



Press release from:
Healing from the Body Level Up
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Dr. Judith Swack, Renowned Mind/body Therapist, Featured in Leventhal-Sidman JCC's *Mind Matters* Spring Program

Personal Growth Series Will Enable Participants to Recognize and Eliminate Emotionally Induced Patterns of Self-Sabotaging Behavior



NEEDHAM, Mass. – March 13, 2009 – [Judith A. Swack, Ph.D.](#), internationally recognized mind/body therapist and leader in the field of energy psychology, announced today that she will be teaching five courses on healing and personal growth as part of the ***Mind Matters*** curriculum offered by the [Leventhal-Sidman Jewish Community Center](#) of Newton, Mass.

Mind Matters is part of the Leventhal-Sidman Center's Spring series of adult educational and healing programs that foster personal growth. In Dr. Swack's courses, participants will gain greater control of their emotional well-being, their behaviors, and their lives by developing increased self awareness and by learning skills and tools for overcoming mental, emotional, physical and spiritual blocks to success.

Dr. Swack is the originator of the [Healing from the Body Level Up \(HBLU™\)](#) methodology, a unique and powerful holistic psychotherapy system. HBLU helps people get unstuck by clearing self-sabotaging patterns in the conscious mind, the unconscious mind, the body, and the soul.

Dealing with the Complex Interaction of Mind, Body, and Spirit

Dr. Swack earned her master's degree in biochemistry at Case Western Reserve University and her doctorate at George Washington University. She has dedicated her career to the study and treatment of illnesses, bad habits, and behaviors that stem from deeply-rooted psychological problems.

"Everyone knows that the mind and the body work together, but it is not as simple as that," she remarked. "Emotional stress can be caused by many factors, with specific stressors resulting in specific patterns of unconscious self-sabotage."

"For example, people can have patterns that:

- Cause them to eat for emotional reasons, resulting in overweight;
- Cause irrational fears and phobias, which limit their lives in many ways;
- Cause physical and emotional pain and disability;
- Interfere with self-acceptance, creating difficulties in personal and romantic relationships; and
- Stimulate fears of both success and failure, leading to underachievement in careers and business.

“Fortunately, HBLU is very successful at treating these problems. Surprisingly, many of these patterns can be healed or managed through self-treatment, and this is the focus of all my courses.”

Courses taught by Dr. Swack in the ***Mind Matters*** series begin on April 12 and run through June 13. They cover several common patterns that cause unconscious self-sabotage and include:

- *Are You Sabotaging Your Dieting Goals and Good Health?*
- *Clear Chronic Pain in Minutes.*
- *Diagnosis Shock: The Unrecognized Burden of Illness.*
- *Forgive Yourself*
- *Overcoming Fears and Phobias.*

For more information about Healing from the Body Level Up, contact Judith Swack at her practice in Needham, Mass. at (781) 444-6940 or visit HBLU.org.

For more information on the ***Mind Matters*** series, call Leventhal-Sidman JCC at 617-558-6419. To register online, visit <http://easyreg.iccgb.org/>.

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