

SCHOOL OF EMPATHY
**PSYCHOPHONETICS IS A MODALITY OF
PSYCHOTHERAPY
PSYCHO-SOMATIC THERAPY
PARTICIPATORY MEDICINE**
BASED ON RUDOLF STEINER'S
PSYCHOSOPHY

***“An ‘Internal Physician’ works in
everyone all the time”***

Yehuda Tagar
founder of Psychophonetics

The ‘Internal Physician’ which operates in everyone is mostly unconscious. It is the Innate intelligence of our Life-Body: healing, regenerating, restoring, replenishing and coordinating our whole physiology 24 hours a day, every day of our life.

Psychophonetics makes this Internal Physician conscious, enabling people to become active participants in the process of their own healing.

Psychophonetics does it by combining Methodical Empathic conversation with pro-active Action Phase that engages the deep intelligence of expressive, non-verbal communication:

- **Body Awareness** – actively sensing experience in the body
- **Movement & Gesture** – spontaneous & conscious expression
- **Visualization** – intuitive images expressing inner reality
- **Sounds** – the resonance of the sounds of human speech.

That combination enables people to observe objectively their own subjective experience at the meeting place between body and soul, to minimise destructive psycho-somatic dynamics – and to replace them with constructive, healing, clearing and protective dynamics.

**THEY CAN TAKE THESE HEALING
PROCESSES HOME WITH THEM
AND CONTINUE TO APPLY THEM
TO THEMSELVES INDEPENDENTLY.**

***“THE CLIENT IS AN EXPERT IN
THE CLIENT’S OWN EXPERIENCE”***

Yehuda Tagar
founder of Psychophonetics

**PSYCHOPHONETICS ENABLES THE CLIENT
TO BE AN ACTIVE PARTICIPANT IN
THE THERAPEUTIC PROCESS**

The client’s subjective experience of the condition he/she presents for therapy - is always a significant factor in the condition itself, sometimes 5% of it, sometimes 95%. In order to know – that component must be explored. This is the essence of the Psycho-Somatic reality.

Making the clients conscious of their experience enables them to become pro-active participants in both the diagnosis and treatment of all medical and psycho-somatic conditions, in all modalities of therapy.

Psychophonetics enables the active participation of the client in the therapeutic process by helping them to become aware of and to communicate the psycho-somatic dynamics of which they are a part.

Clinical applications of Psychophonetics:

Psychophonetics treatments cover the whole range of psychotherapeutic and psycho-somatic and personal developmental topics, including: Addictions – all types/ Pain Management/ Emotional & Physical/ Chronic Fatigue Syndrome/ burnout/ Auto Immune Syndromes/ Migraine & Other Head-aches/ Skin issues: Eczema, Acne, Hay Fever/ High Blood pressure/Irritable Bowels Syndrome/ Ulcer/ Herpes/ Posture re-alignment/ Repetitive Strain Injury/ panic attack/ Cancer Counselling / Immune-Enhancement/ Palliative Care/ Deepening Breathing/ Grounding & incarnation/ Lifting kidneys/ asthma/ heart aches/ anxiety/ Stress management.