



Practitioner Corner:

Laya Seghi, LCSW, CBP

Psychotherapist, BodyTalk Practitioner and BodyTalk ACCESS Trainer

When people ask me what I do, it used to be easy for me to answer. As a licensed psychotherapist, I have worked with individuals, couples and groups for many years. Anxiety, depression, and post-traumatic stress are a few of the most common mental health issues I have addressed. But these days, my job description has expanded to almost unwieldy proportions.

Of course, I still do psychotherapy. But once I started incorporating a variety of advanced systems into my practice, my clients' progress began to accelerate rapidly. Results extended beyond treatment goals, so that the effects experienced were no longer related to mental health issues alone, but affected the entire body-mind-spirit complex. Consequently, answering that question about what I do has become more and more challenging.

Since learning hypnosis and EMDR (Eye Movement Desensitization & Reprocessing) in the 90's, I have gradually incorporated the BodyTalk System, Psych-K, and a handful of other methods for moving energy and restoring a healthy balance to the body-mind. When clients seek therapy because they feel "stuck," there may be an emotional, mental, physical or even spiritual component that blocks energy in their system.

Fortunately, although the treatments I have been privileged to offer have been more effective than ever, the process for administering them has also become more effortless. Rather than assuming that I know how to treat a client, I now rely upon the client's own innate wisdom to guide the healing process. Using a technique similar to muscle testing, I find the priority for

treatment and then, remarkably, identify the best method by which to proceed. Treatment may include a combination of modalities and may result in immediate and surprising shifts – anything from reduced anxiety or depression to improved digestion



or sleep to a newfound gentleness with oneself or a greater compassion for others.

Enthusiastic about the results I've seen, I enjoy sharing some of these simple energy techniques to help people improve their own health as well as that of their friends, families and communities. As a certified BodyTalk Access Trainer, I offer an Access workshop that is suitable for lay people and professionals alike (6 CEU's are offered for psychotherapists, massage therapists, and nurses). During the hands-on, six-hour workshop, students learn five essential BodyTalk balancing techniques. With repeated use, the Access routine reduces reactivity to stress and takes care of most health conditions that arise on a day-to-day basis. Also taught in the workshop is the "Fast-Aid" technique that can produce spectacular and sometimes life-saving results in emergency situations.

To learn more about the BodyTalk Access workshop or any of the other modalities that I use, please see my website: www.layaseghi.com or call: 305.672.8807.