



International
Association of
Rubenfeld Synergists

CONTACT: THERESA PETTERSEN-CHU
International Association of Rubenfeld Synergists
908-277-1007
marketing@rubenfeldsynergy.com
www.rubenfeldsynergy.com

RUBENFELD SYNERGY METHOD® FACT SHEET

WHAT IS THE RUBENFELD SYNERGY METHOD®?

The Rubenfeld Synergy Method® (RSM) is a unique therapeutic approach that combines the power of gentle touch, talk and compassionate listening to tap inner resources for improving health and wellness, in all aspects of the self: body, mind, emotions and spirit.

Throughout life, stress, memories and emotions are stored in our body. These 'holdings' show up as tensions, aches and pains and can cause us to feel chronically tired, emotionally drained and disconnected. Chronic stress and tension can manifest as dis-ease when we repeatedly ignore our body's way of communicating to us.

RSM helps us to learn to listen to our bodies, and become aware of habitual patterns and tensions and translate their messages, empowering us to make concrete improvements in our daily lives and relationships.

WHAT IS INVOLVED IN A RUBENFELD SYNERGY® SESSION?

Clients are fully clothed and may lie on a cushioned table or sit in a chair. The Synergist, as a caring facilitator, creates a safe and accepting environment and skillfully weaves together a combination of touch and talk to heighten the client's awareness in the body. Clients are invited to notice physical sensations and express any feelings and thoughts that may emerge. The Synergist supports and intuitively deepens the client's experience with touch, talk, movement and/or imagery. They safely explore habitual holding patterns, repressed emotions and distorted perceptions of self and others.

Sessions are generally 45-60 minutes in length. Boundaries are always respected and sessions are strictly confidential. The amount and frequency of the sessions depends on the individual's needs. Unlike many other therapeutic modalities, in RSM, the client is an equal and active participant in their own healing process.

WHAT DOES THE RUBENFELD SYNERGY METHOD® DO?

The result of this gentle interactive process is an accessing of hidden psycho-physical "blocks" that can lead to the release of stress and tension and an empowered sense of emotional and physical wellbeing. With new awareness, comes the possibility of changing limiting behaviors. RSM uses the body as a doorway to the self. In the process of listening to their bodies, clients often have the experience of 'coming home to themselves'.

Some of the reported benefits of the Rubenfeld Synergy Method® include recovery from physical and emotional trauma, pain management, increased ease of movement, improved body image and greater self-esteem.