

# Progressive Health Center provides alternative medical support

**BY RACHEL ALEXANDER**

Sue Goodin opened Progressive Health Center on Dec. 4, 2006 to provide holistic therapy to complement traditional medical treatments.

"I had seen what the need was for helping people where traditional medicine couldn't," she said.

She especially saw a gap in treating neurological disorders.

Goodin said the goal of Progressive is not to replace traditional medicine, but to enhance it.

"The future of medicine is the partnership between the traditional side and complementary treatments," she said. "We totally support traditional medicine."

The nonprofit center is located on the campus of Swedish Medical Center. More than 20 therapists of various disciplines are on staff, including a registered nurse.

New patients are offered a free 30-minute consultation with the RN to determine which therapies would be most beneficial to them individually. The RN is funded and supported by Swedish, and takes a holistic approach to evaluation.

The nurse works with the therapists to determine the best therapies for patients. Therapies offered at the center include acupuncture, nutrition counseling, craniosacral therapy, individual and group counseling, Jin Shin Jyutsu,



**MOVEMENT THERAPIST** Masami Grise works with Norma Jean Berndt at Progressive Health Center to strengthen her painful shoulder.

*Photo by Rachel Alexander*

life/energy flow Tai Yi, mindful touch therapy, therapeutic massage, movement therapy, yoga and meditation classes.

Masami Grise is the yoga therapist and instructor. She said movement therapy, also known as yoga therapy, works to identify the connection between emotional stress and physical pain, and relieve pain from both.

"Your body is just another manifestation of who you are inside,"

she said.

She joined Progressive because she likes its whole body approach to health care. She gives movement therapy both through classes and in one-on-one sessions working on individual needs.

The therapists all work together to address the needs of each patient.

To schedule an appointment, call 303-788-9399 or visit [www.progressivehealthcenter.org](http://www.progressivehealthcenter.org).

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