

Bio

Judy is a Level II TRE Practitioner. She is also a BodyTalk Practitioner (since 2007) and Inner Relationship Focusing Trainer (since 2004) all of which she practices from her Orillia home studio. She teaches classes and does Skype sessions for TRE, and phone sessions for BodyTalk and Inner Relationship Focusing.

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

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).