

Talk Given to the Madison Rotary Club

Dianne Berg
heart in hands

I'm a Board-Certified and Connecticut-licensed Massage Therapist, Biodynamic Craniosacral Therapist and Polarity Practitioner. I've been relaxing muscles, relieving pain and removing stress since 1991. Sensitive touch and intention can release knotted muscles or soothe a troubled mind. I create absolute comfort for my clients with custom blends of techniques developed over a long, active practice, which is now located in an intimate, elegant space right in the heart of downtown Madison.

Personal notes: Born in California, received my BA in journalism/advertising, worked in San Francisco for a couple of small ad agencies, then on to corporate side: Levi Strauss & Co., Castle & Cooke, Inc. (Dole foods, Bumble Bee seafood), and MJB coffee and tea. I always worked on the creative side, designing and supervising advertising campaigns and photography.

A headhunter got me out to Connecticut for Heublein in Hartford. I left corporate life in 1987 to pursue my interest in home decorating, freelance set design and prop styling. I discovered the power of my current occupation in my chiropractor's office after a minor auto accident.

I am married, no children, but always cats, have lived in the same home in Madison for over 31 years. I have experienced major changes in the last decade: a fractured ankle in 2006, and subsequent falls have stolen my easy mobility---I used to love walking and hiking.

Then my husband suffered a stroke in 2012, which left me without health insurance and responsible for covering housing costs.

Many of you see me where I work part-time at Peoples United in Stop and Shop, to help make ends meet. However, my primary source of income is helping people feel better.

My clients are anyone who´d feel comforted and supported by a trusted, personalized therapeutic relationship, built over time and addressing physical and emotional needs through caring touch modalities and individual care and attention. Many of my clients have been with me for over 20 years, and I have followed their lives as well as their health issues.

Nowadays, most people have a pretty good understanding of the benefits of massage therapy: I have a couple of articles here, if you are interested. I need to write some for Polarity Therapy, which is multi-layered and can be complex, but essentially deals with the energetic and elemental balances within a body, and Craniosacral Therapy, again complex, but focused upon the nervous system.

Each course of study was two years long, and each approximately 1,000 classroom hours. I am required to complete a number of continuing education hours every year, so I am always refining my skills.

I am REMARKABLE because I care deeply for my clients, I intend a long-term relationship, creating treatment plans and tracking progress, folding humor into thoughtfulness as we are all human. I note preferences, so every session is your session, and clients respond with a Pavlovian response to the look, feel, sound, and scent they associate with comfort.

Maturity is on my side: I have years of study and practice, a large “bag of tricks” to pull from, and the lack of judgment that comes from knowledge and experience. Many doctors, physical therapists, chiropractors and other medical professionals refer clients to me and see me for their own self-care. While I have left the demands of directing the Shoreline Center for Wholistic Health in Guilford, which I did for 20 years, I was instrumental in its inception, the first of its kind in this area, with practitioners in many fields sharing the same large space, and a concept which has been widely copied. I am able

to refer clients who may need additional support to respected colleagues for the best solutions for a health issue.

Bottom line, I was here yesterday, I am here today, and you will find me tomorrow, because it's a great feeling to deal with people who are invariably happier when they leave than when they came in! I love making that difference in people's lives.

Dianne Berg, LMT, BCPP, RCST, has been practicing massage therapy since 1991. Her heart in hands practice is located at 786 Boston Post Road, Suite 204, Madison CT 06443.

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