

Listen to the Wisdom of Your Body!

Introducing an innovative method of body-centered psychotherapy with the Rubinfeld Synergy Method[®]:

The Rubinfeld Synergy Method[®] (RSM) uniquely employs both touch and talk therapy. Developed over 30 years ago by Ilana Rubinfeld, this method is a powerful holistic system of therapy that facilitates awareness and addresses the memories and emotions stored in the body. This synergistic approach, founded on the belief that for every emotion there is a physical response, is a synthesis of Gestalt talk therapy, the Alexander Technique and Feldenkrais[®] Method, and Ericksonian hypnotherapy. The use of gentle touch leads to a heightened state of awareness and clients can more easily access deep feelings and insight. Sessions also help to provide relief from physical tension and stress and many clients note increased ease of movement and body/mind awareness. Adding dialogue to touch allows clients the opportunity to talk about their experience and to formulate change consciously ... integrating body, mind, emotions and spirit. The science that supports the effectiveness of this method has been written about by such experts as Candace Pert, neuroscientist and professor at Georgetown University Medical Center in Washington.

“All of our organs and tissues are storage places for emotional memory. Using both touch and talk therapy, the Rubinfeld Synergy Method[®] empowers us to experience our feelings and the connection between our minds and bodies in extremely useful ways.

--Candace B. Pert, Ph.D., neuroscientist, research professor and author of *Molecules of Emotion*, featured in Bill Moyer's *Healing and the Mind*, and the movie documentary, *“What the Bleep Do We Know?”*

What are sessions like?

Each client is unique and Rubinfeld Synergy sessions are structured to accommodate individual needs. Sessions are conducted with the client fully clothed, most often lying on a padded table or sitting in a chair. Rubinfeld Synergy offers a way to contact your “inner wisdom” – the gateway to evoking your inner capacity to heal.

Rubinfeld Synergy Method website for more info: www.rubinfeldsynergy.com

What does a session cost?

Sessions are \$100 for an hour long individual session. A sliding scale is available for fees adjusted to life circumstances. To schedule a session or for a free consultation, please contact Lauren Mari-Navarro, LCSW at the contact information below.

Lauren Mari-Navarro, LCSW received her Masters Degree in Social Welfare at U.C. Berkeley in 1987 and advanced training in a postgraduate NIMH Fellowship at Harvard University's School of Medicine in 1989. In addition to a private practice, she also offers classes and workshops in creative journal writing and Soul Collage[®] at Cabrillo College and other locations.

Lauren Mari-Navarro, LCSW, Certified Rubinfeld[®] Synergist

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