

**FIGHT TO BE
MORE ALIVE**

Learning about how you live in and carry yourself in your body allows you to know and respect yourself more deeply.

Ellen Goode has been in the field of integrative bodywork therapy since 1988. She has over 2,000 hours of training in various forms of bodywork therapy, including over 200 hours of training in Ortho - Bionomy. She has been involved in the fields of addictions counseling and bodywork since 1986 and is a Certified Addictions Counselor. She also holds a certification in Bioenergetic Analysis, a form of Body Based Psychotherapy.

Want
MORE
FROM LIFE?

Ellen Goode
C.A.D.C., C.B.T., A.C.S.T., C.M.T.

Ellen has experience working with people who are recovering from addictions, childhood trauma, depression, anxiety, and other treatment issues. Please call with questions or for consultation.



**NOTICE
REALLY SEE
BUILD UNDERSTANDING
CHALLENGE YOURSELF
HAVE COMPASSION
EXPRESS FEELINGS
NURTURE STRENGTH
BUILD STRUCTURE
GAIN GROUND
BREAK FREE
BE AT EASE
EXPLORE
BREATHE
LISTEN
REST**

CITY OF CHICAGO & SUBURBS
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BodyBasedPsychotherapy.NET

If you have tried some form of therapy or self help before, and walked away feeling like some deeper conflict was left unseen or unresolved, it probably was. Fight to be more alive.

BODY BASED
PSYCHOTHERAPY

Body based psychotherapy helps you free yourself of the physical and emotional binds that dull your experience of yourself and life - and allows you to build the strength for deeper self expression.

This is not a technique about “how to do it better” or just an intellectual analysis of your past. This is a form of therapy that helps restore a healthy, realistic, expressively human connection between body and mind; rebuilding our relationship with ourselves, life and, others respectfully and with integrity.

Learning about how you live in and carry yourself in your body as a result of that story allows you to know and respect yourself more deeply.

Perhaps you have a hard time “letting go” of things that worry you, or “settling down”. This has to do with a pulling up into your (head) thinking, in order to handle problems that face you, and then being unable to calm the tension in your body.

Maybe it is hard for you to express what you are feeling and you “hold back” or “hold it in”. This has to do with inhibition of your ability to focus your bodily sensation and emotion towards defining what you do or don’t want.

You may struggle with having consistent energy to do what you want or need to in life. This involves a disturbance in the function of the natural energy “charge” in your body that creates motivation and supports pleasure or satisfaction.

BODY BASED PSYCHOTHERAPY CAN SUPPORT AND GUIDE YOU ON A DEEPER LEVEL

A level of bodily awareness and corresponding cognitive understanding.

YOUR LIFE STORY

IS WRITTEN INTO THE TISSUES OF YOUR BODY

Through the use of specialized exercises and psychotherapy, you can begin to increase your awareness of how you “live in” and “carry yourself in your body.

You can increase your understanding of your responses to life and how they help or hinder your way in the world. Not just in how you think about things - but in how you really respond to them, and where that response in you is coming from.

Maybe you have trouble “standing on your own ground” or “having backbone”. These difficulties involve your sensory relationship to your bodily sense of strength and support - they involve feeling strong, aggressive and alive in your legs and spine.

**YOU WILL BE
INVESTING
YOURSELF
IN YOUR OWN
GROWTH WITH EVERY
FIBER OF YOUR BEING**

Much meaningful change can come from exploring how your life story is written into the tissues of your body. Everyone has had their own unique combination of life experiences. It is important for each of us to understand where we can grow, and what makes that difficult for us as an individual.

Chronic tensions or weaknesses represent attitudes and emotions that are held by the body and unexpressed by the conscious self. Exploring and expressing these can build support in your body and personality to be more freely and profoundly who you want to be.