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## Experiences of releasing deep psykological issues with a combination of body therapies and spiritual healing. And Illustration of old Japanese self-help system jin sijn jyutsu (simple but powerful)

**Dorthe Leth**

Therapist and spiritual teacher, Enzo.center, Norway

I will tell about my work as therapist using rosen method, therapeutic conversation, jin shin jyutsu, healing and deep spiritual work. How I experience great effect working with the inner language of the body, how hidden and unconscious wounds can come forward and release when we find the right way to listen. The body contains memory as energy blocks “the I” forget. As in many disciplines, I work with the princip of body mind and spirit is one, and the princip of cause and effect. I experienced, the real cause very often comes from our inner spiritual beliefsystem. Consious and unconscious. The last years I have focused more on this with very good results. I experience great value in total individualised treatment, including engaging klient in their own healing/treatment by giving them “homework” in form of jin shin jyutsu selfhelp, meditations, challenges, and so on. I often cooperate with different kind of practitioners as psykologist, kiropactors, acupuncturists. The experience is this make a more efficient healing for the klient/patient. I will deepen about this old Japanese healing and selfhelp form Jin shin jyutsu. Over the last 20 years I have built up a solid “database” of experience, helping thousands of people. I would love to have the opportunity to illustrate, how to work hands on the way I do. Then I would need a bench and a volunteer. I would also love to illustrate jin shin jyutsu by teaching the hearers some self-help. If possible, we could make a small workshop, and I can fabric some free handouts. Jin shin jyutsu is excellent to combine with other kind of treatments.

### Biography

Dorthe Leth is a well-known therapist running her own senter since 1999 in Holmestrand, Norway. She is Danish, living in Norway. Education: Masseur, rosen method therapist (depth psychology), Craniosacral therapy, reiki healing, Body Talk, jin shin jyustu, shamanism. She is clairvoyant (1984 production manager, 1993 fitness instructor.) Also a meditation teacher, speaker and jin shin jyutsu teacher. She has helped thousands of people. Her therapy is based on direct contact with her hands on the client's body, combined with therapeutic conversation and spiritual guidance. She works mainly with deep psykological problems or lifechanging issues.

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