

# SOLEIL HEPNER, C-IAYT

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## SUMMARY

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An Internationally recognized Mindbody Leader specializing in, masters-level training, workshop facilitation, curriculum design, program development, community building with a DEI emphasis, business coaching, and Mindbody Somatic therapy. Over three decades of dynamic experience combining ancient Eastern therapies, contemporary Western psychology, and community social development, fosters the capacity to excel on all levels of the Bio-Psycho-Social continuum. These 3 pillars as Somatic Therapist, Faculty Trainer, and Program Developer inform the skills, practice, and commitment to promote consciousness, health, and resilience for active change agents including, therapists, supervisors and their organizations.

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## EXPERIENCE

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### Conferences & Retreats: Speaker / Key Note / Educator

#### U.S., 2007 - Present

- Topics: Somatic Therapy, Stress Management, Compassion Fatigue, Embodied Mindfulness, Trauma, Recovery
- Designed, promoted, and stocked vital Corporate “Wellness Rooms” with materials, resources and teachers.
- Created and led highly rated breakout sessions with an energetic mix of experiential and didactic psychoeducation built for a broad variety of participants and industries.

### International Trainer & Program Director for:

#### The Accredited Phoenix Rising School of Yoga Therapy - U.S. and Canada, 2006 – 2021

#### + Supervisor @ Loyola Marymount University, Accredited Yoga Therapy Masters Program 2023 - Present

- Senior Faculty Trainer 2005 – 2021 (currently Faculty Emeritus)
  - Trained thousands of therapists in the Phoenix Rising Method™, a therapeutic Mindbody technique used by thousands of licensed and non-licensed professionals around the world.
- Program Director 2014 - 2021
  - Designed curriculum, developed materials, selected resources, and built system processes for every Level of training - Level 1 (4 days), Level 2 (5 days), Level 3 (9 months, Practicum Certification)
  - Developed and implemented an industry-leading Mentor Team Track and Business Planning Course
  - Co-created a Continuing Education program, “*Bring the Body to Therapy*”, for licensed therapists in CA
- Demonstrated strategic visioning, project management, social diversity (DEI) and comprehensive programming skills in an entrepreneurial environment.
- Provided 1:1 supervision and coaching to over 400 licensed/certified mental health professionals and students.

### Group Facilitator – Confidential Recovery, Helix Treatment Centers, Akua Recovery

#### Seattle and San Diego, 2004 - Present

- Facilitated Stress Management / Trauma Informed / Inclusive transformational programs
- Runs Mindbody programs at Recovery and Mental Health facilities with an emphasis on underlying trauma

### Body Mind Therapy - Private Practice

#### Seattle and San Diego, 2002 - Present

- Facilitate trauma effective somatic therapy specializing in Stress, Trauma, Pain, Recovery, Depression, Anxiety.
- Effectively aiding a wide range of clients (individual and couples) in all stages of life.

## **SPEAKER TOPICS AND OTHER ENGAGEMENTS (CV)**

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2023: Loyola Marymount University – Accredited Yoga Therapy program – Supervisor (Los Angeles)  
2023: The Somatic Session for Therapists through Cascadia Training (Seattle) & Pain Trauma Institute (San Diego)  
2021: *Trauma Effective Embodied Dialog for Touch*, Private Therapist Groups, San Diego  
2018 & 2019: *Healing Trauma through the Body*, Alliant University, Masters MFT Program, San Diego  
2015 & 2017 & 2019: *The Business of Yoga Therapy*. International Association of Yoga Therapists. Annual conferences  
2017: *Reactivity to Reconnection: Navigating your Inner Experience*. Aurora Behavioral. San Diego  
2017: *Embodied Mindfulness Practices*. Partners in Treatment Family Systems Conference. San Diego  
2016: *Self-Care for Compassion Fatigue*. CAMFT. San Diego  
2015: *Creating a Successful Private Practice*. Alliant University – CFT Professional Panel. San Diego  
2015: *Embodied Mindfulness in Treatment*. Aurora Behavioral. San Diego  
2015: *Embodied Mindfulness in Treatment*. Women’s Assoc of Alcohol Treatment (WAAT). Palm Desert  
2014: *Yoga (Therapy) & Emotions*. CAMFT. San Diego  
2014: *Touch in Treatment*. Sex Therapy & Education Medicine (STEM). San Diego  
2013: *The Art of Integrating Unconscious Conflict*. Aurora Behavioral and WAAT. San Diego  
2012: *Self-Care & Work-Life Balance*. Washington Health Care Association (WHCA). Online.  
2011: *The Me Factor: Self Care for those who Take Care of Others*. **Key Note** NW Doula Conference. Seattle.  
2009 – 2011: Presenter and Moderator. Virtual World Yoga Conference. Online.  
2009 – 2011: *Work-Life Balance + Wellness Rooms*. American Health Care Association Annual Conferences. Long Beach.  
2008: *Building your Ideal Private Practice: Marketing & Technology*. Phoenix Rising Annual Conference. Chicago.

## **EDUCATION, CERTIFICATIONS, PROFESSIONAL DEVELOPMENT SINCE 2002**

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INTERNATIONAL ASSOCIATION of YOGA THERAPISTS, C-IAYT

**Highest Certification in the Yoga Therapy Profession, 2016**

PHOENIX RISING SCHOOL of YOGA THERAPY, PRYT, Great Barrington, MA

**Advance Certified, Yoga Therapist (2002), Group Facilitator (2004), Couples Therapy (2008), Coach (2009)**

LEADERSHIP INSTITUTE of SEATTLE (LIOS), Corporate Program

**Organizational Systems Corporate Leader, 1995**

### **TRAININGS 2002 – 2019**

Polyvagal Theory, Trauma-Sensitive therapy, Social Justice & Inclusivity, Internal Family Systems, Anatomy & Physiology, Yoga Philosophy, Transformational Philosophy, Mindfulness, Yoga for Recovery and many more...

## **ADDITIONAL CORPORATE TECHNOLOGY INDUSTRY EXPERIENCE AND EDUCATION 1983 - 2001**

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Titles: Project Manager, Program Manager, Business Systems Analyst, Information Consultant, Manager of Data Administration, Corporate Facilitator, Programmer

COMPUTER LEARNING CENTER, San Francisco, Certified Programmer, 1984

LEADERSHIP INSTITUTE OF SEATTLE (LIOS), 1 year Masters Corporate program for Organizational Development, 1995

UCLA and WAYNE STATE UNIVERSITY, Detroit, BA, 1983