

Talk therapy and massage come together on Cope Road

By PRUE OSBORN

Kathy Taylor touches people's lives, working with them towards a healthier lifestyle. She has both a massage therapy practice and psychotherapy practice in Kennett Square that she calls the Cottage on Cope Road.

Through the strength in her hands and physical touch she works on improving the physical lives of her clients. Through talk therapy she helps clients deal with their emotional lives, encouraging them to make positive changes and have hope. Through both she provides an integrative approach to health.

Some of her clients are strictly counseling clients while others are strictly massage clients, but there are those who see her in both capacities, but never at the same time.

Taylor explained it is the connection she makes with people that is most important to her. It seems to have always been the key to who she is. "No matter what I've done, I've been drawn to people."

She taught for six years at West Chester East High School and six years at a West Palm Beach High School and said she most cherished the relationships she fostered with students and co-workers. Later, after working for years as a massage therapist, she realized the magnitude of the mind-body connection, and wanted to have an even greater impact on people's lives. She went back to school for her master's degree in counseling psychology. Her clients used to come to her home, but now she has created an ideal spot on Cope Road with cozy rooms for both her specialties.

Realtors told Taylor and her boyfriend Dave Ventura that most potential buyers of the bungalow wanted to tear it down and could not grasp their vision for it. While working full time in their real jobs they spent every spare moment transform-

Kathy Taylor combines therapy and massage to help people improve their emotional lives.

Courtesy photo



ing the little dilapidated wreck of a house into a sanctuary she now calls The Cottage. They scrubbed nicotine of the walls and repainted, gave it new siding, a roof and refurbished every room in the house. They did tree work, cleaned up the yard and planted a flower garden.

Taylor said when she first walked in and saw a room with a grimy decorative tin ceiling, she knew that would be her massage room. That pristine ceiling now gives her clients a focal point when they are face-up on the massage table. The counseling room is cozy and comfortable and the reception area is actually a living room without an office feel.

Discretion and intimacy are important to Taylor as well as her clients. She said she schedules appointments with a half hour to spare in between, so no one sees the last or next client coming or going and each has the time they need with her. Her days are mixed with clients from each of her practices. "I have to be available when people can come. If you are the eighth person at the end of my day, you will never know it. I might feel it, but you won't."

Taylor suits her massage method to the needs and desires of the client — man, woman or child. She offers myofascial release which concentrates on realigning the body through stretching or manipulating the soft tissue; Swedish massage for stress relief and relaxation; sports massage and deep tissue massage for the serious and casual athlete.

Her specialty is prenatal massage. Her massage table is unique, allowing pregnant women to lie comfortably on their stomachs with their bellies and breasts supported.

Massage, she said, tends to loosen up her clients, literally and figuratively. While some clients are quiet, others open up and talk. Some have realized during massage that they would like to schedule an appointment to do some therapeutic talking "in the other room," Taylor said. But, she stressed that she does not mix the two in a single session or "preach" to massage clients. For counseling sessions she dresses professionally and changes gears and her clothes for massage sessions. "I'm always Kathy, but there's a difference."

In her counseling practice Taylor sees individuals, couples, families and children tackling such issues as depression, anxiety, relationships; improving communication, questioning old beliefs that are no longer working in their lives, dealing with loss, making tough decisions or eating disorders. She sees herself as a motivator, "encouraging and helping people make positive changes for themselves. I believe that the right question asked at the right time is truly a gift that has the ability to change people's lives," she said.

With both massage and counseling practices Taylor said, "I have the unique opportunity to help the whole person."

For more information, call Kathy Taylor at 610-444-6361.