



**Judy Archer (MAsc. Counselling & Human Relations), CBP,
TRE Practitioner Level I**

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I am a Certified BodyTalk Practitioner (since 2007) and Certified Inner Relationship Focusing Trainer (since 2004). Through this work I facilitate improved health, creative and life skills. I have a broad background in body centred therapies: Trager™ Movement Re-Education, Therapeutic Touch, Continuum Movement, Tai Chi, and Bioenergetics.

My 30 plus years of work experience include personal growth facilitation, visual arts, training in creative and life skills. The TRE work complements BodyTalk and Inner Relationship Focusing by helping people release their tension and trauma.