

Janet F. Evergreen, MA

115 Riverbluff Circle, Charlottesville, Va 22902
Phone: (434) 293-2737 Email: janet@janetevegreen.com
Website: janetevegreen.com

Professional Summary

Body centered private practice since 1985. Offering Osteopathic manual treatments such as Craniosacral Therapy, Visceral Manipulation, Orthobionomy and Zero Balancing.

Teaches Bodywork, Touch Skills for Trauma, Zapchen, Pre and Perinatal Therapy, Meditation, techniques for Well Being, increased creativity and resilience.

NCBTMB Approved Provider 2005 - current

HIPP Help Increase the Peace Program 2003 - current
Trainer and Youth Program Director

Spiritual Director for the school INEPE in Quito, Ecuador 2010 - current

Education

Virginia School of Massage Graduate 1990
Charlottesville, VA

BA/BS in Holistic Counseling 1992
Specialty in early childhood bonding/attachment
Lesley College, Boston, MA

MA in Conflict Transformation and Trauma Healing 1998
Eastern Mennonite University
Harrisonburg, VA

Professional Qualifications

Mentorship with Dr. Tom Shaver, DO, Dr. Albert Tabacman, DO 1976 -1985
Trained to care for the mind/body needs of children with attachment and special needs.

West Virginia School of Osteopathic Medicine
Lewisburg, WV

Emergency Foster Home Parent 1976-1985
Martinsburg, WV and Alderson, WV

Founder of W.V. Homeschool Association 1976-1985
Alderson, WV

Spiritual Processing Union of Mind, Body and Spirit Teacher 1982-1985
Sharon Laurie RN, Doula
Santa Fe, NM

Sunray Meditation Society 1987-2002
Peacekeeper Mission Teacher Training, Cherokee Healing and Buddhist Sangha
Ven. Dhyani Ywahoo
Bristol, VT

Barbara Brennan School of Healing 1989
Madison, VA

Advanced Craniosacral Therapy, Advanced Visceral Manipulation,
Advanced Somato Emotional Release, and Teaching Assistant 1988 - 2000
The Upledger Institute
Palm Beach, Florida

NCBTMB Nationally Certified in Therapeutic Massage and Bodywork 1993

Hospice Volunteer with Hospice of the Piedmont 1994
Charlottesville, VA

Virginia Mediator, The Mediation Center 1995
Charlottesville, VA

Advanced Mediation Training, Appreciative Inquiry - 1998-2000
NTL Institute, Louise Diamond, PhD
Washington, DC and Bethel, ME

Zapchen International Somatic Education and Teacher Training 1997- Current
Julie Henderson, PhD
Napa, CA.

Orthobionomy with Terri Lee 2003 - 2005
Virginia Beach, VA

DNMS Institute; Development Needs Meeting Strategy 2005-2006
Shirley Jean Schmidt
Chapel Hill, NC

NCTMB Approved Provider 2005 - Current
Nationally Certified Approved Provider of Continuing Education for
Massage Therapists, Provider # 450008-06

Touch Skills for Trauma 2011 - 2012
Kathy Kaine M.Ed, Somatic Experiencing (SE), Zapchen and Orthobionomy
Silver Springs, MD

Pre and Perinatal Therapy Professional Training 2009-2016
Working with children and adults
Myrna Martin, Health Wave Institute
Boulder, CO and Charlottesville, VA

Tibetan Meditation Center 2002-current
Khenchen Konchog Gyaltsen
Frederick, MD

Interests

Supporting people of all ages, especially infants and children.

Celebrating Rites of Passage.

New Brain research; the interface of healing trauma in Psychology and
Bodywork therapies, including the importance of early developmental learning
for resiliency and creativity.

Forming community circles of support for healing complex or chronic issues and
working together as a team; practitioners, clients, family and caregivers.

Buddhist Meditation practice and retreats to develop mindfulness, self-
regulation, healing and Spiritual Community.