

## Application areas

- Acute and chronic pain
- Recurring symptoms and diseases
- Pain without diagnosis
- Emotional injuries
- Accumulation of accidents
- Traumatic experiences
- Biographical burdens

## Costs

We plan a duration of 1 to 1.5 hours. The cost for this are € 150.

In some cases, the treatment takes a little longer - in this case the amount will not exceed a maximum of € 180.

As a general rule, one or two treatments are sufficient for you to gain a deeper understanding of your personal concerns.

## Note

Systemic body therapy is a complementary procedure and can be used in parallel with all medical, psychological and psychiatric curative treatments.

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# Systemic Body Therapy



Holistic approach based on  
physiotherapy  
and  
systemic therapy

Cornelia Stahl & Leonie E. Müller

## Our concept for your mental and physical health

Emotional injuries, suppressed feelings, shock and traumatic experiences leave traces in our body. These are stored in our cells.

### Possible impacts:

- ⇒ The connective tissue structures that bind our body through muscles, bones, organs and nerves harden.
- ⇒ The tensions thus created can lead to numerous physical complaints and illnesses if not treated - even decades later.
- ⇒ If the body or soul remembers these old injuries through a similar situation, pain reappears - for no apparent reason.

Our collaboration shows that emotional problems often also have a physical component, just as the physical symptoms are often based on a subconscious subject. Your symptoms can therefore be an attempt by your body to cope with unconscious emotional stress.

Detecting and releasing these tensions, in combination with a careful search for the emotional causes, is a therapeutic approach that can resolve long-held, stored events and pain.

## How we support you in your personal process

While you are resting on the treatment couch, we accompany you in your mental and physical experience. Ms. Müller sits next to you and supports you in expressing your inner experience (thoughts, feelings, ascending images and body perceptions). Ms. Stahl carefully accompanies your body through this dialogue with targeted grip techniques. In this way, experienced injuries, trauma, disorders or retained emotions can emerge and be released.

“Our experience shows that the emotional content of experiences stored in our subconscious can be set in motion more efficiently during a simultaneous body treatment. Since both aspects are addressed directly, numbness and physical tension can be released. This encourages your life energy to flow again



## Therapeutic Techniques

### Cornelia Stahl

- Mindful physical accompaniment in dynamic process
- Integrative treatment of the craniosacral system
- Elements of visceral therapy
- Fascia techniques

### Leonie E. Müller

- Family and systems therapy
- Constellation work
- Gestalt therapy
- Elements of trauma therapy
- Meditation and breathing techniques
- Imaginative procedures (work with inner pictures)

### Our recommendation in advance:

Before the treatment, we advise you to have a light meal and avoid strong stimulators such as nicotine, caffeine and alcohol. These can hinder your ability to get access to your feelings and your subconscious. This is a crucial condition for the success of the process, regardless of whether the treatment relates to a current physical problem or to a purely emotional one.