



JODI VOUSDEN RCST®

2026 Candidate for the BCTA/NA Board of Directors



BIOGRAPHY

Jodi Vousden is a Registered Craniosacral Therapist (RCST®) and BCTA/NA Approved Teacher based in Campbell River, BC, Canada. Her path to Biodynamic Craniosacral Therapy began with a two-year apprenticeship in shamanic practice, which deepened her relationship with herself, nature, and spirit through earth-honouring and meditative practices. This learning strengthened her sense of connection and capacity to listen deeply, eventually leading her to Biodynamic Craniosacral Therapy, where she found language for experiences and sensations she had long recognized. Through this work, she uncovered greater ease, resilience, and vitality.

After completing her training with Body Intelligence, Jodi continued as a teaching assistant before becoming a BCTA/NA approved teacher earlier this year. She is passionate about supporting aspiring practitioners and values the ripple effect of education, knowing that investing in practitioners ultimately supports the wellbeing of the clients and the communities they serve. She believes this same ripple effect extends to the profession itself: when practitioners collaborate, support one another, and continue growing together, the entire field is strengthened and will help to expand access to Biodynamic Craniosacral Therapy.

Jodi is committed to holding a space where learning, healing, and transformation can unfold. She believes that nurturing practitioners, the profession, and the broader community are deeply interconnected, and she brings that perspective to every aspect of her work.

STATEMENT / LETTER OF INTENT

I am writing to express my interest in serving on the BCTA/NA Board of Directors. I feel personally aligned with the BCTA/NA's commitment to empowering personal, relational, and global well-being by encouraging awareness of the Inherent Health and Wholeness embodied in all through the practice, teaching, and sharing of biodynamic principles. I would value the opportunity to contribute my experience, leadership, and collaborative approach to supporting the continued growth and evolution of our association.

I feel drawn to step forward in this time of transition and rebuilding. As awareness of Biodynamic Craniosacral Therapy continues to grow, so does the need for thoughtful leadership to support the Inherent Treatment Plan of our profession, strengthen our professional community, and steward the organization in service of its members.

My board experience has primarily been within local government in British Columbia rather than the non-profit sector. Throughout my municipal career, I worked closely with boards composed of elected officials and volunteer community members and served on numerous committees in both professional and volunteer capacities. These experiences provided a solid foundation in governance, strategic planning, policy development, bylaws, terms of reference, and collaborative decision-making.

I bring more than 25 years of leadership and management experience in municipal recreation, including supervising multidisciplinary teams, budgeting, program development, strategic planning, and community engagement. As an Educator in aquatics and fitness I have trained instructors, developed continuing education programs, and led the growth of a regional fitness conference in the Kootenays into a successful three-day event. My strengths include clear and compassionate communication, facilitation, mediation, organization, strategic-thinking, and building collaborative relationships.

Beyond my professional experience, I have been a Mesa carrier in the Pachakuti Mesa Tradition™ (PMT) of cross-cultural shamanism since 2019. This spiritual practice cultivates balance, harmony, and a deep awareness of our interconnected relationships with All That Is. Through this ongoing path, I became more attuned to my inner voice, which ultimately led me to Biodynamic Craniosacral Therapy (BCST). BCST has supported a profound reconnection with myself, and I am grateful to offer that same possibility to others.

After completing my BCST foundations training in March 2023, I transitioned into full-time practice. In March 2026, I became an Approved Teacher with the BCTA/NA and am stepping fully into teaching foundations courses with Body Intelligence in various communities across Canada. Alongside my teaching role, I would be honoured to contribute to supporting professional development, practitioner networking, effective governance, strong member representation, and the continued growth and evolution of our profession through Board service.

Thank you for receiving and considering my application.