

Jessa Hooley

Clinical Somatic Therapist · Cofounder, Sonavé Integrative Pain Clinic

Speaker · Workshop Facilitator · Clinical Educator



About

Jessa Hooley is a clinical somatic therapist and cofounder of **Sonavé**, an integrative pain clinic in Lehi, Utah. Her work focuses on nervous system regulation and the body-based treatment of complex trauma and chronic pain, with **over 1,300 hours of formal training** across polyvagal-informed care, Pain Reprocessing Therapy®, biodynamic breathwork, neurogenic yoga, and trauma-sensitive mindfulness.

Signature Topics

Clinical Practice

Polyvagal Theory in Practice: A Somatic Toolkit for Clinicians Working with Complex Conditions

A practical translation of polyvagal theory into in-session interventions clinicians can integrate immediately.

Somatic Modalities

Beyond Comprehension: The Body's Built-In Mechanisms for Resolving Tension, Pain, and Stress

Why breath, tremor, and sighing resolve what talking cannot — and the familiar failure mode of insight without completion.

Integrative Care

When Pain Outlives the Injury: The Nervous System Mechanism Behind Chronic Symptoms

Grounded in Ashar et al., JAMA Psychiatry, 2022. The mechanism, the evidence, and the most treatable layer in chronic pain care.

Trauma-Informed Practice

Beyond Catharsis and Calm: Breathwork and the Skill of Titrated Intensity

Most somatic modalities live at the extremes. The skill that does the most clinical work sits in the middle — a playful, titrated practice at the edge of the nervous system.

Integrative Care

Eastern Yoga Philosophy and Somatic Principles in the Treatment of Chronic Symptoms

How Western yoga can exacerbate the nervous system dysregulation it claims to treat — and what Eastern tradition offers instead.

1,300+

Hours of Training

Nervous System–Centered Pain & Trauma Care

- Polyvagal Informed™ Provider, The Polyvagal Institute
- Pain Reprocessing Therapy® Provider

Therapeutic Movement & Mindfulness

- Experienced Registered Yoga Teacher 200®
- Advanced Mindfulness Meditation
- Integrated Trauma Coach
- Yoga Therapist in Training (IIYT)

Somatic & Breath-Based Trauma & Tension Release

- BBTRS® Advanced Practitioner
- TRE® & Neurogenic Yoga® Provider

Sound Therapy

- Sage Canvas + Sound and Energy Academy

Formats Offered

Keynote · Workshop · CE-Designed
Training · Panel / Fireside
Podcast · Retreat

Clinical Practice

Sonavé

Cofounder of an integrative pain clinic in Lehi, Utah.

[experiencesonave.com](https://www.experiencesonave.com) →

Booking Inquiries

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Speaker Page

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