

Bio

Judy has a broad background in body-centered therapies: Trager™ Movement Re-education, Therapeutic Touch, Continuum Movement, Tai Chi and Bioenergetics.

She has been an Inner Relationship Focusing Trainer since 2004, a Certified BodyTalk Practitioner since 2007, and a TRE Practitioner since 2011, all of which she practices from her home office in Orillia. She does phone sessions for BodyTalk and Inner Relationship and Skype sessions for TRE.

Her 30 plus years of work experience includes personal growth facilitation, and visual arts. The TRE work complements BodyTalk and Inner Relationship Focusing by helping people release their tension/trauma and open to their own creative potential. Judy is a regular contributor to the Yoga Teacher Training Program- Alternative Therapies Day, Georgian College, Orillia. She has also published several articles on Focusing in The Focusing Connection.

She holds a MASc in Counselling & Human Relations from the University of Waterloo (1975).