

Ruth Hirsch, MSW, MPH, CMT

Based in Jerusalem, Ruth is a Therapist, Focusing Trainer, Certifying Coordinator, and an active member of the ILC since 2014. She has maintained a private practice since 1990 working with clients and teaching. Since 1994 she has been training therapists, coaches, and other healing professionals in Focusing, both as an individual life-enhancing practice and as an adjunct to optimize and deepen their work with clients.

Ruth's background also includes training and experience practicing and teaching yoga, massage and acupressure therapy, and aromatherapy. Some other interests of hers include sharing the richness of Jewish spirituality to deepen our relationship with ourselves, and the wisdom of Chinese medicine— in particular relating to how we can better nurture our body, mind, and soul based on the season of the year. What she loves most about her work is watching clients and students experience unfolding, healing, and growth in their lives.