



NOT BORING CE'S
CONTINUING EDUCATION
FOR THERAPISTS

Cea Rubin

Cea (pronounced like "seeya soon") Rubin has been sharing body-centered therapies for over a decade. As a clinical social worker and somatic psychotherapist, licensed massage & bodywork therapist, CranioSacral Therapy practitioner, and yoga teacher specializing in yoga for trauma and therapeutics, Cea has learned that if we could think our way into healing, we all already would be healed.

Cea specializes in helping people trust themselves, their perceptions, and their decisions, as well as supporting people in feeling safe in their bodies and resolving persistent somatic symptoms.

She has served many individuals and groups in private practice, intensive outpatient programs, hospitals, and inpatient settings, and she has worked with people from childhood through elderhood. She understands how to meet people where they are.



Courses

The Intersection of Physical & Emotional Anatomies

Resources

1. <https://www.upledger.com/therapies/articles.php>