

SOPHIA SMITH - CURRICULUM VITAE

Professional memberships:

Association of Reflexologists
Association For Prenatal And Perinatal Psychology And Health (APPPAH)
Complementary & Natural Healthcare Council (CNHC)
Doula UK and Birthbliss Academy
National Federation of Spiritual Healers (The Healing Trust)

Trainings:

- **Doula UK** Mentoring completed leading to Recognised Doula status 2017
- **Birthbliss Academy** Aspiring Doula training course 2016
- **Paramana Doula** Training with Dr Michel Odent and Liliana Lammers 2007
- **School of Channelling** Training with Annie Wilson 2001-03
- **Soul to Sole Reflexology** Maternity Reflexology certificate with Susanne Enzer 2000-04
- **Institute of Oligotherapy** Oligotherapy certificate with Colleen O'Flaherty 2000
- **South Kent College** Advanced reflexology programme with Sarajane Holland leading to full accreditation with the Association of Reflexologists 1998
- **Tisserand Aromatherapy Institute** Holistic Aromatherapy diploma with Robert Tisserand with Dr Christine Page for Clinical Studies 1989-92
- **Gerda Boyesen Institute** Two-year training in Biodynamic Massage with Gerda Boyesen and Mary Molloy 1986-7
- **Self Transformation Centre** In-house teacher training in stress management, meditation, self help skills with Gita and Walter Bellin, and counselling skills including the Focusing method with Helena Cornelius 1984-6

Main continuing professional development reflexology studies:

- Gunnel Berry Adapted Reflextherapy in Spinal Pain 2011
- Karin Mittiga Children Reflexology 2005
- Gunnel Berry Adapted Reflextherapy in Spinal Pain 2004
- Andrew Sceats Hopi Ear Candles 2003
- Susanne Enzer The Foot of the Rainbow, Colour/Light Reflexology 2002
- Gaston Saint-Pierre Metamorphic Technique 2002
- Beryl Crane Hand Reflexology 1999

Embryology, pregnancy, birth and postnatal studies:

- **The Journey of the Soul between Death and Rebirth,**
Two lectures, *Pearl Goodwin*, Emerson College 2015-16

- **Speech of the Embryo**
Three-day seminar, *Dr Jaap van der Wal*, Craniosacral Therapy Educational Trust 2014
- **From Womb to World**
Two-day workshop, *Anna Verwaal*, Birthbliss Academy 2014
- **Phenogenesis: A Foundation to Embryology**
Four-day postgraduate seminar, *Elissa Dell and Melanie Langer*, Crista Galli Clinic 2013
- **Undisturbed Birth**
Study day, *Dr Sarah Buckley*, Active Birth Centre 2013
- **Seven Secrets of Birth**
Three-day seminar, *Janet Balaskas and Dominique Sakoilsky*, Active Birth Centre 2012
- **Infant Massage Instructor**
Four day training, *Sylvie Héту*, certificate of attendance, Rudolf Steiner House 2012
- **The Oxytocin Factor**
Study day, *Kerstin Uvnäs Moberg*, Birthbliss Academy 2012
- **Education Begins Before Birth**
Lecture series, 'Introduction to Michaël Aivanhov's vision', *Laura Uplinger* 2004

Additional trainings

- **Spiritual Healing**, National Federation of Spiritual Healers, The Healing Trust Training Course Parts 1-4, *Katrina Brook* (with *Patrick Walter in Part 4*) 2008-11
- **Nine Star Ki Astrology**, ten coaching sessions, *David Nassim*, holistic acupuncturist 2006-08

Lecturing and facilitating workshops

- **Cultivating the Art of Presence: Uncover the qualities of your 'Life force body' with Nine Star Ki wisdom**, facilitated with *Kicki Hansard*, Birthbliss Academy, Watford 2019
- **The Journey of the Incoming Soul in Connection with Embryology**, three-day workshop in collaboration with *Elissa Dell*, Crista Galli Clinic, London 2016, 2017, 2019

- **Prenatal Life and Birth Matter**, Rudolf Steiner House, London 2013
- **The Mystery of Life Before Birth**, Rudolf Steiner House, London 2011
- **The Secret Spirit of the Unborn Child**, in collaboration with Dr Sue Peat, Rudolf Steiner House, London 2010
- **Fertility and Maternity Reflexology: The Earthing of the Incoming Soul and the Preparation of the Mother**, 13th International Congress, The Association for Prenatal and Perinatal Psychology and Health (APPPAH), Los Angeles 2007

Conferences:

- **Birthlight Conference**, London, 2012
Attended seminars with psychotherapist *Robin Grille*
- **13th International Congress, The Association for Prenatal and Perinatal Psychology and health (APPPAH)**, Los Angeles, on the theme ‘**Birth and the Human Family: Embracing the Power of Prenatal Life**’, 21-26 February 2007
Attended seminars with *Dr Michel Odent, Françoise Barbira Freedman, Myriam Szejer and Marcy Axness*
- **Birthlight Conference**, Cambridge, 2006
Attended seminar with midwife *Ina May Gaskin*

Education:

Lycée Pasteur - São Paulo, Brazil

Baccalauréat in Natural Sciences (French speaking)

University of Ouro Preto - Minas Gerais, Brazil

Five-year BSc Hons degree in geological engineering, awarded Djalma Guimarães medal (Portuguese speaking)