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Taylor Therapy Center feeds the mind-body connection

By CHARLES PAULLIN
@CPAULLINBH

NEWINGTON — The mind and body are deeply connected, and the therapists at Taylor Therapy Center work to help patients understand that so they can live life better.

Taylor Therapy, at 9 Elmwood Court in Newington, has six therapists and five support staff members who work closely together, offering a holistic natural approach to provide physical, psychological and massage therapy services as well as a supervised gym program that enables people to continue their exercise program after they complete therapy.

“I will not compromise on treatment. We always treat our patients one to one,” said Joan-Alice Taylor, physical therapist and psychotherapist, and owner of the business since she opened it in 1983. While physical therapy has various equipment to deal with physical issues, such as ultrasound, electrical stimulation and traction machines that are used as components of treatment, the use of hands-on manual therapy procedures and techniques is their primary focus.

When it comes to psychological therapy, or counseling, anything from temporary struggles, like a divorce, family issues, or work



Seated, from left: Sue Baillargeon, Lucy Marchigiano, Joan-Alice Taylor and Andrea Callahan. Standing, from left: Mariah Tuthill, Erin Lindsay, Amy Carlson, Randy Miles, Daniel Vala and Stephen Bailen.

stressors, to longer term depression and/or anxiety issues, can be helped with individual therapy. The clients who seek these services range from young adults to middle-aged individuals. “The way psychologist Thomas Szasz summed it up was that therapy is for ‘people with problems in living,’ which states it perfectly,” Taylor said.

A wide range of massage services is also available, whether it be someone looking to relieve built up stress they may not be fully aware they are storing in their muscles to an athlete looking to unwind some tight over worked muscles. “It’s a nice way of having your body soothed and

comforted. Massage has a world of benefits to it,” Taylor said. Taylor, who is a licensed physical therapist and professional counselor, said that she’s always been fascinated with how the body moves and works and the connection between body and mind. Her staff shares a similar passion, by always staying up to date on the latest information in their respective fields and with their professional education and license requirements. The facility is open Monday through Friday from 8 a.m. to 8 p.m. It can be reached at 860-953-1204 or taylor-therapy@live.com. Most insurance plans are accepted.



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