

## Contact Information



## *The Mind-Body Practice*

### Address

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For an appointment

please contact:

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A family-run practice providing  
professional psychological and  
muscle therapy services

## Psychological Therapy

*Dr Rachel Pugh, a British certified Clinical Psychologist with 19 years clinical experience, has lived and practiced in Cambodia since 2004.*

Working with adolescents, adults and couples, a range of psychological therapies are provided: .

**Person-Centered Psychotherapy** is the foundation of all therapy: an empathic, trusting, non-judgmental safe space to explore painful issues at client's own pace.

**Cognitive Analytic Therapy** identifies and breaks free from self limiting patterns of interaction with self and others.

**Cognitive Behavioral Therapy** challenges and modifies negative thoughts and their impact on feelings and behaviors

**Creative Therapy**, a non-verbal means of exploring and working through painful experiences.

The following issues can be effectively addressed:

- Depression and anxiety
- Pre/post partum anxiety depression
- Adjustment to parenthood
- Reproductive health
- Sexuality and Gender
- Trauma and abuse
- Relationship difficulties
- Adjusting to life in Cambodia

## Muscle Therapy

*Andrew Marriott, an Australian-trained Massage Therapist with 16 years experience, has lived and practiced in Cambodia since 2007.*

### Cause of Muscle Pain

The muscles of the body can harbor knots or trigger points that produce pain, weakness, restricted movement and more. In most cases, the pain is felt in muscles far away from the causal trigger point.

### Why pain can't be ignored

Once trigger points develop in a muscle, a progressive snowball effect takes place if those trigger points are not reduced or eliminated. For example, in compensating for one muscle's pain, another muscle becomes strained and develops trigger points, which in turn is compensated by another muscle etc.

Left untreated, these muscular trigger points can last for years and lead to disabling pain, dysfunction and disability that may defy conventional medical diagnosis and treatment.

Emotional distress often follows as quality of life deteriorates.

### Assessment and Treatment

Comprehensive knowledge of the physiology of muscles enables the identification of the trigger points causing acute and chronic muscle pain.

A combination of Trigger Point Therapy, Deep Tissue Massage and specific pain preventative stretches are applied for the effective treatment of difficulty or pain in movement in the following muscles:

- Tension headache/Migraine
- Neck and upper back
- Shoulder
- Elbow, arm and hand
- Torso
- Lower back, buttock and hip
- Thigh and knee
- Lower leg, ankle and foot

Google 'Trigger Point Therapy' for more information