

EMILY O'BARR, MA, LMBT, ACC

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WORK EXPERIENCE

2019 – CURRENT

PERSONAL DEVELOPMENT & SOMATIC COACH, SELF-EMPLOYED, CHAPEL HILL, NC

2011 – CURRENT

MASSAGE AND BODYWORK THERAPIST, SELF-EMPLOYED, CHAPEL HILL, NC

2012 – 2014

INSTRUCTOR, THE BODY THERAPY INSTITUTE, SILK HOPE, NC

2004 – 2011

PERSONAL HISTORIAN AND OWNER, LIFESONG STUDIOS LLC, DURHAM, NC

2002 – 2004

WEBSITE MANAGER, CENTER FOR INTERNATIONAL EDUCATION, CHAPEL HILL, NC

2001 – 2002

COMMUNICATION SPECIALIST, CONNECTIVE CORP, DURHAM, NC

1999 – 2001

HEALTH EDUCATION PROGRAM COORDINATOR, UNIVERSITY OF NORTH CAROLINA AT CHAPEL HILL STUDENT HEALTH SERVICES, CHAPEL HILL, NC

1997 – 1998

HEALTH EDUCATOR, UNIVERSITY OF NORTH CAROLINA AT CHAPEL HILL STUDENT HEALTH SERVICES, CHAPEL HILL, NC

DEGREE PROGRAMS

MARCH - OCTOBER 2011

MASSAGE THERAPY DEGREE, THE BODY THERAPY INSTITUTE, SILK HOPE, NC

SEPTEMBER 2002 - JANUARY 2005

MA, LIBERAL STUDIES, DUKE UNIVERSITY, DURHAM, NC

Thesis on Women and Job Change Experiences after conducting in depth personal interviews with ten women.

SEPTEMBER 1993 - MAY 1997

BA, STUDIO ART AND RELIGION, OBERLIN COLLEGE, OBERLIN, OH

CERTIFICATIONS AND ASSOCIATIONS

- NORTH CAROLINA MASSAGE AND BODYWORK THERAPIST (NC LMBT) #11766, 2011-PRESENT
- MEMBER OF ASSOCIATION OF MASSAGE AND BODYWORK THERAPISTS, 2011-PRESENT
- International Coaching Federation, ACC Level, 2020
- Certified Hakomi Practitioner (CHP), 2022
- Somatic Experiencing Partitioner (SEP), 2023

BODYWORK, SOMATIC AND COACHING CONTINING EDUCATION

- Holotropic Breathwork with Bob Brame, 2012 (10 CE Hours)
- Hot Stone Massage with John McKelvey, 2012 (14 CE Hours)
- Medical Massage Certification Program: Ralph Stevens, 2012 (63 CE Hours)
- Ethical Implications in the Classroom with Carey Smith, 2013 (3 CE Hours)
- Spirit of Learning: A Teacher Certification Program for Massage, Somatic and Healthcare Educators with Carey Smith, 2012-13 (100 CE Hours)
- Somatic Educational Leadership: Developing Mastery for Classroom and Beyond with Carey Smith, 2013 (42 CE Hours)
- Lymph Massage: Protocol for Detoxification and Minor Pathologies with Juul Brun, 2014 (21 CE Hours)
- Ethics: Cultivating a Mindful Practice with Tracy Moon and Sharron Nash, 2015 (3 CE hours)
- Craniosacral Therapy: Heart to Heart with Michael Shea, 2016 (21 CE Hours)
- Easing the Breath: Facial Techniques for the Ribs, Shoulders and Neck with Tom Myers, 2016 (21 CE Hours)
- Introduction to Hakomi Therapy: Mindfulness, Loving Presence and Embodiment with Julia Corley, 2016 (14 CE Hours)
- Somatic Educational Leadership III with Carey Smith, 2016 (14 Contact Hours)
- Bodywork for Depression and Anxiety with Tracey Moon & Sharron Nash, July 2018 (21 CE Hours)
- Duke Center for Integrative Medicine “Mastering the Mind-Body Tool Kit: Learning to Lead Others in Mind-Body Practices for Stress Management and Resiliency,” June 2018
- Presence-Based Coaching I: Becoming a Development Partner, Spring 2019
- Presence-Based Coaching II: Evoking Self Generation, Spring 2019
- Reconnect for Resilience, Resiliency Educator Training, May 2019
- Comprehensive Training in Hakomi Mindful Somatic Psychotherapy in Durham, NC (300 hour training Fall 2019 – Spring 2021)

- The Power of Embodied Transformation, April- August 2021, Coaches Rising and The Strozzi Institute (28.5 ICF CCEU)
- Meet the Shadow, Raleigh ICF Continuing Ed Course Based on work of Debbie Ford, (9 ICF CCEU)
- The Neuroscience of Change, September 2020-January 2121, Coaches Rising, (24 ICF CCEU)
- Visceral Manipulation, Barrall Institute, November 2022, (24 CE Hours)
- 3-Year Somatic Experiencing Certification Program, (306 Hour Training), NYC Cohort, 2020-2023
- CranioSacral 1 (CSI) Upledger Institute, (24 CE Hours) 2023