

Dr. Marjorie Rand to be Featured on CUTV News Radio

MANHATTAN BEACH, CALIFORNIA, USA, January 10, 2017 /EINPresswire.com/ -- “Most therapists talk about trauma. That’s what they work with,” says Dr. Marjorie Rand. “What I talk about is wellness. I’m interested in wellness and how you can be your best self, your optimal sense of self. That’s why I work with the integration of mind body and spirit.”

A psychotherapist for nearly 40 years, Dr. Marjorie Rand is considered a pioneer in the field of somatic psychotherapy, a holistic form of therapy that embraces the powerful connection between body, mind and spirit. Dr. Rand studied at the famed Esalen Institute and through the Association for Humanistic Psychology and the Association for Transpersonal psychology.



“It was the time of the hippies,” recalls Dr. Rand. “I was studying with all these remarkable people on the vanguard of psychotherapy. I never realized I was in the midst of a historical moment in the field. Now I’m told by people that I’m a pioneer, an elder of the tribe because I studied with all the original people.”

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Dr. Marjorie Rand

Dr. Rand is perhaps best known as the co-author of the seminal *Body, Self and Soul: Sustaining Integration* published in 1985 with Dr. Jack Rosenberg, which explores Integrative Body Psychotherapy.

“The focus of my work is body, mind and spirit, using somatic psychotherapy and meditation,” says Dr. Rand. “But it’s not just about integrating body, mind and spirit; it’s about

sustaining that integration.”

While most people generally believe that the body adjusts to the brain, according to Dr. Rand, the opposite is true: the brain adjusts to its sensory experiences. Integrative body psychotherapy helps people deal with their concerns by becoming deeply aware of these sensory experiences. IBP places great emphasis on breath work. The client breathes into certain areas of their body, creating a greater sense of awareness and relief.

“You can regulate your nervous system to energize yourself,” explains Dr. Rand. “When you’re anxious, you’ll notice you hold your breath. If you can do a calming breath technique, it will bring your anxiety levels down and calm you. When you learn these breathing patterns, you’re regulating your own nervous system. The breathing work is very simple and people can do it themselves at home.

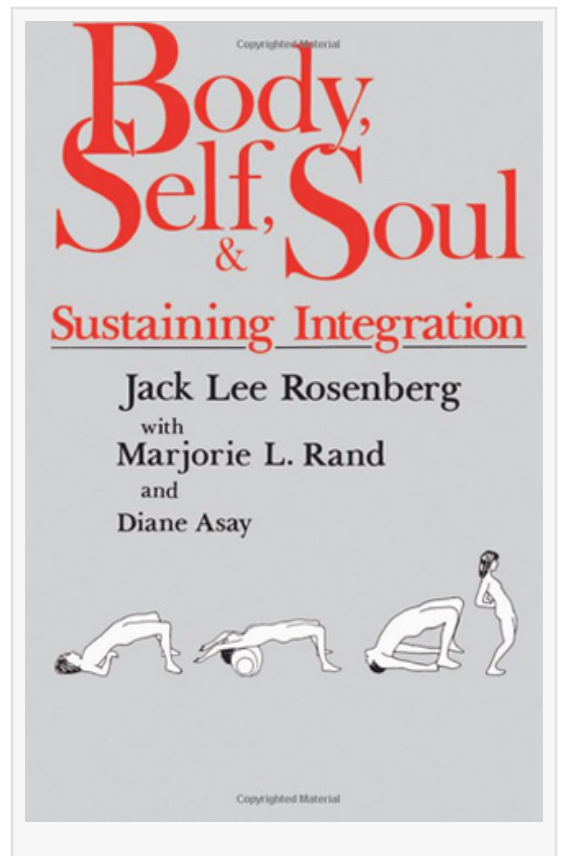
CUTV News Radio will feature Dr. Marjorie Rand in an interview with Doug Llewelyn on January 12th at 6pm EST and with Jim Masters on January 19th at 6pm EST.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on Dr. Marjorie Rand, visit <http://www.DrRandBodyMindTherapy.com>

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