



International  
Association of  
Rubenfeld Synergists

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## RUBENFELD SYNERGY METHOD® PROFESSIONAL TRAINING 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.

### WHY CHOOSE TO BECOME A RUBENFELD SYNERGIST?

Says Founder Ilana Rubenfeld, "As we enter the 21st century...it becomes clearer that human beings must be treated as whole entities. Practitioners (of the Rubenfeld Synergy Method®) must be able to help clients access their whole selves. Integration (of mind and body) is still a scarce phenomenon in therapy and in health care. Many practitioners do excellent work with body or with emotions. Few can do both. Even fewer know how to synthesize the two. As a practitioner of the Rubenfeld Synergy Method® you will be able to reach this profound level of integration—both for your clients and for yourself. This program offers you the most powerful, most complete advanced body/mind training available. You'll study and practice the contributions of others in such a way that you naturally synthesize what you learn with your entire wealth of experience."

### WHAT TRAINING IS INVOLVED IN BECOMING A RUBENFELD SYNERGIST?

Training and certification are offered through the Rubenfeld Synergy Training Program. The training is a 12 week/12 weekend intensive program spread over a four year period. This model allows trainees to continue with their professional lives while they complete the training, thereby making it accessible to a wide and diversified group. Classes have included physicians, massage therapists, physical therapists, psychotherapists, nurses, and even actors, musicians, and business executives. Trainees must actually experience the Rubenfeld Synergy Method, so they are required to participate in 20 private sessions a year with a Rubenfeld practitioner. Graduate practitioners are referred to as Certified Rubenfeld Synergists®.