



Become your best self.

Movement re-education, health and wellness coaching, using therapeutic interventions based on the Trager® Approach and Functional Medicine.

Movement patterns exist in the unconscious mind, along with your thoughts, dreams, and memories of traumatic events such as injuries (emotional and physical). Surgical repairs and repetitive movements create compensating patterns that may keep us from our best self. Together we will discover your unconscious patterns, bring them to light and use them to your advantage. If these patterns are working well for you, great! If not, we will find new and better ways for you to enjoy your life more. I will teach you gentle, self-care skills to do at home in between sessions, using movement and touch.

This sustainable approach to wellness and well-being is both educational and therapeutic.



Judy Fasone, a registered nurse since 1989, has had a career focused on holistic, community and psychiatric health care leading her to study the Trager® Approach, an integrative, alternative movement practice.

The Trager® approach promotes healing and wholeness through self-awareness and self-care. Certified in 1997, Judy continues to work with a variety of clients to reduce stress, depression, anxiety, post-surgical compensation patterns, and recovery from recent or past injuries. Her clients report regaining full range of movement with freedom, flexibility and a feeling of joy and youthfulness in their bodies.

Certified as a nurse coach in 2012, her private practice also includes facilitating the change of behavioral patterns related to nutrition and general health. As an educator, Judy creates fun, fluid individual sessions and classes, that allow you to transform at your own pace.

Judith Fasone

RN, MSN, AHN, HWNC

Movement Re-Education

Health & Wellness Coaching

Therapeutic Interventions

Call today to feel better!

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How does movement impact wellness and well being?



MOVEMENT RE-EDUCATION
HEALTH & WELLNESS COACHING
THERAPEUTIC INTERVENTIONS

Self Care is Health Care

Self-Care & Self-Development

THE INDIVIDUAL SESSIONS

On zoom or in person, you will receive my complete attention, and together we will map out a way to allow you to feel more vibrant, alive, and joyful. Each session is 75-120 minutes, depending on the need. Movement explorations we find that are fun and pleasurable will become part of your daily routine to sustain the healing changes you wish to make.

CLASSES & PRESENTATIONS

Classes ranging in length from 2 hours to 6 days can be scheduled throughout the year for you to learn to use these techniques more deeply for your own benefit, or to use with your clients, friends, and family if desired.

CERTIFICATION FOR THE TRAGER® APPROACH

As an Instructor and Tutor for Trager® International, I will assist you in meeting the qualifications for the current Trager® Training Program to become certified for practice. You can find more details and a calendar of classes here: tragerapproach.us

CERTIFICATION TO BECOME A NURSE COACH

I am listed on the American Holistic Nurse Credentialing Corporation website to provide 60 hours of supervision for nurses who wish to prepare for a certifying exam. For more information go to judyfasone.com/coaching.

FUNCTIONAL MEDICINE (FM)

I have over 100 hours of FM training and many resources to share. FM focuses on the science of cellular health, going to the root cause of disease. Using self-assessments, coaching, education, and food as medicine, we begin by looking at when you felt your best. Taking the time to get to know how life got in the way helps you find the motivation to evolve into a healthier being. I am with you every step of the way, with coaching, movement explorations to enhance self-awareness, and “design-it-yourself” self-care practices to create sustainable changes as you experience joyous and indefatigable health and wellness.

The Trager® Approach

The Trager® Approach uses neuroplasticity to your advantage. Neuroplasticity can be viewed as a general umbrella term that refers to the brain’s ability to modify, change, and adapt both structure and function throughout life and in response to experience. In your deeply relaxed state, things change. Gentle rocking, compressions, lengthening of the limbs and joints, and Mentastics (movement explorations), lull your unconscious mind into letting go of old patterns. New patterns of pleasure are created, replacing pain or stiffness. Self-designed movement explorations, used at home between sessions, ensure sustainable changes.

Movement as a way to agelessness

Nurse Coaching

“A professional nurse coach uses skilled, purposeful, results-oriented, and structured interactions for the purpose of promoting the achievement of your health goals.”
(International Nurse Coach Association)

Judy is a nurse with over 30 years of experience. She will be your guide when dealing with the health care system, understanding lab procedures and values, or simply broadening your understanding of your own health conditions and choices.

You may benefit from taking your self-healing journey with a trusted nurse coach. Have you already tried everything you know, and could use some support to get moving in the right direction? Would you feel better if you could move more easily? Do you wake in the morning free of pain, looking forward to your day? Do you feel confident and full of joy? As a board-certified advanced holistic nurse and board-certified health and wellness nurse coach, Judy will partner with you to live the life you desire and deserve.

Your mental health, or well-being, also depends on movement.



Gentle movement and self-care is the key to living fully as we age gracefully.



Being grateful and allowing creativity in our activities and endeavors promotes wellness and well-being.

