

# Donna Taylor, LMT

Integrative Health Coach



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## Profile

Donna has been a part of the collaborative care model of IBJI as a Massage Therapist since 2006. Donna wanted to be able to offer the patients and clients of IBJI a service that would help them feel healthier, not only physically, but emotionally and spiritually as well. She searched for a way to help her clients beyond massage that would encompass a deeper sense of healing from within, and that's when she found the Integrative Health Coach program at Duke Integrative Medicine.

With over 20 years of manual therapy experience, Donna understands the benefits of massage and how it helps to decrease pain and stress. However, it is her background in psychology and experience as a substance abuse counselor that has helped her recognize the behavior patterns in her clients that keep them locked into their pain and stress.

As a Nationally Board Certified Health & Wellness Coach, Donna guides her clients through a process of understanding these patterns of behavior, and making realistic and sustainable changes to help them live a happier, healthier life.

## Education

- BS, Psychology, Loyola University
- LMT, Chicago School of Massage Therapy
- Integrative Health Coach, Duke Integrative Medicine