



## *Integrative Body-Oriented Therapy*

**M**y approach to healing recognizes that human life is made up of experiences that have physical, emotional, intellectual, and spiritual components which are intricately connected and evolving. One could say that all significant experience influences us at a soul or spirit level, or that our physical experience reveals and expresses the movement of the soul. My work helps you relate to that deep, mysterious, eternal dimension connected to how you feel, what you think, and the way you move. The body focus (soma) inspires the name: Somatic Soul Care.

I work with you attending to thought, feeling, sensation, movement. In this way, experiences and issues can be studied, spoken about, understood, and changed. Thoughts can become clearer and calm, feelings can flow in expression, movement can become easier. The deep sense of self—one's Soul—can awaken. You can direct your own life more freely.

This process arises from a recognition that it is often care of the soul which is most needed when a person's body signals the need for relaxation, relief of chronic pain, resolving trauma, more

satisfying relationships, freedom from addictions, or the search for a wise balance of the rhythms of life.



**Y**our work is done in a mindful state that brings your best awareness as well as your unconscious wisdom into participation: to heal physical and emotional wounds which arise from passing through the developmental stages of life; or from traumatic events which threaten life and seem to send it out of control. This deep—or higher—wisdom may be the way the soul speaks when you listen carefully, and guides your process of healing and personal development.

This approach of Somatic Soul Care has grown out of 30 years of working to join education, deep psychotherapy, massage, human development, spiritual direction, artistic activity, and diverse religious practices into a collaborative therapeutic process. This process keeps evolving in an effort to synthesize learnings and use the wisdom of the body to enter the Mystery.

For information or a free initial 30 minute consultation call me, Ed Gutfreund, at 513-681-2122.