

NOTES AND RESOURCES



EMOTIONAL UTOPIA

STOP SEARCHING FOR HAPPINESS
AND START LIVING IT

LEAH BENSON

LMHC, EdM

NOTES AND RESOURCES

FINDING A THERAPIST

If you'd like to find a therapist via the Internet, search:

- bioenergetic analysis;
- body-oriented psychotherapy; or
- relational somatic psychotherapy.

It's really important to find a therapist who has been trained in and understands body-mind therapy work. If you want lasting results, seek a practitioner who has also been trained extensively in psychoanalysis. Better yet, choose one who has had psychoanalysis and can tell you he/she is, without reservation, happy, peaceful, and emotionally satisfied.

A warning: the first things that may come up in a search engine are people who offer bioenergetic medicine, bioenergetic feedback, energy field therapy, or detoxification of bioenergetic imbalances. These are *not* the same thing as bioenergetic analysis. Any system that involves things such as “the manipulation of bioenergetic fluxes to positively affect health” is not what this book has been describing.

When you are investigating practitioners, keep in mind that some psychotherapists are flexible about whether or not they include bodywork. (I am one of these therapists.) Others limit themselves to either bioenergetic analysis or traditional talk therapy. Find a psychoanalyst who specializes in bioenergetic analysis, and consult with that specialist. See what that person feels like to you. This is the most important part of choosing any therapist. Research has consistently

shown that *the* most important aspect of therapy that changes people in a positive way is the relationship between client and therapist.

If you live in or near an urban center, you may be fortunate enough to have a choice of therapists. If you do not live near a major population center, you may have to make a bigger investment of time, energy, and money to find and meet with a bioenergetic analyst. You may have to regularly fly to see someone out of your area. Remember this is an investment in yourself, like any other mastery you seek.

There are also practitioners who offer short-term, intensive, bioenergetics sessions, usually between three and seven days. You can arrange the details of these sessions by phone. You can also attend bioenergetics workshops, some of which are available for people who have never done any bodywork.

WHERE TO FIND BIOENERGETIC ANALYSTS AND INFORMATION ABOUT BIOENERGETICS WORKSHOPS

The Florida Society for Bioenergetic Analysis
<http://www.bioenergetics-society.com/>

The International Institute for Bioenergetic Analysis
<http://www.bioenergetic-therapy.com/index.php/en/>

The Alexander Lowen Foundation
http://www.alexanderlowenfoundation.com/links_new3.html

PRACTITIONERS WHO PROVIDE MULTIDAY INTENSIVES

Leonard Carlino, PhD
100 Evergreen Ave.
Philadelphia, PA 19118
(215) 242-3232

Pam Chubbuck, PhD
info@VitallyAlive.com
Vitally Alive Core South
8733 Lake Drive
Snellville, GA 30039
(770) 388-0086

Diane Gobrogge, DOM, LAc
dianegobrogge@gmail.com
108 North Kerr Ave. Ste D6
Wilmington, NC 28405
(910) 350-2740

Robert Lewis, MD
docboblewis@gmail.com
155 E. 91st St. Ste 1B
New York, NY 10128
(212) 427-3556

PRACTITIONERS WHO COMBINE BIOENERGETIC ANALYSIS AND PSYCHOANALYSIS

Marzena Barszcz, MA
kontakt@marzenabarszcz.com
Warsaw, Poland
+48 605-851-807

Grzegorz Byczek, CBT
Warsaw, Poland
grzegorzbyczek.com

John Conger, PhD
303 Arlington Ave. B4
Kensington, CA 94707
(510) 962-4061

Christine J. Harris, MS, LMFT, CBT
therapy@harris4.com
11 W. Dry Creek Circle, Ste. 140
Littleton, CO 80120
(303) 794-7761
www.cjoyharris.com

Viviane Hens
viviane@bttvh.com
3434 Shallowford Rd. Ste. H-6B
Marietta, GA 30062
(678) 908-6219
www.bttvh.com

Robert Hilton, PhD
150 Paularino #185
Costa Mesa, CA 92626
(714) 850-9905

Charles Martin, PhD, licensed psychologist
Gainesville, FL
(352) 375-7756
www.drcharlesmartin.com

Peggy S. Wegener, LMHC
2950 Halcyon Lane, Ste. 204
Jacksonville, FL 32223
(904) 252-1900

Scott Winfield, LCSW
31 SE 11th St.
Fort Lauderdale, FL 33316
(954) 527-2664

LEARNING THROUGH YOUTUBE VIDEOS

In the following videos you will find excellent, simple explanations of many of the scientific concepts that underpin the bioenergetic psychoanalysis method. These videos will help you understand that process more deeply.

Dan Siegel, MD

“On How You Can Change Your Brain”

Dr. Siegel explains that you can rewire your brain and how doing so changes how you relate to yourself and others.

“On Integrating the Two Hemispheres of Our Brains”

Dr. Siegel explains how integration of your brain makes you more balanced and compassionate.

“On Integration as a Source of Strength”

Dr. Siegel explains the good things that will happen in your life if you engage in a process that increases your self-awareness. He calls it *mindsight*; I call it *bioenergetic psychoanalysis*.

“Brain Hand Model: Empathy and Cognition”

Dr. Siegel explains his “handy model of the brain.”

“‘Being’ versus ‘Doing’”

Dr. Siegel explains how focusing on your physical experiences helps you develop kindness toward yourself.

“‘Flipping Your Lid’: A Scientific Explanation”

Dr. Siegel explains how the prefrontal cortex helps you regulate yourself and the idea that development of this part of your brain happens in a relationship.

“On Recreating Our Past in the Present”

Dr. Siegel explains the “pathways” in your brain and how you can change them through therapy.

“On the Idealization of Parents”

Dr. Siegel explains how avoiding the reality of parental faults hampers your ability to grow.

“On Emotional Balance”

Dr. Siegel explains that your ability to tune in to yourself and others and to regulate your body and your emotions comes from having had someone “attune” to you.

“Mirror Neurons: ‘The Discovery’”

Dr. Siegel explains mirror neurons.

“TEDxBlue – Daniel J. Siegel, MD – 10/18/09”

This longer video contains most of the information in Dr. Siegel’s shorter videos above. Dr. Siegel explains that relationships are our life’s blood and the brain is the social organ of our body.

Stephen W. Porges, PhD

“The Polyvagal Theory: Neuropsychological Foundations”

Dr. Porges talks briefly about the vagus nerve and how being in an attuned relationship promotes physiological well-being.

Elliott Hulse

“Brain Slave NO MORE!”

Elliott Hulse demonstrates many of the expressive or tension-releasing bioenergetic movements and talks about the development of chronic muscular contraction and its correlation to unhappiness.

AUDIO RECORDINGS

Robert Hilton, PhD

“Relational Somatic Psychotherapy”

This is a recorded interview of the longtime bioenergetic analyst and bioenergetic trainer Dr. Robert Hilton, who explains the deficit in most bioenergetic therapies resulting from the lack of focus on the relationship between client and analyst.

BOOKS

The New Psycho-Cybernetics by Maxwell Maltz and Dan Kennedy

This wonderful self-help book is one of the most systematic and plain-spoken offerings on the idea of the unconscious and how to work with it yourself. It was written in the 1960s by Maxwell Maltz and updated in 2000 by marketing guru Dan Kennedy. The book presents an excellent explanation of the development of the unconscious and how it affects your daily life. It is written in nonacademic language and is a practical guide to instructing your unconscious to direct your life in any way you choose.

Mindsight: The New Science of Personal Transformation by Dan Siegel, MD

Many obstacles to a full life, from everyday stress to severe trauma, can be overcome by developing what Dr. Siegel calls mindsight. Mindsight is our ability to perceive the mind and literally redirect the flow of energy and information within our brain. Through this powerful capacity for insight and empathy, we can “rewire” crucial connections, create dynamic linkages, and open ourselves to relationships in a new way.

Why Therapy Works by **Louis Cozolino, PhD**

Dr. Cozolino explains why therapy works and why it matters that we understand how it works.

Authentic Happiness by **Martin Seligman, PhD**

Dr. Martin Seligman says that happiness is not the result of good genes or luck. He says real, lasting happiness comes from focusing on one's personal strengths rather than weaknesses—and working with them to improve all aspects of one's life. Using practical exercises, brief tests, and a dynamic website program, Seligman shows readers how to identify their highest virtues and use them in ways they haven't yet considered.