

ED GUTFREUND

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WHAT IS HEALING?

How do clients improve? What do they accomplish? How can this therapy help? Here is a big list of the different ways people experience this work. Some may apply to your own desires or goals of therapy. In general:

You may find yourself feeling more expanded, breathing easier, lighter in your mood and more alive with a brighter outlook. Pain and discomfort often show up as constriction and tightness.

It can help you to connect and accept physical, emotional, cognitive, and spiritual parts of your life that may be separated, blocked, or unavailable to you; this is part of Integrative.

It can help you listen and find in-depth knowledge of the habits or unconscious influences that may drive you--especially at times of vulnerability.

For your relational self:

- Gain confidence in being with others.
- Value the risks and benefits of deeply meeting another in intimacy.
- Gain clarity on your boundary style and what it needs to develop.

For emotional development:

- You may discover your feeling life or deepen it.
- It can help you expand your capacity to be with difficult experiences and stay present in a creative and less reactive fashion.
- Somatic Soul Care can help you become more familiar and at ease with your feelings--even disagreeable ones--and help you let them flow to express yourself.

For doing and action taking:

- This therapy can help you recognize limiting patterns of thinking, and other habits, and do something about them.
- You may find will against depression to create effective and satisfying ways of living.

- You can discover the true power of living authentically. Bring your best to the world!

For your thought realm:

- You can find flexibility in your thinking--loosen rigid ideas, beliefs or attitudes.
- Attain clarity in your thinking--finding focus, diminishing obsessive mind chatter.
- Know better when to be or not be "in your head."

For trauma:

- You may restore your sense of safety, and bring calm to anxiety.
- You can experience the value and power of healthy relationship.
- You will have the time to digest overwhelming experience at a bearable pace.
- Discover if there is a connection between your emotional and physical pain.
- Broaden your range of tolerance of formerly activating stimuli.

For your physical self:

- You will reduce pain.
- You can discover the wisdom of your body.
- You may feel your capacity to move toward or away at important moments.
- Your physical energy can become more available to you as you become more perceptive within yourself and in the world around you.

For your spiritual self:

- Deepen your own spiritual practice.
- Acknowledge the complex and mysteriously paradoxical nature of life.
- Increase compassion for yourself, know the grace of the moment.
- Move from isolation to connection.
- Find trust in the goodness of Creation and the Unknown.