



### about Jacquie Cliff

Jacquie Cliff is a qualified Radix Body Centred Psychotherapist, Counsellor and Masseur.

Jacquie brings 13 years of experience in working with the body/mind interface to her work with people. Her broad knowledge base and experience enables her to have a deep understanding of the human body and its energetic processes.

Jacquie offers individual sessions, groups and workshops from her Adelaide Hills practice.

*"Jacquie is an intuitive, knowledgeable, and compassionate therapist, who I have seen bring out the best in myself and others."*



**RADIX**<sup>®</sup>

Body Centred Psychotherapy

*"Radix wakes up your body, connects you to your feelings and brings greater awareness and clarity to life. A journey with many rewards along the way - one well worth taking!"*

### Contact

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**Member ARBPA** (Australian Radix Body  
Centred Psychotherapy Association)

APBPA is a Member Association  
of **PACFA** (Psychotherapy and  
Counselling Federation of Australia)

Jacquie Cliff Radix<sup>®</sup>

counselling & body psychotherapy

personal • relationships • groups • workshops

## What is Radix<sup>o</sup>?

Radix has its beginnings in the work of Dr Wilhelm Reich. Reich saw that the 'life force' as it flows through the body, can become blocked and limited, impeding our full emotional experience, mental ability, physical wellbeing and motility.

As we grow up, personal, social and cultural factors affect the easy rhythmic flow of this life force in our bodies. This in turn affects our ease in knowing what we feel, think and want and can impact upon our connection with others. We develop patterns of behaviour and core beliefs that protect but limit us.

Radix therapists work verbally and with the bodily processes of breathing, movement, sound, touch and vision. This helps you to become aware of how you facilitate or inhibit your own energetic pulsation. Radix enables you to discover experientially step-by-step how your body, mind and emotions participate in unconsciously interfering in the way you feel, think and act.

This awareness enables you to become more grounded in your own being, rather than living in your head or being ruled by your emotions. In this way you can engage with life more fully in an alive, authentic, integrated and confident way.

## Benefits of Radix<sup>o</sup>

Radix Body Centred Psychotherapy is an energetic process of powerful personal development which facilitates awareness for change, growth, healing and connection with self and others.

This approach takes the counselling process to a deeper level exploring patterns of behaviour, childhood upbringing and past experiences that are impacting on the current situation.

Radix is particularly useful when there is a physical or emotional component to the issue (eg depression, anxiety, anger etc), or when a cognitive approach has been insufficient.

Radix powerfully works with issues such as:

- Anxiety
- Grief & loss
- Depression
- Anger issues
- Stress
- Abuse and trauma
- Panic attacks
- Vision and goal setting
- Sexuality issues
- Body tension
- Confidence and assertion
- Aliveness and wellbeing
- Purpose and direction

*"Jacquie is the perfect person to be guiding, supporting, listening, noticing, and engaging you and the group throughout the weekend workshop process. AND the food is amazing!"*

## Individual sessions

Individual sessions are generally taken on a weekly basis, however fortnightly or less regular sessions are available. Sessions are usually one hour in duration. They are available both during the day and in the evening and are arranged by appointment.

## Groups

Groups are run on Wednesday and Friday evenings and are limited to six participants. They offer a dynamic where trust and support in the group can facilitate greater insight into self and connection with others.

## Workshops

Both residential and one day workshops are available. Numbers are limited to eight participants. Workshops provide people with space and time out to connect and experience themselves at a much deeper level than is normally attainable in their day to day lives. Radix workshops are challenging, engaging, fun and enlivening.