

Satya S Sardonicus, DC, CACCP

Curriculum Vitae

DR. SATYA SARDONICUS, DC, CACCP is a strategic healing consultant and coach, professional speaker, and the founder of Resilience Artist in Portland, Oregon where she specializes in “unsolvable” complex cases involving sensory processing distortion, chronic stress, and unresolved trauma. Dr. Sardonicus also serves as an adjunct professor and clinical supervisor for Palmer College of Chiropractic and University of Western States, and as a guest lecturer for courses in Pediatrics and Clinical Neurology at University of Western States.

Dr. Sardonicus brings a unique perspective of the healing process; her deeply personal experience with trauma and chronic illness inspired her to innovate treatment strategies and programs that accelerate healing by activating the body’s internal self-healing mechanisms. Her multidisciplinary framework for facilitating therapeutic change has been referred to as a “unified field theory for all healing modalities” to provide sustainable, transformative, trauma-informed care that is easier and more effective for both the provider and patient.

A second-generation chiropractor in a family full of holistic providers, Dr. Sardonicus is actively informed by a passion for neuroscience, biotensegrity + fascia, dance therapy, holistic nutrition, and a vitalistic philosophy. She is the creator of Fascial Flow Method™, a groundbreaking body-based approach to unwind old trauma and tension patterns and become more resilient to physical, mental, and emotional stressors.

Above all, Dr. Sardonicus is an innovative thinker, healer, and champion of human potential.

EDUCATION

Academy of Family Practice Council on Pediatrics | 2014

Certification by the Academy Council of Chiropractic Pediatrics (CACCP)

Reiki Levels 1 & 2 | 2002

Carol Wallace, Reiki Master

Life Chiropractic College West | 2010

Doctorate of Chiropractic

Raw Foods Chef & Instructor | 2003

Living Light Culinary Arts Institute

University of Massachusetts: Amherst | 2007

Bachelors of Science: Psychoneuroimmunology

PRIVATE CLINICAL PRACTICE

Center for Hope and Healing | 2010-11

Chagrin Falls OH (functional medicine clinic)

Inspira Center for Foundational Health (founder) | 2012-14

Dover NH (multidisciplinary women’s + children’s health ctr)

Insight Learning & Wellness Center | 2011-11

Cleveland OH (specializing in neurosensory integration)

Little Adjustments | 2014-2018

Portland OR (prenatal, pediatric, and family care)

Chrysalis Studio PDX | 2018-2020

Portland OR (therapeutic movement studio + clinic)

ADVANCED TECHNICAL EDUCATION

International Chiropractic Pediatric Association: Pediatric Certification

International Chiropractic Pediatric Association: Webster Certification

Applied Kinesiology

Sacro-Occipital Technique

CranioSacral Therapy

Neuro-Emotional Technique

Structural Integration

NeuroSensory Integration

HIO Toggle

Reiki

ACADEMIC POSITIONS

Adjunct Faculty | Guest Lecturer in Pediatrics + Clinical Neurology | Preceptorship Advisor.

University of Western States. Portland, Oregon. 2014-present.

Teaching Assistant: Biochemistry + Clinical Nutrition (Dale Johnson PhD).

Life Chiropractic College West. Hayward, California. 2008-2010.

Elementary Enrichment Science Teacher.

Mad Science of Western New England. Northampton, Massachusetts. 2006-2007.

Research Lead | Department of Animal Sciences.

University of New Hampshire. 2005-2006.

Chef Teacher Training Instructor | Clinical Nutrition.

Living Light Culinary Arts Institute. Fort Bragg, California. 2002.

Functional Movement Instructor.

Dance, Art + Soul. Wolfeboro, New Hampshire. 1999-2001.

PROFESSIONAL MEMBERSHIPS + AFFILIATIONS

Holistic Pediatric Alliance | 2009-present

International Chiropractic Pediatrics Association | 2005-present

New Hampshire State Chiropractic Society

Vice President | 2012-2014, current consultant to Executive Board

International Chiropractors Association

Public Policy Intern to Executive Director | 2004-2005

PROFESSIONAL PUBLICATIONS

Interaction between muscles and fascia in the mystacial pad of whisking rodents | The role of fascia in muscular effort translation. Research directed and performed in conjunction with the Department of Neurobiology, Weizmann Science Institute. J Anatomical Record. May 2020.

Reduction of headache frequency in adult women when addressing the Dural Fascial Kinetic Chain (DFKC). Canadian Journal of Pain. April 2019.

Changes in respiratory excursion and standard quality of life measures following physical training focused on proprioception and fluid fascial movement. Brain, Body, Cognition. Vol 9, No 1. 2019.

Building Resilience in a Fight-or-Flight World. Pathways to Family Wellness. Issue 58. June 2018.

On Connection. Pathways to Family Wellness. Issue 45. March 2015.

PROFESSIONAL SPEAKING

How to Use Simple Body-Based Brain-Hacking Strategies to Overcome Chronic Stress and Boost Productivity. Superwoman Summit. Portland, OR. 2019.

Clinical research presentation: Fascial Flow Method™ as an effective modulator of chronic stress and breathing capacity. International Conference on Movement and Cognition. Tel Aviv University, Israel. 2019.

Fascia, Proprioception, and Chronic Stress.
Weizmann Science Institute, Brain Research Department. Rehovot, Israel. 2019.

Changes in Spine + Pelvic Mechanics During Pregnancy and the Impact on Labor and Delivery.
Oregon Midwifery Council Annual Conference. Portland, OR. 2019.

The Neuroscience of Chronic Stress + Resilience.
Transcending Trauma Conference. Canby, OR. 2019.

The Neuroscience of Trauma, Fascia, and Resilience.
Women in Chiropractic Annual Congress. Orlando, FL. 2018.

Chronic Stress and Chiropractic Care: Updating Advances for Better Outcomes.
Life Chiropractic College West Continuing Education. Hayward, CA. 2018.

Healer Heal Thyself: Strategies for Long-Lasting Resilience.
Pathways to Family Wellness Summit. Washington, DC. 2018.

Women in Chiropractic Panel.
University of Western States. Portland, Oregon. 2017.

Resonant Analysis + Clinical Synthesis.
Biotensegrity Global. Portland, Oregon. 2017.

Chronic Stress and the Science of Subluxations.
Portland Alliance of Movement + Manual Therapists. Portland, Oregon. 2017.

PROFESSIONAL SPEAKING, cont'd

Applications of Applied Kinesiology in a Pediatric Practice.
University of Western States. Portland, Oregon 2017.

Integrative Biotensegrity Levels I-III.
Vitality Group. Melbourne, Australia. 2016.

Dynamic Growth Congress. Brisbane, Australia. 2016.
The Evolution of Chiropractic Care.
Exam Procedures for Clinical Certainty.

NeuroSensory Integration Challenges + Chiropractic.
University of Western States. Portland, Oregon. 2016.

Integrative Biotensegrity Level I.
Australian Spinal Research Foundation. Perth, Australia. 2015.

Resonant Structural + Tonal Palpation. 2015.
Movelt Murdoch School of Chiropractic Association. Perth, Australia.

Dynamic Growth Experience WA. Perth, Australia. 2015.
multiple sessions: Biotensegrity Illuminated | Headache or Brain Herniation? | Exam Procedures for Clinical Certainty.

Integrative Biotensegrity: A Revolutionary Framework to Amplify Patient Success.
Inspira Center for Foundational Health. Dover, New Hampshire. 2015.

Cranial, Dural, and Fascial Considerations to Optimize CNS Function.
Biotensegrity Global. Portland, Oregon. 2015.

Diagnosis + Management of Brain Herniation: The Cutting Edge of Clinical Excellence.
The Source Chiropractic. Oakland, California. 2015.

Cross-Crawl Pattern Imbalances + Chiropractic.
University of Western States. Portland, Oregon. 2015.

Diagnosis + Management of Cerebellar Tonsillar Ectopia.
New Hampshire State Chiropractic Society. Madbury, New Hampshire. 2015.

Chiropractic Care + Breastfeeding.
La Leche League New England Parenting Conference. Portsmouth, NH. 2013.

Honoring All Children as Sensory Motor Learners.
Little Tree Education. Dover, New Hampshire. 2012.

Healthy Pregnancy, Healthy Baby.
About Birth Choices. Bainbridge, Ohio. 2011.

SPEAKING TOPICS

NeuroFascial Integration: The Elegant Science of Trauma, Chronic Stress, and Resilience (Optimizing Therapeutic Change for Consistently Powerful Outcomes)

How to Overcome Chronic Stress, Free Your Body From Stored Tension, and Boost Productivity ... in Less Than 8 Minutes a Day

Diagnosis + Management of Cerebellar Tonsillar Ectopia | Headache or Brain Herniation? The Common Dx You're Missing

Resonant Chiropractic Analysis: Finding Primary Patterns of Interference

Honoring All Children As Sensory Motor Learners

Communication for a Thriving Practice: Patients, Parents, and Other Providers

PROFESSIONAL AWARDS

2014 NHSCS: "for outstanding service and dedication to the principle and practice of chiropractic"

PROFESSIONAL LICENSES

Oregon (5555; active)

Montana (inactive)

New Hampshire (886; active)

Ohio (inactive)