



Integrative Therapy
Annie Block Pearl, M.S.

WHAT IS INTEGRATIVE THERAPY ?

Healthy Tao Center for Well-Being

250 west 49th street, suite 503
new york, new york 10019
tel 212•586•2100 fax 212•586•1676
www.annieblockpearl.com
info@annieblockpearl.com


Integrative Therapy is a gentle, hands-on modality that works with the whole person to further health, well-being and soul-centered development. Integrative Therapy utilizes Process Acupressure, (PA) and Systemic and Family Constellation Therapy (SFCT) as foundational approaches and incorporates other tools where appropriate. PA combines bodywork with psycho-spiritual process work to progress wholeness and growth – in mind, emotions and spirit. SFCT helps to identify and resolve those forces in our ancestral “field” which entangle us in the past. Integrative Therapy incorporates other subtle energy modalities such as Chakra Attunement, Cranio Sacral Therapy and Flower Essences as well as journaling, guided imagery and affirmations.

How will Integrative Therapy help me?

Integrative Therapy promotes better health and renewed energy by actively involving you in your own healing and growth process. You will experience greater awareness, personal empowerment and self-actualization.

What is the duration of Therapy?

Our work together will be of limited duration because you will gain the necessary tools to release your blockages, balance and integrate your energies and access your soul’s guidance.



“We may worry about death but what hurts the soul most is to live without tasting the water of its own essence.”

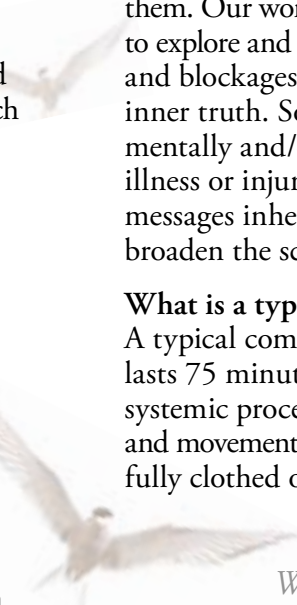
— Rumi

Who are typical Integrative Therapy clients?

The clients drawn to Integrative Therapy are in various stages of transformation and are seeking additional tools to support their process. Many clients are experiencing a spiritual crisis and have lost touch with and faith in their higher guidance. Others may be “stuck” in old patterns that no longer serve them. Our work together provides a safe space to explore and release entanglements, limitations and blockages in order to experience their inner truth. Some clients may be physically, mentally and/or emotionally challenged by illness or injury. In our work we decode the messages inherent in their symptomology to broaden the scope of their healthcare choices.

What is a typical session?

A typical complete Integrative Therapy session lasts 75 minutes and may consist of dialogue, systemic processing, hand-on energy work, and movement. All hands-on work is performed fully clothed on a massage table.



*“At the end of all our exploring
Will be to arrive where we started
And know the place for the first time.
Through the unknown, remembered gate
When the last of Earth left to discover
Is that which was the beginning...
Between two waves of the sea.”*

— T.S. Eliot



Annie Block Pearl, M.S., is an Integrative Therapist and teacher, practicing energy-based therapies in New York City. She maintains a private practice at Healthy Tao Center for Well Being and facilitates workshops and Master Classes in various Mind/Body/Spirit topics. Annie holds a Master of Science Degree in Counseling Psychology and will be ordained as an Interfaith Minister in August, 2006. Her spiritual practice is derived from the Kabbalah and Elemental Buddhism.

- **Certified Advanced Practitioner of Process Acupressure, Process Acupressure Unlimited**
- Graduate of the HellingerUSA Training (NY) and International Intensive Advanced Training (Germany) in Systemic and Family Constellations
- **Certified Holistic Health Counselor American Society of Alternative Therapists**
- Certified Bach Flower Therapist Dr. Edward Bach Foundation

ABOUT THE MODALITIES

Process Acupressure as created by Aminah Raheem, Ph.D., is taught and certified through the International Association of Healthcare Practitioners (Upledger Institute)

The bodywork component of PA blends traditional acupressure and Zero Balancing in a process approach to energy. PA uses finger pressure to stimulate the “acupoints” on the body’s surface thereby strengthening, releasing and balancing the body’s energy systems – meridians and chakras, bone, organs, and glands are studied within the integrating context of these energies.

Psychospiritual process skills of PA are derived from spiritual practice and in part from Dr. Arnold Mindell’s Process Oriented Psychology. They aim at helping people consciously reclaim their purpose, power and self-reliant direction.

Systemic and Family Constellation Therapy Based on the work of innovative German psychotherapist and philosopher Bert Hellinger, this is a provocative tool for uncovering embedded forces in the personal, professional and family ancestral systems. Systemic and Family Constellations demonstrate how events that occurred in past generations impact our life experience today. Hidden systemic and/or family dynamics create disharmony in the “field”. These forces, when brought to light, can then be harnessed for reconciliation and healing.

“Tell me what it is you plan to do with your one wild and precious life?”

— Mary Oliver

Chakra Attunement uses the same finger pressure as PA on the Chakra (personal power and energy) centers. We work from root to crown to cleanse, clarify, align and center energies with your highest vibration. A deep state of relaxation ensues and awareness and connection to inner guidance is facilitated.

Cranio Sacral Therapy is a gentle hands-on technique that enhances the craniosacral system, the area in which the brain and spinal cord function. Using a light touch, CST helps to improve the functioning of the central nervous system, eliminate the negative effects of stress, strengthen resistance to disease, and enhance overall health.

Flower Essences are non-toxic essences homeopathically prepared from the flowers of nonpoisonous plants, bushes and trees to harmonize mental and emotional states. Flower Essences gently correct the emotional upsets that give rise to physical symptoms or delay recovery from illness, thus facilitating a natural state of health and wellbeing. The essences are safe and gentle for adults, children and pets.

