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# West Hartford

## Community Hartford Family Institute for the Healing Arts celebrates 40 years of comprehensive, cutting-edge therapy

by Tracey Weiss

"We have been here for so many years and people know us, but so many don't. We want to get the word out to the community."

That, said Dr. Stuart Alpert, is truly a conundrum for the Hartford Family Institute's Center for Healing Arts, a psychotherapy and training center founded in 1969.

The group plans to invite the public to celebrate its 40th birthday and learn more about the work at the center at an open house from 4 to 8 p.m. June 26.

### Deep healing

Known for their work in general psychotherapy, Hartford Family Institute's five partners, three associates and numerous independent practitioners also offer everything from acupuncture and massage to holistic nutritional counseling and energy healing. They refer to what they do as in-depth body psychotherapy and subtle energy healing.

"We have a unique therapy we've developed here," said Dr. Naomi Lubin-Alpert.

She and Dr. Alpert, her husband, are two of the five partners in the business.

"Our other services are a value to the community, medically," Dr. Stuart Alpert added.

One of the beliefs of the center, according to its web site, is "that wounds created by childhood trauma that result in emotional pain and physical illness can heal through psychotherapy, energy healing and alternative health programs so that our clients, students and practitioners 'aliveness' can be deepened and relationships can be based on realism, love and empowerment."

"There are lots of things traditional Western medicine is good at," said therapist David Gilroy. "More now, holistic approaches to treatment are becoming more accepted."

He sees patients and is also a partner in the center, along with his wife, Dr. Donna Baker-Gilroy, the Alpernts and Sylvia Gingras-Baker.

"It's exciting to be branching out and diversifying," he added.

Dr. Gilroy cites one of the independent practitioners, Ming Wu, as an example of that.

"He does Chinese therapy and uses traditional Chinese medicine and energy (chi) and Chinese herbs. Yale University has started to talk to him about what he does. He's got a few offices in the building that we call the Ming Wing."

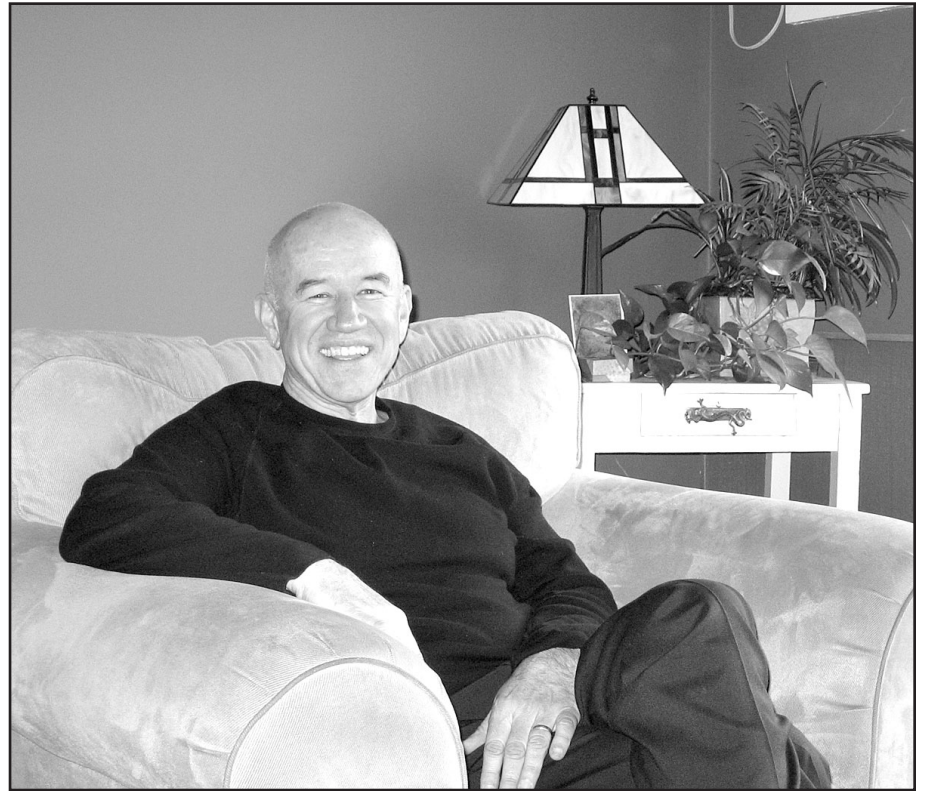
And "even St. Francis (Hospital) has a complementary holistic program," Dr. Gilroy said.

Associates at the center include Dori L. Gatter, David Hovey, and Denise Soucie. Independent practitioners are Susan S. Drake, Robbi Gilsinen, George Herrick, Elizabeth Huebner, Cris Jacobs, Elizabeth Kincaid-Ehlers, Matt Maneggia, Julie Saffir, Scott Sweeney, Judy Vuozzo and Ming Wu.

They have treatments in general counseling, relationship/marriage counseling, alternative and holistic healing, group psychotherapy, child and

*Therapist David Gilroy is one of five partners at the Hartford Family Institute, celebrating 40 years in business.*

*The psychotherapy created and practiced there by the parnters and their many associates is a combination of in-depth body, emotional work, energy healing, Shamanic spiritual healing and trauma work.*



adolescent psychotherapy, couples and family psychotherapy, conflict resolution and meditation and psychotherapy.

They also offer Reiki healing, therapeutic massage, imagery, dreamwork, qi qong healing, acupuncture, Alexander Technique massage, energy work, thought field therapy, EMDR, Emotional Freedom Technique (EFT), holistic health and nutritional counseling, detoxification programs, sand tray therapy, Shamanic journeying, life coaching and life change and core energetics.

Sessions are held in the center's 8,000 square feet space that encompasses two connected and refurbished three-story homes on South Highland Street. Hallways, foyers and offices are warm, well lit and uniquely furnished to reflect the taste of each practitioner.

### Empathy through training

HFI is also known for its training programs.

"Professional training is one of the most important things we do," said Dr. Gilroy.

For 30 years, the center has offered programs to teach "laymen, doctors, lawyers, nurses, physical therapists and housewives to learn more about how to deal with the clients in their field," Mr. Gilroy said.

The Professional Training Program "really helps show people how to offer compassion to their clients and relate to other people," he added.

"The approach is about mindfulness and appreciating the importance of attachment. The field has gotten more technical dealing with behavior at a cognitive level," he said.

"Learning through research that the way people are treated as infants is powerful. Without touch, they don't survive. That's the level at which healing happens. We've always done that. Our training programs teach people how to work with that and

be compassionate."

They also have a Human Relations Program.

According to the HFI web site, "the program offers a unique and in-depth understanding of the emotional, mental and energy systems in the body, how those systems work for us and against us, and how to work with those systems both individually and in relationship to others."

The two certificate programs run from September to May for a total of 27 Wednesday nights from 6 to 9:30 p.m. and include an introductory weekend in September as well as two

more mandatory weekend outings for the latter program. **WHL**

The Hartford Family Institute is located at 17 South Highland Street. Call 236-6009 or go to [www.hartfordfamilyinstitute.com](http://www.hartfordfamilyinstitute.com) for more information.



The Hartford Family Institue offices are on Highland Street.