

THE LISTENING TANK

SOMATIC TRAUMA RESOLUTION (STR), INTUITIVE BODYWORK, SPIRITUAL GUIDANCE

thelisteningtank@gmail.com

Disclosure as per 2004 California Alternative Health Care Law, SB577

The following is designed to protect both the practitioner and the public by disclosing both what I am and what I am not.

I, Ash Sroka, provide consulting, teaching, bodywork, exercise, self-care and spiritual guidance. I am a certified Somatic Trauma Resolution (STR) Practitioner by The Health Wave Institute, (HealthWaveInstitute.com), Director Sharon Porter, RPP, SEP, RCST. Somatic Trauma Resolution was developed by Sharon Porter and is based on Somatic Experiencing® (SE), combined with and deeply informed by Energy Medicine practices from Polarity Therapy, Gestalt Therapy, Biodynamic Craniosacral Therapy and Trauma Release Exercises®.

I am not medically certified. All of my healing and health education skills are considered complementary or alternative healing arts services that are not licensed by the State of California. I am not licensed by the state as a healing arts practitioner. I am not a licensed physician, counselor or therapist. I am a certified practitioner.

My work with clients is designed to support the self-healing intelligence of the body's life energy. I view body and mind as one coherent system, and both are affected in my work. *Somatic Trauma Resolution* guides the client's attention to their bodily sensations, connecting these to their thoughts, expressions/movements, images and emotions in a way that opens their neural pathways and allows trauma-bound (adrenaline-produced) energy, often in the form of electrical shock, trembling, itching, heat and/or cold to discharge.

Quiet spaciousness between interventions allows the profound, and healing reorganization of the body-mind. Gestalt Therapy, Younger Self work and an understanding of the body's energy system enhance work that is done seated, laying down, and through movement and Self-Care exercises and practices, depending on the needs of the client.

As a professional actor, voice-over artist, dancer, choreographer, and humanitarian clown along with my extensive experience teaching, raising my own children, working with my personal health history and healing path, I have deeply engaged with my emotional, physical and spiritual body which directly impacts and informs my work as an STR practitioner. It is my love and fascination with the body's innate intelligence and individual expression that has drawn me to continue to study and to share this powerful work.

My Training includes but is not limited to:

BFA with Honors *New York University's Tisch School Of The Arts' Experimental Theatre Wing (Physical Based Acting)*, in-depth knowledge of the 12-Steps, *Certified Somatic Trauma Release Practitioner* (HealthWave Institute, Sharon Porter, Founder/Director, *Trauma Touch*, *Reiki Master*, (Jane Mnoian), *Extensive Training at The Clown School* (David Bridel, Zach Steel, Caitlyn Conlin), *Humanitarian and Medical Clowning* (David Dush Barashi, *The Dream Doctors*), *Developmental Movement* (Wendell Beavers), *Fluid Systems/Allan Wayne Work* (Paul Langland, Founder/Creator), *Contact Improvisation* (KJ Holmes, Paul Langland, Wendell Beavers), *Viewpoints*, *Floor Barre* (Mary Overlie), *Ashtanga Yoga*, *Paratheatrics* (Kevin Kuhlke Master Teacher of Acting/Directing), *Button* (Maureen Flemming), *Aikido* (Tina Shepard), *Capoiera*, *extensive training in Modern Dance, Ballet, Tap, Jazz, Afro-Haisian, Hip-Hop and Bhangra/Bollywood. Grotowki, Plastiques, Embodied Voicework* (Lisa Sokolov, Founder/Creator), *Shiatsu Massage* (ETW), *Linklater Voice*

Technique “Freeing The Natural Voice” (Cecil MacKinnon), “I Am One Who” (Raina Von Waldenberg/Steve Wangh, Founders/Creators), Roy Hart Experimental Vocal Technique (Jonathan Hart Makwaia, Founder/Creator), some Feldenkrais, some Alexander Technique.

Fees and Cancellation

Fees are due at the time the service is provided, unless prior payment arrangements have been made. I understand that I must give 24 hours cancellation notice or be charged for the missed session. Longer notice is appreciated, and shorter notice due to illness or emergencies is understood but the session will still be charged.

Please Sign Release Form and bring to your first appointment.

Thank you,

Ash Sroka, STRP, The Listening Tank

Client Name _____

Email _____

Phone _____

I have received, read and agree to this CA Disclosure Form

Client Signature _____

Date _____