

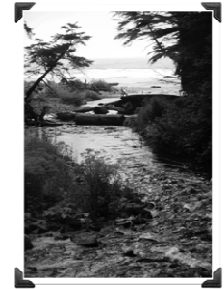
# Body-Centered Whole Person Healing

April 25, 2015  
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## My Professional Journey

- University of Minnesota
- New York
- Various hospitals
- Orthopedic clinic
- Graduate school



## Objectives

Participants will gain:

- An awareness how subtle aspects of our being (feelings, thoughts, and spiritual nature) influence the physical body
- An appreciation of self-care's importance in health -
  - of the patient
  - the provider, or clinician
- Tools for:
  - stress reduction
  - staying calm and present in challenging situations
  - improved health and wellness



## Our physical therapy statute states:

As used in sections 148.65 to 148.78, the term "physical therapy" means the evaluation or treatment or both of any person by the employment of physical measures and the use of therapeutic exercises and rehabilitative procedures, with or without assistive devices, **for the purpose of preventing, correcting or alleviating a physical or mental disability.**



## Objectives

Participants will gain:

- An appreciation of the importance of awareness, acceptance and choice in making sustainable change
- An experience and appreciation of the wisdom within, and our capacity to tap into it
- Strategies to expand referral network



**Today, I claim my place as a pioneer in whole person healing, helping people (individuals and groups) move toward greater wholeness with the body as the entry point, or portal.**



## My practice

- **Integrated Therapy Services, Inc.**
  - whole person physical therapy
  - Insurance coverage possible
- **Simply Body Wise**
  - wellness practice
  - individuals, groups
  - trainings



## Who are my clients?

- Anyone who is interested in and open to this approach
- Infants to elders
- People with acute and chronic conditions



## My practice

- I help people tap into their own wisdom
- We cannot take them where we have not been ourselves - so self-awareness is important
- As the practitioner, I give patients the tools, and hold the vision to help them become more whole
- I help them discover possibilities for healing and wholeness, and embrace their truth



## The Science (cosmology) of the inner world

- There is a science to the relationship between the dense physical body, and the inner, or subtle world of feelings and thoughts and the essence or spirit
- These relationships are present in **all** of us
- Through discovering these relationships, we gain choices, and life becomes a journey. Challenges become opportunities to weave a beautiful cloth



## My Practice

- There is a separate entrance, a restroom, and the wood (black ash) was milled to create a healing space
- Sessions are an hour and a quarter (the body is slow and dense). Listening to it is like listening to and training an animal. (it takes time)
- There is a direct connection from our body to our essence (inner self, spirit). I help people make that connection.



## Tools

- All of my physical therapy and manual medicine tools, including exercise
- Tools that explore the inner world and bring healing: Imagery, breathing, self-awareness and discovery, compassion, finding passion
- Energy medicine, using chakras, meridians, acupuncture points

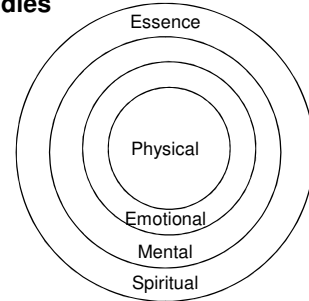


"Beyond ideas of right doing and wrong doing  
there is a field. I'll meet you there."

Jalaluddin Rumi



### Subtle Bodies

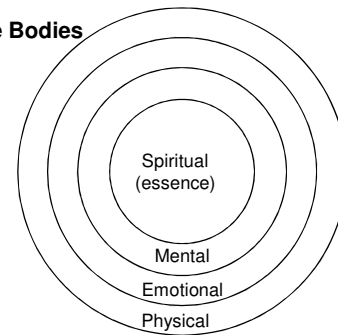


## Principles

- Energy follows thought (what I focus on has an impact)
- Actions, thoughts and feelings have consequences
- Each of us has a path that brings us our challenges and opportunities for growth



### Subtle Bodies



### Maps

- The Subtle Bodies
- Imagery
- Chakras, meridians, acupuncture points



## Chakras, Meridians, Acupuncture points



- Where 21 lines of energy cross, a major chakra exists



## Imagery



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FINISHED FILES ARE THE  
RESULT OF YEARS OF  
SCIENTIFIC STUDY COMBINED  
WITH THE EXPERIENCE OF  
YEARS...  
How many F's can you find?

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## Imagery



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## Conscious Breathing

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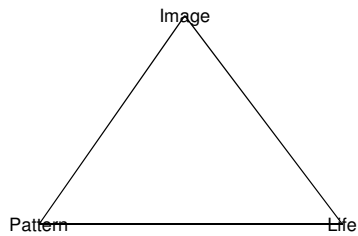


## Self-Awareness with Connection (SAC)

- A tool for self-discovery of a pattern including physical body, feelings and thoughts,
- an opportunity to step out into a neutral heart space, and do a re-frame, gaining awareness and choice

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## Treatments

- Allopathic: Surgery, multiple splints, casts and hand therapy
- Integrative: Homeopathy, energy medicine, high doses of vitamins, bone soup, bi-weekly energy treatments, bone growth stimulator, working through the cast (running energy)



## Applying this to life

- Shortcut to the heart/meditation space
- Daily practice (get ready for the day)
- Prepare for a specific situation
  - confront a difficulty
  - Face a rotten situation
  - To deliver bad news



## Outcome

- Ten weeks post-injury, the radius was healed. Ulna healing, but ulnar plate was loosening, and surgeon felt the ulnar plate would need to be removed, and revision fixation required
- Thirteen weeks post injury and ORIF, type one open, both distal bones of the forearm were healed



## A case example (mine)

- Compound, comminuted fracture of radius and extensive comminution of the distal ulna - ORIF
- Surgeon warned of the possibility of additional surgeries, possibly not regaining full range of motion
- Discussed infection, nonunion, delayed union, vascular or neurologic complications, and arthritis



"Type a quote here."

—Johnny Appleseed



Now, place your hands on  
your heart and send yourself  
love



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## Further Trainings

- Whole Person Body-centered Healing
- e-mail:
- web site: [www.simplybodywise.com](http://www.simplybodywise.com)
- Energy Healing:
- Healing Touch
- INEH (International Network of Esoteric Healing)

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## Referrals

- Penny George Institute for Health and Healing
- Pathways Health Crisis Resource Center Minneapolis
- Physicians certified in Holistic Medicine and Functional Medicine
- Credentialed practitioners - naturopaths, homeopaths, acupuncturists, nutritionists

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Thank You

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## Organizations

- Academy of Integrative Health and Medicine (AIHM)
- Minnesota Holistic Medical group

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## Further trainings

- University of Minnesota Center for Spirituality and Healing
- St Catherine University Program in Holistic Studies
- Acupuncture Schools

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