

CURRICULUM VITAE

Adonata Pyaga, MS

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HIGHLIGHTS

- * Outstanding awareness of spirit-body-environment continuum
- * Multicultural and minorities expertise
- * Ability to integrate opposites into a balanced, functioning system
- * Skilled in generating new visions, ideas and practical solutions
- * Dynamic communicator; in English, Portuguese, German and Spanish
- * 25 years experience as a holistic body-mind therapist
- * Ecological living consultant

EXPERIENCE

Ecological Living Designer. Clinton, AR, GrassValley, CA, Nevada City, CA, Swans Island, ME,
2008- to date

Designed and constructed four unique off-grid homes and furnishings.

Change Consultant. New York City, NY, 2000-2007

Assisting Companies, Nations and individuals in Problem Solving, Paradigm Shifts and Functional Systems

- Developed own methodology of treatment and betterment of physical, mental, emotional and spiritual conditions, The Re-Source Method.
- Synthesized 30 years of various meditation practices into The Re-Source Process.
- Consulted for OM Yoga, Inc in areas of strategic planning, financial planning, budgeting, marketing, customer service, human resources, and daily operations
- Designed training programs in areas of Customer Service, Leadership, Strategic Planning: Serve To Win, Lead To Win, Organize To Win; Problem Solving Sessions for senior leaders: CEO

One-On-One; Corporate Retreats: Stress-Free Executives; Global Stewardship Programs across industry sectors: Think-Tank Roundtable.

- Designed a program for the state of Rio de Janeiro, Brazil, to transform local slums into economically self-sufficient neighborhoods utilizing their own internal resources
- Designed a plan to resolve the psychological trauma of four hundred thousand East Timor's citizens, or half of their population, within one year, utilizing only local resources

Psychotherapist. Happiness Solutions, Inc. West Palm Beach, FL, 1995-2004.

Private practice in clinical psychotherapy and hypnotherapy, specializing in stress management and trauma resolution.

- *Areas of expertise:* self-esteem, substance addictions, codependency, recovery, abuse/trauma, anxiety, depression, obsessive compulsive disorders, dissociation, communication, stress management, multicultural integration, relaxation and meditation skills.
- *Processes Used:* Hypnotherapy to access transformative trance states and aid conscious ego integration. Non-Verbal, Movement, Ceremonial and Breath Therapies to access subconscious mind. Rapid Eye Movement Therapies (EMDR and RET) to resolve catastrophic trauma. Jungian Psychology, Psychosynthesis, and Meditation to access transpersonal states. Inner Child Work, Parts Work and Shamanic Processes to integrate all parts of the Self. Aromatherapy and Homeopathy to support mental balance and physical health. Psychosomatic Awareness, Body-Mind and Body-Mind-Environment Awareness. Relaxation, Stress Management, Yoga, Meditation, Visualization, Breathing & Self-Soothing Skills Training.
- *Populations Worked With:* extreme low and high socio-economic levels, dually-diagnosed (mentally ill and substance abuser), foreign cultures, non-denominational religious groups, executives, business leaders
- *Companies/Groups Consulted For:* Motorola, Emerald Staffing, Comprehensive Alcoholic Rehabilitation Programs (CARP), Unity Church of the Palm Beaches, Martha's House, Wellness Resource Center.

Natural Health Therapist. Body Mind Healing. Stuart, FL, 1989-1994.

Private holistic clinic.

- Natural health consultant, Jin Shin Jyutsu® instructor and practitioner, Massage and Allied Modalities instructor and practitioner, Synergetics, Yoga and Creative Movement Instructor.
- *Companies/Groups Consulted For:* Health Awareness Center, Institute For Transformative Medicine, Skin Care Clinic, Alpha School of Massage.

OTHER PUBLIC LECTURES

Hypnotherapy for Healing.

Transe-n-Dental Association, Fort Lauderdale, FL Apr 99.
Barnes and Noble Bookseller, Boynton Beach, FL, Apr 98.
Tranzedentale Meditation Zentrum, Bochum, Germany, Nov 97.
Transcendental Meditation Center, West Palm Beach, FL, Jun 97.
Tranzedentale Meditation Zentrum, Bochum, Germany, May 97.
Palm Beach Center for Living, North Palm Beach, FL, Oct 96.
Ballen Isles, Palm Beach Gardens, FL, Apr 95.

Jin Shin Jyutsu. Body Mind Healing.

University of Sarasota, Sarasota, FL, Feb 2000.
Associacao de Massagem Oriental, Campinas, Sao Paulo, Brazil, 1994.
Body Mind Healing. Ongoing workshops in CO and FL since May 1988.

PUBLICATIONS

Inner Peace Magazine. Jin Shin Jyutsu. An Ancient Art Revisited. (Article)

One Heart Publications. Serenity Through Nature; How To Choose Your Therapist. (Articles)

Gathering Strength from the Great Within. Two Guided Meditations for relaxation, grounding and raising energy. (CD)

Recovering Your Boundaries. Cutting the Cord. Two guided visualizations for dealing with difficult relationships, codependency and borderline issues. (CD)

EDUCATION

Master of Science in Mental Health Counseling:

Nova Southeastern University, Ft. Lauderdale, FL, September 1992 to December 1994.
Broad psychological approaches covered and practiced, both for individuals and family systems; basic research skills and statistics learned, six month practicum in the field. G.P.A. 3.9.

Bachelor of Arts in Psychology of Health and Healing:

Naropa University, Boulder, CO. September 1986 to June 1988.
A contemplative education school based on Buddhist principles encompassing the study of

Homeopathy, Western Energy Medicine, Tibetan Medicine, Chinese Medicine, Movement Therapy, Hakomi, Lomie, Bioenergetics, Feldenkrais, Anthroposophy, Eurythmy, Anthropology, Eastern, Western, Buddhist and Jungian Psychology. G.P.A. 3.7.

Maharishi University of Management, Fairfield, IA, August 1984 to June 1986.

Focus on Electrical Engineering and Behavioral Psychology along with the study of the Science of Creative Intelligence and the Practice of Transcendental Meditation. G.P.A. 3.8.

High School:

Colegio Notre Dame de Campinas. Campinas, Sao Paulo, Brazil. November 1983.

Excelled in Exact Sciences and Sports. G.P.A. 3.8.

SPECIALTY TRAININGS

Access Consciousness Bars™ Training. Electromagnetic discharge of stored thoughts, feelings and limitations with 32 points on head. Tulsa, OK, Groton, CT, Simsbury, CT, Nov 2011– Oct 2012.

Permaculture Design Certification. Environmental sustainable design. Sierra Permaculture Guild, Penn Valley, CA, April 2010.

Contact Reflex Analysis (CRA). Kinesiological muscle testing of reflex points for mental, structural and nutritional balance. New York, New York, Mar 2010.

Sustainable Living Project. Utilizing natural local resources, constructed a 500 sq.ft. tipi, rainwater catchment, solar energy, recyclable waste, Anastasia-based organic agriculture living environment. Clinton, AR, 2008–2009.

Emotional Freedom Therapy (EFT). Energetic correction of unhealthy life and body patterns via body tapping at specialized locations. Clinton, Arkansas, May 2005.

Ko Bi Do. Japanese Facial Massage for health and beauty. West Palm Beach, FL, Dec 2002.

Rapid Eye Technology (RET). Resolution of early life and body patterns via specialized eye blinking and body tapping. Rapid Eye Institute, Salem, OR, August 2001.

Certified Personal Trainer. International Sports and Fitness Trainers Association. Fort Meyers, FL, June 2001.

Peace & Conflict Resolution Studies. United Nations Peacekeeper Training, International Law, and Independent Study with Nobel Peace Laureate Betty Williams. Florida Atlantic University, Boca Raton, FL, January– May 2000.

Eye Movement Desensitization and Reprocessing (EMDR), Levels 1 & 2. Resolution of Post-Traumatic Stress Disorder (PTSD) and Dissociative Disorders symptoms due to catastrophic loss and trauma. Melbourne, FL, May 1998; Baltimore, MD, July 1998; New York, NY, April 1999.

Applied Kinesiology of Dr. John Diamond. Muscle testing for nutritional, structural and emotional harmony. West Palm Beach, FL, June 1995.

Accelerated Hypnotherapy Certification for Heart-Centered Hypnotherapy. The Wellness Institute, Ft. Lauderdale, FL, March 1995. Neuro-Linguistic Programming (NLP), Ericksonian Hypnosis and Inner Child Rescripting.

Lymphatic Drainage Massage. Specialized massage for the lymph system aiding removal of toxins. Stuart, FL, April 1993.

Synergetics Instructor. Isometric exercises in motion for face and body muscle development. Stuart, FL, September 1992.

Massage Therapy Certification. Florida License # 0013428. Swedish, Neuromuscular, Sports Massage and Allied Modalities; Anatomy and Physiology. Seminar Network International, Lake Worth, FL, September 1991 to March 1992.

Centropic Integration, Rebirthing Breathwork, Body Electronics, and Inner Child Integration Techniques. Atlanta, GA, September 1991 to April 1992.

Native American Indian & Shamanic Practices. Use of Nature, Medicine Wheel, Sweat Lodge, Animal Power, Soul Retrieval. Stuart, FL, 1991–1993.

Bach Flower Remedies. Homeopathic Medicine for mental-emotional balance. Davie, FL, January 1990.

Jin Shin Jyutsu® Certification. Natural Japanese art of healing via pulse listening and holding energy points on clothed body. Boulder, CO; Santa Fe, NM; Santa Rosa, CA; Tampa, FL, Nov 1987–Dec 1994.

Reiki, The Usui System of Natural Healing. Laying on of hands. Evergreen, CO, September 1988.

Hatha Yoga. Stretching exercises with asanas and pranayama. Associação de Hatha Yoga de Campinas, Sao Paulo, Brazil, 1982.

The Silva Mind Control Method. Positive Mental Control and Programming Techniques. Campinas, Sao Paulo, Brazil, June 1980.

Transcendental Meditation, Instruction in the contemplative art of meditation and introspection. Campinas, Sao Paulo, Brazil, September 1974.