

Talk and Touch: The Healing Partnership

Emotionally Focused Touch Transforms Lives in Psychotherapy

Every year, millions of couples and individuals seek out psychotherapists to help repair their relationships and work through their pain. It's so helpful to talk through childhood trauma, abuse, and other barriers to healthy lives and relationships. But words alone aren't always enough, and sometimes even get in the way of moving beyond pain, both emotional and physical.

When Words Aren't Enough reveals the power of touch to remove barriers to healing. Matthew Cohen's practice has transformed marriages, healed the effects of childhood trauma, and replaced hopelessness with purpose for hundreds of people. Impeccably designed and beautifully presented, his approach to healing opens doors you may have thought closed forever.

You'll discover how to:

- Reconnect with your partner emotionally, physically, and spiritually
- Relieve the ongoing impact of past pain and trauma on your life today
- Eliminate barriers to growth by working through depression, anger and shame
- Create a therapeutic partnership to turn relationship wounds into self-healing
- Revitalize your relationship with yourself and those you love



"Cohen creates a therapeutic bond leading us to our truest selves through a balance of talk and touch that is truly revolutionary."

—NANCY DREYFUS, Psy.D., author of *Talk To Me Like I'm Someone You Love*



MATTHEW COHEN, LMFT, MA, specializes in integrated therapies designed to increase client receptiveness to change by becoming partners in the healing process. His approach addresses the roots and consequences of trauma and abuse as he helps individuals and couples to heal and connect more deeply with themselves. More than 30 years ago Matthew founded the Body Synergy Institute. His groundbreaking work in emotionally focused touch remains at the core of his private practice, workshops and teaching. Visit www.MatthewCohen.us.



BodySynergyPress.com

Author photo: Candace Freeland

Cover design: www.dunn-design.com

Couples Therapy | Psychology & Psychotherapy |
Somatic Psychology

ISBN 978-0-9831092-0-4

\$29.95



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when words aren't enough MATTHEW COHEN

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*Move Beyond Relationship Struggles,
Trauma and Pain with Emotionally Focused
Touch in Psychotherapy*

MATTHEW COHEN
MARRIAGE & FAMILY THERAPIST