

Some of Dr. O'Hara's Certifications and Trainings

Andrew Weill Center for Integrative Medicine Fellow, 2022-2024

Trauma-Sensitive HeartMath™ Biofeedback Certified Practitioner, 2023

Auricular Acupuncture stress, detox, and trauma protocols, 2023

Year-long Apprenticeship in Contemporary Shamanism, 2022

Sacred Ireland Retreat, 2022

Elder Futhark Rune Training, 2022

Psychological First Aid Certification, 2021

Trauma Center Trauma Sensitive Yoga 300-Hour Facilitator Certification, 2020

Trauma-Focused Cognitive Behavioral Therapy for Children and Families Certification, 2019

Annual pilgrimage to vortex energies of Sedona, 2016 and beyond

Transcendental Meditation including Advanced Technique training, 2015

Accredited 3-year Fellowship in Child Abuse Pediatrics, 2014

Anusara Hatha Yoga Immersion Training 2013

Yoga Sutras In Depth Studies, 2011

Reiki Level 1, 2, Master, and Master Teacher Training in the Usui System of Natural Healing 2010-2021

Harvard Medical School Herbert Benson, MD Institute for Mind Body Medicine Live Training 2009, 2018