

Emotional Body Work
healing emotional pain in the body

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I believe that each person comes to me with unique problems that call for unique solutions. Respect for this individuality is a major consideration in my work. Safety, support, and a clear understanding of boundaries are also of primary concern.

I am a psychodynamic psychotherapist and a registered massage therapist. I am also trained in the Magraw Method of emotional body work, which comprises a combination of several eastern and western philosophies and techniques. Having a range of approaches allows me to tailor my treatments to best serve my clients' needs.

People who have had massage can explore through my body work any emotional reactions that may have surfaced during a session. People who have experience with psychotherapy can explore physical manifestations of their emotional pain. People with no previous experience with either body work or psychotherapy are welcome to introduce themselves to this connected, body/mind approach to health care. Survivors of physical, sexual, or emotional trauma; people who suffer from chronic pain, eating disorders; or anyone who experiences discomfort with body image or touch may want to consider trying this respectful and integrative approach to body work.

As an emotional body worker, I educate my clients about the body/mind connection. I provide a safe environment in which all of my clients' emotions are welcomed. I use touch and massage carefully, in combination with several verbal techniques and the important role of "the listener". Thoughtful verbal cues and affirming words of support aid clients in following their body sensations and changes as they occur. Touch helps keep the focus of attention on the sensations in the body, and the verbal techniques help in the naming and describing of these sensations. Metaphors can arise from this close scrutiny of body sensations and form descriptive pictures of the experienced feelings. Together we can explore how the metaphors we create can become bridges to reconnect our body sensations with our lived experiences.

Allowing ourselves to feel our emotions in our bodies, or simply being touched, can be daunting prospects. For these reasons, I suggest an initial face to face consultation where we can talk about your needs and discuss the details of what I offer and how I work. Together we can determine if the shoe might fit.

Please feel free to call.