

Bio Copywriting
Client: Hilary Mackey

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With her mother dying of cancer years ago, Hilary Mackey looked beyond Western medicine for sources of healing. In the process, Hilary discovered the beginnings of her own healing capacity. For over 20 years now, Hilary Mackey has nurtured that discovery, building a unique practice in Awareness Body Psychotherapy.

Awareness is central to Hilary's personal sessions, where a safe, respectful environment fosters willingness in her clients to face the unconscious truths their bodies hold. With awareness, clients move forward at their own pace into ownership and connection with feelings they've buried for years. The result is increased freedom and choice.

Hilary's practice draws on the personal awareness she developed while working through her own issues. Rounding out the process is Hilary's extensive professional training in both the body and psyche-related fields. As a Registered Clinical Counsellor, Hilary is qualified to address clients' psychological needs, while as a Certified Rosen Method Bodyworker, she is equally qualified to address the needs of the body.

And through ongoing training, Hilary continues to follow the body/mind thread that has run through her life – from studying movement, meditation, and music/sound for healing, to exploring the creative process. From every angle, Hilary brings healing insights that stimulate body and emotional awareness.

Integrating body and emotion is Hilary's goal, whether in personal sessions or while training groups in Body and Psychotherapy work. In addition, Hilary collaborates with other healers and several Canadian experts in conflict resolution and group work, including doing repair work with traumatologist Dr. Marshall Wilensky (www.emdrtraining.com). And in the US, Hilary offers individual sessions and training at Flenn Chrestman, Ph.D.'s *Retrain Your Brain Center* in Seattle (www.flennchrestman.com).

Through it all, Hilary Mackey helps clients, students and colleagues learn the language of their bodies to discover what's held inside in unconscious form.