



International
Association of
Rubenfeld Synergists

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RUBENFELD SYNERGY METHOD®
Rubenfeld Synergy Training Program Co-Directors

The Rubenfeld Synergy Method® is a unique therapeutic approach that uses talk, touch, and compassionate listening to alleviate tensions, imbalances, and blocks in the body which often contribute to pain, illness and emotional discomfort. For over 40 years, this safe, effective practice has helped thousands of people achieve greater health and wellbeing. Practitioners of the method, known as Certified Rubenfeld Synergists®, (CRS) are certified and trained professionals who come from backgrounds as varied as: massage therapy, medicine, physical therapy, psychology, business and the arts. Each CRS commits to an intensive 12 week/12 weekend process of training over the course of four years in order to become certified. This program is facilitated by Co-Directors and Master Synergists, Joe Weldon and Noël Wight.

Joe Weldon, MS, is a Licensed Clinical Psychologist who has been a teacher of the Rubenfeld Synergy Method® for over 25 years. His background includes teaching at the University of Pennsylvania's School of Social Work and Villanova University. Joe maintains a private practice in Philadelphia and Huntingdon Valley, PA where he has brought the Rubenfeld Synergy Method to a variety of populations including head trauma, and multiple sclerosis patients. Joe believes that, "There is an honesty in RSM, since the body cannot lie. RSM helps you to know your movements and sense your body's emotional and physical desire to belong and *be long* which is at its core. It helps you decode what is real and true for you by offering tools to help you understand and appreciate your bodymind's language." Joe is a true believer in the innate wisdom of the whole being and the healing power of humor.

Noël Wight, MA, has a Masters in Integrative Psychology in addition to being a Master Rubenfeld Synergist and Co-director of the Rubenfeld Synergy Training Program. Noel has been teaching with Rubenfeld Synergy Method® founder, Ilana Rubenfeld, for over 18 years. She also maintains a private RSM practice in Philadelphia, PA. Noël's professional experience includes expertise in the innovative Waldorf Education system (an integrative and holistic academic style that educates children from "the heart, the hands and the head") and a background in social work. Noël brings a deep sense of respect for the resiliency of the human spirit to her work with students and clients. Says Noël, "My practice is devoted to guiding clients to a more satisfying and meaningful life. As a guide, listener and witness, I bring my clients into relationship with their body where they learn to connect with themselves in an authentic way. Together we create a compassionate space that supports an experience of their body as a resource of wisdom."

Joe and Noël travel extensively throughout the United States and Canada teaching Rubenfeld Synergy workshops and training sessions. As educators, facilitators and Co-Directors of the Rubenfeld Synergy Method® Training Program, they have presented at such established centers as the Esalen and Omega Institutes, The Renfrew Center for Eating Disorders as well as in the corporate setting at Lucent Technology.