



# HEALTH TOUCH

## **Biography: Deirdre Gough (LMT, AMTA, ICHFS, ITM, AChP, AHBMT) Founder, Health Touch**

Deirdre Gough is an esteemed practitioner who brings to her work a broad range of experience and knowledge gained from almost 40 years in the fields of massage, aromatherapy, psychotherapy and shamanic healing. She is also an extraordinary woman whose life path is devoted to expanding her wisdom and to supporting others on their journey of self discovery and healing.



Daughter of former dancer at Ballet Rambert and dress designer Annie Gough and illustrious military father Hugh Patrick Gough, Deirdre grew up with a strong sense of both graceful style and practical commitment to life. Her maternal grandfather, entrepreneur and self made business man Horace Kilian taught her the satisfaction, pleasure and responsibility of running your own business.

At 20, Deirdre was teaching in her own yoga studio in London, following teacher training in the USA and Canada with Swami Vishnudevananda. At 24, she was living and working in Oregon, USA, raising a family, breeding and showing Crabbet Arabian horses and had opened Sunshine Herbs, a shop specialising in medicinal herbs and natural remedies. During this time, she underwent extensive training in sports massage at the Oregon School of Massage and attended the Southern Oregon State University, after which she was awarded her Oregon State License to practise massage therapy in America. At 34, she worked for and trained under Jack Schwarz, a world-renowned authority of voluntary controls and human energy systems, at the Aletheia Institute of Massage & Psycho-physical Studies.

In 1983, Deirdre set up a private massage practice in Ashland, Oregon, specialising in Aromatherapy, Sports Massage and P.N.F. (physiotherapy). She undertook additional training at "Innerweave," acquiring extensive experience of working with athletes 'in the field'.

A deep and abiding influence on Deirdre's work has been her association with Sandy Goodman, a traditional Reichian therapist for over fifty years. He knew Reich personally and is one of the very few people worldwide to operate professionally in a purely Reichian way. Since 1986 Sandy has been an invaluable friend and mentor to Deirdre, guiding her in her personal life and passing on his methods of working with clients, with whom he continues his dynamic work on an individual and group basis, even though he is now 92!

Back home in the UK in 1990 Deirdre taught P.N.F. at the London School of Sports Massage (LSSM). In 1991, she participated in the intensive seven-year training programme at the Chiron Centre for Body Psychotherapy. After three years she received her certification in Holistic Psychotherapy and Biodynamic massage. In her four-year post-graduate phase at Chiron she trained as a group facilitator, studied Somatic Trauma Therapy, saw clients under supervision and assisted on the third year Gestalt Course. She also took courses with, and later assisted facilitating RADIX groups.

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Deirdre continues to broaden her horizons and enhance her skills with courses in Holotropic Breathwork, RADIX, Violet Fire, Taoist and Tantric meditations, Shamanic journeying, No Hands massage and NLP.

Her travels have taken her back to America, where she is regularly invited to attend Native American sweat lodges and ceremonies, or to India to experience its sacred, ancient culture, to Japan to walk the Nakasendo Way, participate in fire rituals and traditional healing, or to Botswana where she has lived with the San (Bushmen) and shared their shamanic healing dances.

Deirdre Gough is truly remarkable; one of her clients fondly describes her as “an institution!” Her wisdom, experience and care for her clients are a rich and successful recipe for her unique method of working with people. As a practitioner, Deirdre’s deeply impressive and diverse skill set allows her to address her client’s needs in regards to their entire being and within the context of their environment and circumstances. Her enthusiasm for life and health is second nature to Deirdre; she grew up with it, lives it and breathes it. As one of her colleagues says, “when it comes to working for healing and personal growth, Deirdre combines extensive training and experience with care, sensitivity, courage and commitment.”

At this time Deirdre continues to explore and integrate her own spiritual practice in harmony with her work, her two daughters and her life in London.

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For further information on Deirdre Gough, Health Touch and full list of therapies, please visit  
[www.healthtouch1.co.uk](http://www.healthtouch1.co.uk) or call Health Touch on 020 8392 2737,  
or email [Deirdre@healthtouch1.co.uk](mailto:Deirdre@healthtouch1.co.uk)

To speak to Deirdre Gough, please contact:  
Reena Patel. E: [reena.patel@live.co.uk](mailto:reena.patel@live.co.uk) T: 07956 181 688