



## Using Alternative Therapy to help a highly successful lawyer recover from work addiction and reconnect in his personal life

A highly successful lawyer in a prominent nationally based law firm demonstrates that alternative therapy can both provide the learning and support needed to:

- find a **balance between work and personal life**
- **be more relaxed and intimate**
- **not be hard-driving** when appropriate
- be able to say “no” at work
- **replace a constant underlying anxiety with a relaxed confidence**

### SITUATION

George is 38 years old and has never been married. He is greatly valued for his particular unique skill-set in a nationally based law firm. **George came to me after four years of verbal therapy; referred by his therapist for alternative therapy including the non-verbal level associated with Emotionally Focused Bodywork.** It became clear both through conversation with his referring psychologist and with George that he had done very well in his therapy in terms of acquiring a psychological understanding of what had been driving him to be a workaholic.

George understood how his **obsessive relationship to work** was a compensation for his very limited relationships with significant family members. He also understood how this had led to his strong dominating **intellect that certainly fueled his success at work but became a liability in his personal relationships.**

Alternative Therapy was something he entered into with a combination of an open-mind and skepticism. He understood that **something was missing in terms of his ability to connect to himself and someone else in an intimate relationship.**

*George described how he had come to realize how his success in the sexual arena was primarily at a superficial level and although pleasurable, not very satisfying, and definitely not intimate.* The idea of having a mind-body relationship to connect with intrigued him even though he realized he only could understand it intellectually. He needed an actual experience to know what he had been missing—namely a more intimate connection with himself—physically, emotionally, mentally, and spiritually.

**ALTERNATIVE THERAPY** - combining traditional talk therapy with a non-verbal therapy like Emotionally Focused Bodywork helped George experience a more conscious mind-body relationship.

George was eager to learn and grow in this alternative therapy. George clearly wanted to attract and **learn how to be with a special woman in his life with greater depth and capacity for sharing emotional honesty.** There was much poignancy to all of this, given his growing recognition of a longing for a **connection to an inner life** and his recognition of how his father and mother, although loving, were not role models for such an awakening

In this alternative therapy I **guided him through Body Awareness Meditations** while he sat opposite from me to **put him in touch with his body.** Then later in the session when he lay down on the bodywork table I used my hands to **release the holding in his muscles and to coach him on how to be more conscious in his body.** We talked before, during, and after about his changing perspective on relationship as he gradually and steadily became more connected to his body. Also, there were many passages of silence during table work as George was tuning into his body. This alternative therapy was providing George with the non-verbal experience necessary for having a conscious mind-body relationship.

### RESULTS OF ALTERNATIVE THERAPY

As George realized that there **need not be a contradiction between his personal and professional life by learning to be present and more aware in his body** through this Alternative Therapy, he began to find the capacity to **pro-actively establish appropriate boundaries at work and communicate more sensitively and listen better to the woman he was seeing.** These interpersonal issues were talked through and became opportunities for his **growth as not just a successful man, but also a more sensitive and self-aware man.** In this alternative therapy, the combining of more traditional talk-therapy with non-verbal, hands-on therapy gave George the help he needed to go deeper to where he found himself. This was a man who was learning to communicate his feeling with sensitivity and begin to know real intimacy.