



ERICA WASINGER RCST®

2026 Candidate for the BCTA/NA Board of Directors



BIOGRAPHY

Having children with complex medical histories introduced me to craniosacral therapy. I didn't understand the work at the time, but I saw how my children responded positively to this gentle work. Likewise, I had a pull toward plants and holistic healing as a young mother. I began studying western herbology, which led me into East West Planetary Herbalism and Ayurveda, and eventually to Reiki Mastery and a Registered Yoga Teacher certification. Somewhere along the way I also worked as a parent coach, work that, looking back, was already preparing me for the families I now serve.

Then, eight years ago, I began studying biodynamic craniosacral therapy and it changed everything for me. While I still provide herbal care and yoga instruction for my clients, biodynamic craniosacral therapy informs everything I do. Having now established my own practice for the last seven years, I work with the breath of life and with the guidance of the body's innate health. This way of being present with someone doesn't require fixing or explaining, and that has come to hold all the other threads of my training.

Lately my practice has centered on the thresholds of life. I work with families preparing for conception, newborns, and families approaching the end of life. These moments ask so much of us. They ask for patience, trust, surrender, and presence. I find deep meaning in offering steadiness to people as they move through them.

Outside my practice, I'm an avid gardener. Being outside with the plants and the creatures who visit my garden each day keeps me grounded and reminds me why I do this work in the first place. Everything alive is in relationship, and healing happens in that relationship, not apart from it.

STATEMENT / LETTER OF INTENT

I am writing to express my interest in serving on the BCTA/NA Board of Directors. I have always been an active volunteer in whatever community I've been part of. I took some time away from volunteer work to focus on my physical and mental health, and I've recently been looking for the right opportunity to step back into that role. When I saw the board's call for members, it spoke to me. Biodynamic craniosacral therapy has changed my life, and I want to be part of shaping its future. This means helping support the foundations of this work through the organization that upholds it.

During my tenure, I would like to contribute to the Research Committee. Research helps validate that our work has real legitimacy, rather than being dismissed as unfounded. I'm also deeply passionate about equity and inclusion. As an immigrant and a member of a mixed-racial household, I want to help bring the language and action needed to make our field more inclusive.

I bring a range of professional skills to this work. I run my own craniosacral and herbal therapy practice, where I manage every aspect of the business. From client care to web design, scheduling, accounting, and marketing. I'm bilingual and bicultural, which has shaped my approach to culturally responsive, inclusive care. My training as an RCST®, alongside my background in herbalism, yoga, and Reiki, gives me a well-rounded, integrative perspective on holistic health.

My past experience with nonprofit boards, committees, and volunteer organizations spans many years. Through homeschooling, I organized courses, hired teachers, and coordinated field trips and events for families across our county. I led an African Library Project group for two years, raising funds and books to help establish libraries in Africa. I volunteered with Just In Time for Foster Youth as a mentor to transitional youth in several capacities. I served on the board of San Diego Roots, a nonprofit farm providing organic farming education and resources to our San Diego community. I also held leadership positions in my son's school parent association, where I helped raise funds, especially during COVID, to support underserved families, organized monthly meetings, updated bylaws, coordinated with faculty and staff, and ran events, among many other responsibilities.

I understand the time commitment required of board members, typically three to seven hours per month, and I am prepared to fulfill it. I also understand that board members serve as ambassadors for the association, and I can commit the time needed for community engagement and event attendance.

I am not aware of any personal, professional, or financial conflicts of interest that would arise from my serving on the board.

Thank you for considering my application. I would be honored to bring my experience and commitment to the BCTA/NA Board.