

THErapy & PERSONAL DEVELOPMENT

Arlynn Gottlieb

Working with mind, body and spirit to help couples and individuals heal from trauma, depression, family of origin issues, and relationship difficulties. Methods include EMDR, EFT, TFT. More than 25 years experience.

Arlynn Gottlieb, L.C.S.W.
301 W. Green, Urbana, IL 61801
(217) 384-7920

Ron Rothschild

Holistic Psychotherapy

Offering Breathwork, Sensorimotor Psychotherapy, and Eye Movement Desensitization and Reprocessing (EMDR) as part of a mind / body / spirit approach to healing and growth. Treating trauma, anxiety, depression, family of origin issues and esteem problems for over 25 years.

Ron Rothschild, L.C.S.W.
301 W. Green, Urbana, IL 61801, (217) 384-7922

Beth Pruiett Counseling



Child, Adolescent, and Adult Therapy
Registered and Board Certified Art Therapist
Accepting Insurance.

Beth Pruiett, LCPC, ATR-BC
116 N. Chestnut, Suite 220
Champaign, IL 61820
(217) 778-3997

beth.pruiett@att.net

Émoré (continued from page 9)

The middle 30-minute section usually evolves (it depends on the interests and desires of the participants) into open discussion related to stress, its origins and management strategies; and psychoeducation. The last 30-minutes segment of the class is a return to the use of physical movement and creativity, as in the first section. Hand dances, story-building, toning, side-by-side stories, dancing “on behalf,” and ranting are examples of these activities.

The benefits of this experience are unusual and very healthy for the muscles and the brain. Smiles, more relaxed faces, more self-awareness and confidence, greater sense of community, and “tools you can take with you” are a few of these rewards.

David Wolf has a Masters in community counseling, and a level one (of two levels) certification in Interplay, which is the basis for about 2/3 of the class. He developed Émoré from a blend of many personal and professional experiences. Read more about David on page 9.