



The Marvel of Mind-Body Medicine
Wednesdays at 1PM Pacific
February 22nd 2023: Trauma Takes a Toll

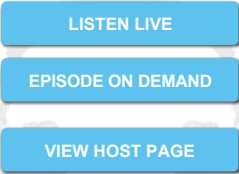
We all live through losses, heartbreak, accidents and challenging times. What is the impact of these experiences on our health? What does science say? What do mental health experts have to say? And what solutions are available? In this episode we will explore these questions and share stories of healing from mind-body medicine to support you in releasing both the emotional impacts of trauma and resolving its physical toll on your body. Gain insights from the experts as Dr. Laura and Dr. Janet host Judy Tsafir, MD holistic psychiatrist and Laya Seghi, LCSW, who will share their work on the inte

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Featured Guests



Laya Seghi
Combining over 40 years of experience as a clinical social worker with extensive training in Western science and Eastern healing systems, Laya's integrative approach is heart-based, relying on intuition and the innate wisdom of each client. Her area of expertise is resolution of mental and emotional suffering from trauma, anxiety, and depression. With her mind-body-spirit focus, physical ailments often are fully resolved. Laya has found traditional therapy alone to be slower and, at times, to reinforce problems rather than help achieve desired solutions. Accordingly, she explored and became certified in multiple healing modalities, including Hypnotherapy, EMDR, BodyTalk, Psych-K, NeuroEmotio

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Judy Tsafir, MD
Judy Suzanne Reis Tsafir, MD is a holistic healer, activist, artist, and gardener with a private practice of Holistic Psychiatry and Psychoanalysis in Massachusetts. She is a board-certified adult and child psychiatrist and psychoanalyst, is on the faculty of Harvard Medical School and the Boston Psychoanalytic Institute and teaches at The Cambridge Hospital. She has particular interest in the treatment of complex chronic medical conditions that present psychiatrically with expertise in the treatment of toxic mold exposure, mast cell activation and Ehlers's Danlos Syndrome. Patient's frequently consult with her for help in weaning from psychiatric medications. She is a practitioner of a var

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