



Theresa Barry-Greb, MS,PT

Facilitative Healing Center
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**We help people achieve
balance in their physical
health and emotional wellness**

About Theresa:

Theresa Barry-Greb PT, MS has been a licensed physical therapist for over 32 years in the Lexington, Kentucky area. She is a Loving Journey Facilitator which involves facilitating loving journey groups and coaching individuals. She is also a Reiki Master and has been practicing Reiki energy work for over 19 years.

What Theresa Can Do For You!

For the past 20 years, Theresa Barry-Greb has been inspiring men and women to make healthy changes in their lives to create more balance in the physical, and emotional aspects of their lives. She has taught large audiences, small groups, and even individuals how to shift their brain from fear and stress to feeling more love and happiness in their life. She will help you understand how stressful circuits in your brain keep you in an unbalanced, and unhealthy physical and mental state. She will then offer tools to help re-wire those stressful and fear based circuits to bring more love and wholeness into your life.

What is the Facilitative Healing Center?

The Facilitative Healing Center has been facilitating people's personal healing to achieve wholeness within the mind, body and spirit for over eleven years. Facilitative Healing Center offers a variety of physical health and emotional wellness services including:

- Loving Journey groups
- Loving Journey coaching sessions
- Therapeutic massage
- Reiki Energy sessions
- Workshops on various spiritual topics
- Public Speaking on Mind, Body, and Spirit

Two Most Popular Topics and Programs:

Creating More Love & Joy in the Parent/Child Relationship

Learn how to shift fear based circuits in the brain into love based circuits using five practices to feel more love for yourself, others and create more loving relationships in your life. Discover how easy it is to feel unconditional love in your life on a daily basis. 1 Hr to ½ Day.

Standing in Love Workshop: Shifting from Fear to Love

Discover how a group of people with a common goal can co-create in a loving, resonate energy field to create the positive outcomes they are trying to achieve together. Learn the different tools to create this loving, resonate energy field for team cohesiveness and have lots of fun and love in the process. ½ to Full Day.