

Polarity Therapy in a CLINICAL setting

By Jade Altavilla-Castaldo

Ever since I was first introduced to Polarity Therapy, I have wanted to bring energetics to the forefront of contemporary health care. The potential for health, growth and self-understanding made possible through Polarity Therapy is what inspired [founder] Dr. Randolph Stone to devote a lifetime of study to this work - and what inspires me to make it my life's work today.

I currently work as a Registered Polarity Practitioner (RPP) in a multidisciplinary health clinic in Markham, just north of Toronto. My colleagues include three Doctors of Naturopathic Medicine, a Clinical Nutritionist, a Registered Massage Therapist, and a practitioner of Specialized Kinesiology. Clients come through referral, direct marketing, intention, curiosity and happenstance (if such a thing were possible). Some come as a first resort to improve their health, others as a last. Some are new to the concept of energy medicine, others are seasoned practitioners. Working with other health care professionals enables me to position Polarity Therapy as a vital contributor to the healing arts.

One of the benefits of working with other practitioners is the opportunity to collaborate on different cases. For example, Liz, a 38 year old high school teacher who had been struggling with her weight for years, was referred to me by the Clinical Nutritionist. Although she had tried a number of different approaches to weight loss and had managed to shed some pounds, she felt frustrated over not having found the long-lasting success she desired. In the meantime, she had developed high blood pressure and a hypothyroid condition for which she had been taking medication. My colleague felt there was more to the story than what was happening nutritionally and recommended my services.

As a Polarity Practitioner, I used the energetic window to help Liz gain insight as to what was keeping her stuck and preventing her from moving forward. In addition to Polarity bodywork, I provided her with Ayurvedic food options more in line with her mental and physical constitution, specific energy exercises to support her energetic patterns, and Brain Gym® exercises to help her integrate. As her physical, mental and emotional health increased, her dependency upon medication was beginning to decrease. At that point, I referred her to one of the Naturopathic Doctors who was able to provide her with options to safely reduce her intake of drugs.

Today, Liz is in the middle of a career change and feels much better about herself. Her weight is closer to what she wants and, more importantly, she has shifted her focus from treating the symptoms to treating the cause and tending to her overall health. Excess weight had been her first window in.

The benefits of working in a clinical setting are numerous, as are the challenges. As far as benefits go, I have gained greater understanding of the dynamics behind health and disease and my skills continuously take on a new dimension. That keeps me curious, motivated and inspired. As far as challenges go, there are a couple.

First and foremost comes the task of educating clients and colleagues about the benefits of Polarity Therapy. Finding a place where Polarity Therapy complements rather than competes with what the others do is key. My colleagues have to understand the process well enough to know how and when Polarity could best support a client's path to wellness. The second challenge lies in creating a seamless process for clients as they begin to understand the concept of working with more than one practitioner.

Our clinic has been open for 15 months now and, admittedly, the process is not yet entirely smooth. Like any relationship, the first year has its joys, challenges and learning curves. Overall, it has been a very positive experience for me as I learn more about myself, Polarity Therapy, and its place in contemporary health care... I firmly believe Polarity has a crucial role to play in shaping the future of health care.

As I think back to my own interesting experiences over the past year, I strongly urge fellow RPP's to consider working with integrative clinics. The challenges are definitely there, but the benefits far outweigh them. As shifts in health care begin to take place, Polarity practitioners have a lot to offer.

Jade Altavilla-Castaldo (1968-2010) was a Registered Polarity Practitioner, Certified Brain Gym® Consultant and Reiki Master. In addition to private consultations, Jade taught Polarity Yoga and offered seminars in energetic nutrition at Naturopathic Foundations.