

"Ilana Rubinfeld discovered that emotions reside and are held in the body, and that skillful touch combined with talk could release emotions and heal pain, thus freeing people to live healthier, more effective lives."

Christiane Northrup, M.D. and author of *Women's Bodies, Women's Wisdom*



The Rubinfeld Synergy Method®

1-877-RSM-2468

www.rubinfeldsynergy.com

What is
**your
body**
trying to
**tell
you?**



The Rubinfeld Synergy Method®

*A Dynamic System for the Integration
of Body, Mind, Emotions & Spirit®*

“Using both touch and talk therapy, the Rubenfeld Synergy Method® empowers us to experience our feelings and the connection between our minds and our bodies in extremely useful ways.”

Candace Pert, Ph.D., neuroscientist
and author of *Molecules of Emotion*

What is Rubenfeld Synergy?

Throughout life, stress, memories and emotions are stored in our bodies and show up as aches, pains and tension. Current research has proven that chronic stress can manifest physically as illness and disease, leaving us feeling tired, emotionally drained and disconnected. The Rubenfeld Synergy Method® offers a gentle way to address what is happening both physically and emotionally, by combining talk with gentle touch and compassionate listening. With the support of the Synergist, we begin to see that our physical and emotional experiences are connected. When we express what is on our minds and in our hearts, we are able to feel both physical and emotional relief, empowering us to improve the quality of our lives.

**To locate a Synergist:
1-877-RSM-2468
www.rubenfeldsynergy.com**

Potential Benefits of Rubenfeld Synergy

- o Reduce stress & relieve tension
- o Increase energy & ease of movement
- o Improve self-esteem
- o Recover from physical and/or emotional pain
- o Transform unhealthy habits

What is Involved in a Synergy Session?

In a Rubenfeld Synergy session, the client is fully clothed and lies on a cushioned table or sits in a chair. The session begins with the Rubenfeld Synergist inviting the client to express his or her thoughts and feelings in a supportive environment. The Synergist then makes contact with places such as the back of the head or feet. This listening touch brings awareness of what is happening in the client's body as experiences are shared. Sessions are generally 45 minutes to 1 hour in length.

“Rubenfeld Synergy helped me connect my physical pain with my emotional pain, bringing healing and relief.”

Shelly, client

About the Founder

Ilana Rubenfeld, author of *The Listening Hand*, is considered a pioneer in integrating talk therapy and bodywork. Seeking relief from chronic debilitating pain, Ilana went to a variety of traditional and alternative practitioners. As her physical symptoms were addressed, emotions arose which were difficult to access through talk therapy. From this, Ilana recognized the need for an integrative approach that heals the whole self: body, mind, emotions and spirit. What Ilana knew intuitively 40 years ago about the mind/body connection is now being proven by the scientific community.

Training for Rubenfeld Synergists

The current Rubenfeld Synergy training is an intensive four-year program leading to certification.

For Training Information:
1-877-RSM-2468 (prompt 3)
www.rubenfeldtouch.com

