



Client Testimonial

As the holidays come to a close and we head into the winter months, the residue and build up of stress can stay around, creating feelings of loss, sadness and depression and even enhance our physical pain. It is not the stress that gets us, but the inability to adapt. We, as humans have tendencies to bury, block, and distract ourselves from feeling.

One of my clients has allowed me to share such an experience that occurred during a recent session. She was experiencing shoulder pain that she had tied to some recent activity. As we worked through the session, intense emotions surfaced, reminding her of the sadness she feels this time of the year since her father had died during the Christmas holidays. She commented that even after all these years, she still feels the sadness and is not surprised anymore when they surface.

I encouraged her to let these feelings come up, and as they were coming out of her body, to feel and interact with them. The pain in her shoulder intensified as we worked. Implicit memories of the funeral began to emerge and it became clear that this was not just about the pain of losing a loved one. The closest to her – the one she needed and expected to lean on – withheld their support when she was most vulnerable. A painful experience that she had suppressed – now connected with and released.

As the Unified Therapy™ process continues to evolve and become more efficient, it allows us to understand how the stressors, painful events and challenges we all experience as part of everyday life affects us physically, mentally and emotionally. We have to realize that releasing stress out of the body, connecting and balancing your nervous system needs to be a routine part of our life just like how we put so much emphasis on diet and exercise. It is the most important thing you can do for yourself for the upcoming years ahead.

Blessings to all,

~ *Jim*

