



Daryl Vineberg, VMTR, B.A., M.Eng., P.Eng
416-624-9489
College & Dundas West,
Bathurst & St Clair West

While his first career was in engineering, Daryl's heart was really drawn to working with people, in both therapeutic and creative contexts.

When he discovered body-based therapy on his own personal journey, he felt like he had discovered something powerful and transformative, and ultimately decided to train in Voice Movement Therapy (VMT), an expressive arts therapy of the voice, and then afterwards in Integral Healing, which includes the body as an essential component of the psychotherapeutic approach.

Daryl is a healer. Through talking and bodywork, he can help you to get clearer on what's happening in your life, what you're needing or longing for - and help you connect to and reclaim the tremendous power which may presently lie hidden in you.

Individual Sessions

During your session, he will work with you with care, attention and respect to help you re-connect through your body to whatever is actually taking place inside of you in the present moment. This is where healing can happen.

The main purpose of body-based psychotherapy is to restore flow to a person's life force by working through the physical and emotional blocks they have, which they often experience as feeling "stuck" or unsatisfied. To do this, he works with breath and attention, and with the person's body - to get things moving. This might mean exercises for grounding or to promote the movement of energy, such as holding difficult postures, or physically expressing emotions. The benefit of a person's energy moving more freely is that they feel more alive!

Weekly Groups

Daryl has discovered the tremendous potency of weekly body-based group process, which is about healing through connection – to your deeper self and to others, who also long to be more authentic. As a participant, you're invited to really bring yourself as you are, without apology. You'll be challenged and guided to work through your energetic and emotional blocks so you can be more fully alive.

He will be starting new weekly groups beginning April 2015.

About Daryl

Daryl works with individual clients, leads bioenergetics and VMT workshops, facilitates a support group for families/spouses/children of addicts through Toronto East General Hospital Withdrawal Management Services, and leads two Toronto-based www.meetup.com groups, one for VMT and one for bioenergetics. As well, Daryl has served for the past two years as a Director of the International Association for Voice Movement Therapy (IAVMT).

Daryl can be reached at 416.624.9489 or daryl6@gmail.com. You can also visit his website at www.darylvineberg.com