abuse, or more ordinary experience.** We find the trauma resolution work to be effective both in person, as well as in phone and Skype sessions.

Post-Traumatic Stress Disorder (PTSD) occurs if trauma-bound energy is not discharged following trauma, causing **havoc to one's health**. The associated **symptoms may include poor digestion, pain, sleep problems, reenactment of the trauma, rigidity, dissociation, chronic conditions, psychological and relationship problems, and more.** Although STR is highly effective for PTSD, the best way to prevent chronic problems is to see an SE or STR Practitioner soon after the accident, fall, abuse, or emotional shock or loss—before PTSD has had a chance to set in. Please note that the goal of STR is not to relive or analyze the trauma, but to regain full function and a vibrant life. Most in person and Skype clients learn Tension and Trauma Release Exercises (TRE) as a safe way to regulate the release of their own trauma.

BIODYNAMIC CRANIOSACRAL THERAPY is extremely helpful in treating **head and spine injuries or misalignments, neurological disorders, emotional stress, falls, pain, dental issues, and chronic conditions.** In the Biodynamic style of cranial work, the lightest touch can bring profound changes in physiology, alignment, and state of mind. Consciousness expands in ways that connect the client to lost parts of self, resulting in healing at all levels of body, mind, and spirit. Sharon Porter teaches Advanced courses for BCTA/NA. Her approach is also informed by earlier advanced cranial studies with the Upledger Institute.

POLARITY THERAPY employs a broad range of bodywork touches, bodywork, energy-efficient exercises, foods, body/mind awareness, and a profound understanding of how the body's

electromagnetic fields function. Polarity's aim is to locate and dissolve energy blockages that affect health at every level. **Polarity is extremely efficient for dissolving pain and depression, and for turning around chronic conditions.** This direct experience of one's energy system gives people hope, enthusiasm, connection, and a "spring in the step," as well as providing motivation for changing one's diet, lifestyle, and attitudes.



SELF-CARE. For over 40 years Sharon has been a passionate advocate for Self-Care everything you can do for yourself to **move energy, correct posture, enhance immune function, strengthen and balance the spine, regain flexibility in the feet, aid digestion, and expand imploded power into healthy boundaries, creativity, and joy.** She has trained practitioners in several countries to use movement, sound, and breath along with efficient positions and reflex contacts. She is expert in Hatha Yoga, Polarity Exercises, TRE and other jewels she has picked up

from clients and teachers. Her Trauma Resolution work includes the use of gymnastic balls and balance equipment that clients can use at home. Additional areas Sharon incorporates into her private sessions and teaching include gestalt therapy, diet, herbs, homeopathics, flower essences, humor, and inner child work.

In **PRIVATE SESSIONS**, Sharon employs whatever modalities will be most helpful for the client. Bodywork ranges from the lightest of touches, to deep contacts into densely crystallized areas, to rocking movements. Exercises are given as needed, in sessions and as homework. Clients experience a **profound relaxation and connectedness that they describe as feeling whole, new, and more alive than they thought they could be.**

Sharon has always been fascinated by the body-mind relationship and has developed her own unique ways of bringing her clients to greater understanding and empowerment. Treatments are often filled with **laughter, as well as education and deep cellular exploration.** It is not uncommon to **release shock, anesthesia, and other drugs** that have been inhibiting the system. Sensation tracking and dialoguing then clears the cellular memory and brings about deep empowerment, with emphasis on **enhancing the client's strengths and resources.**

In a session with Sharon, you will feel like a partner on a grand adventure to explore and appreciate the wonder of life. You do not have to have a serious problem to have a session. You can simply enjoy the **experience of your own energy system** flowing as you access your own health and internal intelligence.

Sharon's experience includes work with **physical and emotional pain from incest, abuse, birth trauma, auto accidents, strokes, injuries, arthritis, addictive behaviors, depression, headaches, back and foot problems, dental work, and stuck emotional patterns.** Clients are referred to her by therapists, acupuncturists, chiropractors, dentists, coaches, healers, intuitives, and M.D.'s. Sharon is happy to work together with the referring practitioner for the good of the client.

"Sharon connects you to your own internal wisdom and then empowers you to follow it. The work is amazingly effective." —*Psychotherapist recovering from a loss*

"Over the last forty years I have experienced drug intervention, and a wide variety of psychology, psychotherapy, and bodywork. What made Sharon Porter's work unique were the quantum leaps I have experienced since working with her. Thanks for facilitating these profound changes in my life."
Client, Denver CO,

“Thank you for all of your help in resolving the severe headaches from which I was suffering. I have not had any recurrence since I last saw you! You were a godsend. You have a unique ability to recognize deep and subtle aspects of inner body dynamics and hold space for them such that harmony within the human energetic system is restored.” Joe Curcio, L.Ac., Stillpoint Acupuncture and Herbs, El Segundo CA

For further testimonials please see our [testimonial page](#).



Sharon Porter is internationally respected for her pioneering work in the field of Energy Medicine—training practitioners, presenting at professional conferences, and seeing clients with a wide variety of needs. She is the Program Director of Health Wave Institute, which is approved and regulated by the State of Colorado, Division of Occupational Schools. (See courses listed on web site.) She is currently living in San Juan Capistrano with her husband and business manager, Dan Burgess.

Sharon’s credentials include: Somatic Experiencing Practitioner[®] (SEP); Registered Polarity Practitioner (RPP); Registered Craniosacral Therapist (RCST[®]), by the Biodynamic Craniosacral Therapy Association of North America (craniosacraltherapy.org); Tension and Trauma Release Exercises (TRE) II at traumaprevention.com. Her training and experience in Exercise and Yoga Therapies enables her to select postures and movements the client can do at home to sustain changes and continue growth.

Please see HealthWaveInstitute.com for more about Sharon’s work