



***Maria Taame, Manual Therapist,
BPS, MPH, AK, CST, DO (Europe), PhD candidate***

***European Osteopath (ESO, the UK)
Certified Craniosacral Therapist (UI, world)
Visceral Manipulation Practitioner (BI, world)
Aquatic craniosacral therapy and osteopathic practitioner
Applied Kinesiology practitioner (Russia)
Teaching Assistant for medical students since 2009, and Certified
Teaching Assistant at IAHE
Licensed Russian Nurse (Russia)
Licensed Medical Massage Therapist (Russia)
Master of Public Health
Bachelor degree in Pharmacy***

A woman with dark hair is swimming in a blue pool. A dolphin is visible in the water next to her, partially submerged. The background is a clear blue sky.

ABOUT ME

Maria started her manual practice in 2003 when she was a student at Pharmacy school at the State University. She suffered a sports injury and received rehabilitation at the University hospital. She was amazed by the healing process and later finished massage school courses to work at the Center of physical therapy and rehabilitation. She finished advanced courses in medical massage when she graduated from Pharmacy school in 2005. She was looking for a more efficient and faster way to help patients heal and recover. She believed in the principles of osteopathy that the body has self-correcting mechanisms to heal itself. She continued practicing and studying medical massage for nurses as well as post graduate seminars in Rehabilitation, Meridian Therapy, Applied Kinesiology, Visceral therapy, Exercise Therapy, and Introduction to Osteopathy in Russia. Maria was granted a scholarship at Yale University as a post graduate fellow in Public Health and Epidemiology. While there she was introduced to Upledger and Barral Institute and their directors in the USA in 2008-2009. She assisted in establishing the Russian Satellite for Upledger and Barral Institute in Russia and in starting the classes on the Basis of Institute of Clinical Applied Kinesiology in Saint-Petersburg and Moscow. She received her degree in Applied Kinesiology in 2010. Maria continued her education at the European School of Osteopathy (ESO) in the UK through their Russian Satellite in Saint-Petersburg, Russia and in 2015 obtained her diploma of Osteopathy from Maidston, the UK.

Maria continues attending post graduate seminars at the Postgraduate international seminars at the Russian Satellite, James Jealous School of the "Biodynamics of osteopathy", and the famous Sutherland Institute for Cranial Osteopathy in the UK. She continued studying with Upledger and Barral institute and became a Certified Craniosacral Therapist in 2012.

In 2013, Maria started to explore BioAquatic exploration and Craniosacral therapy with dolphin assistance and participated in comprehensive water therapy programs with dolphin assistance for patients. She also participated in the experimental study of therapeutic (restorative) effects of elephants on people's health during osteopathic treatment. In 2016 in Sri Lanka, she participated in the treatment for seriously ill children in Sri Lanka with an integrative approach (osteopathy and or craniosacral therapy, etc.) through the charity project "Samanelli project". During these years she continued practicing, consulting, and supporting her patients in Gatchina city and Saint-Petersburg in Russia as well as performing aquatic therapy in a warm water pool.

In Addition, Maria worked as a Teaching assistant for medical students in Russia from the end of 2009 until July 2020 at Saint-Petersburg State University medical faculty, Pavlov First State Medical University of Saint-Petersburg, and later at the University of Eastern Finland (Finland) as part of her PhD program. She is qualified to assist at Upledger and Barral institute, as well as at Cranial Osteopathic Seminars. Maria is a Certified Teaching assistant at IAHE.



Professional Associations / Memberships

Medallion member at International Alliance of Healthcare Professionals (IAHP)
The Uniform National Register of Osteopaths (ENRO) (Russia- International)
The Interregional Association of Applied Kinesiology (Russia).

Maria is continuing her education in postgraduate education in osteopathy:

- Postgraduate international seminars at the Russian Satellite of the European School of Osteopathy
- The Institute "Traditional Osteopathic Studies Contact". Founder James Jealous, D.O., USA for
- "Biodynamics of Osteopathy"
- Sutherland Institute for Cranial Osteopathy, the UK

Additionally, studied:

- Institute D`Ambrogio. general osteopathic treatment. USA
- Institute of "Integrative Intentions"

Diploma of Osteopathy obtained from European School of Osteopathy, Maidstone, the UK, 2011-2015.

Craniosacral therapy certification Techniques level exam obtained in 2012,

Teaching Assistant at Upledger and Barral Institute since 2011.

Certified Teaching Assistant at Upledger Institute.

Craniosacral Therapy started in 2008 and continued at Upledger Institute - USA "Craniosacral Therapy".

Visceral Manipulation started in 2006 and continued at Barral Institute - USA "Visceral manipulations", "Neural manipulations".

Applied Kinesiology Certification obtained from the Institute of Clinical Applied Kinesiology St. Petersburg, Russia, 2007-2010.

Nursing Care degree obtained at Saint-Petersburg State Medical College number 1, 2009-2010.

Maria obtained her education for **medical massage certificates and license in** Russia from:

- The A. Tyulyaev Academy of Health, Saint-Petersburg, 2003, with practice at the State hospital, department of physical therapy and restorative rehabilitation 2003-2005
- Non State Educational Institution "Soyuz Pedagogov" ("Teachers` Union"), Exercise therapy, 2005-2006
- State Educational Institution of Continuous Professional Education Saint-Petersburg Medical Academy of Postgraduate Education of the Federal Agency for Health and Social development, 2006-2008
- Saint-Petersburg State Medical College number 1, 2009-2010
- Northwestern State Medical University, I. I. Mechnikov Medical Academy, 2016
- Saint-Petersburg Institute of Osteopathy, 2020