

# *Dr. Randy Kamen*

---

Psychologist, Educator, Speaker, Author, Yogi

## BEHIND THE THERAPY DOOR

Simple Strategies to  
Transform Your Life



DR. RANDY KAMEN

For media or speaking inquiries, please contact:

Dr. Randy Kamen

(508) 479-1168 | [Randy@DrRandyKamen.com](mailto:Randy@DrRandyKamen.com)

**“BREATHING  
IS  
A  
SKILL.”**

**- DR. RANDY KAMEN**

# ABOUT RANDY

**As a psychologist and educator, Dr. Randy Kamen teaches seven simple skills that anyone can learn. Skills that not only improve your well-being, but will change your brain and transform your life.**

Randy Kamen, Ed.D. helped pioneer new territory in mind-body medicine at Boston University's School of Medicine and Dentistry and in the context of her psychotherapy practice. An expert on stress, pain, and psychosomatic disorders Dr. Kamen directed the Biofeedback Department at the Harvard's Spaulding Rehabilitation Hospital's Boston Pain Unit. She has three decades of experience in clinical, medical, academic and corporate settings in both public and private sectors and contributes regularly to her blog at [www.DrRandyKamen.com](http://www.DrRandyKamen.com), the Huffington Post and many other media outlets.

Over the years she has incorporated mind-body methods and positive psychology in her work as a psychologist and professor and continues to inspire and support clients and patients struggling with low self-esteem, unsatisfying relationships, painful emotions, work-life imbalance, aging, divorce, empty-nest, aging parents, and loss of a loved one by teaching the following seven skills:

- Breathing
- Relaxation
- Visualization
- Gratitude
- Forgiveness
- Relationships
- Altruism

Yes...THESE ARE SKILLS! The strategies and skills Dr. Kamen teaches can be practiced anywhere and anytime. Similar to learning an instrument or sport, the more you apply these skills, the more you will notice a positive change in your life from the inside out.

**"Dr. Randy Kamen combines the best of Eastern wisdom with East Coast pragmatism."**

# ABOUT BEHIND THE THERAPY DOOR: SIMPLE STRATEGIES TO TRANSFORM YOUR LIFE

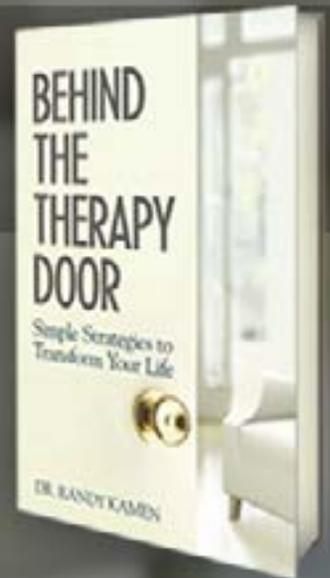
AMAZON BESTSELLER

Take a unique look inside a psychologist's office. Step inside and listen in on how pioneering psychologist, Dr. Randy Kamen, guides six women through challenges and transitions. From their compelling conversations, learn how to overcome painful emotions, save years of struggle, build strength, resilience, and create an ideal support network. Dr. Randy Kamen weaves together a powerful blend of insight and positive psychology with mind-body strategies that are easy to apply.

## A UNIQUE LOOK INTO A PSYCHOLOGIST'S OFFICE THAT WILL TRANSFORM YOUR LIFE

### DISCOVER HOW TO MANAGE:

- Low self-esteem
- Unsatisfying relationships
- Anger, shame, guilt
- Work-life imbalance
- Divorce
- Empty-nesting
- Aging parents
- Loss of a loved one



"I have been a practicing therapist for 27 years and still learned a tremendous amount from reading 'Behind the Therapy Door.' Dr. Randy Kamen provides clinical insight, compassion, empathy, as well as a focus on the acquisition of terrific life-affirming skills. Any woman who reads this book will gain a newfound ability to enjoy her life more, and to appreciate what life brings her in the future."

- Alice D. Domar, Ph.D - Executive Director, Domar Center for Mind/Body Health and Associate Professor at Harvard Medical School

"There is a power in the sharing of real-life women's journeys of struggle that can heal your heart and soul like no other. I love everything about this book."

- Debbie Phillips, author of Women on Fire

# EVENTS/SPEAKING ENGAGEMENTS

## Academic Institutions

- Boston University School of Medicine
- Harvard Medical School
- Tufts University
- Lesley University
- Syracuse University
- University of Massachusetts

## Hospitals

- Beth Israel Hospital
- Massachusetts General Hospital
- Chicago Rehabilitation Institute
- Israel's Hospital for War Injured Soldiers
- Hadassah Medical Center
- Emerson Hospital Massachusetts

## Workshops/Retreats

- Canyon Ranch in Tucson & Lenox
- The Red Mountain Spa & Retreat in Ivins, Utah
- The Sanctuary in Scottsdale
- The Omega Institute
- Kripalu Center
- Blueberry Fields MV

## The Blueberry Fields Retreat on Martha's Vineyard

For more information about the retreat, please visit:

[www.DrRandyKamen.com/Retreats](http://www.DrRandyKamen.com/Retreats)

## BLUEBERRY FIELDS MV RETREAT POSITIVE PSYCHOLOGY, MIND-BODY STRATEGIES & HOLISTIC LIVING



# MEDIA

Dr. Randy Kamen has appeared on national television and radio programs such as CBS, NBC, NPR, WBZ, and WVON. She is also a regular contributor to & has been featured in The Huffington Post and HuffPost Live series, along with WebMD, Forbes, Psychology Today, USA Today, MSNBC, Natural Health, The Boston Globe, Good Housekeeping, Women's Business Owners Guide, Investment News, and others.



Dr. Randy Kamen has a weekly television series on MTV titled STRATEGIES TO SPARK YOUR WEEK, where she shares insight and skills on how to retrain your brain to help tackle common daily obstacles. This is also shared on YouTube: <http://www.youtube.com/drrkg>



# POPULAR TALKING POINTS

SPEAKING ENGAGEMENTS, INTERVIEWS, Q/AS, GUEST ARTICLES, OP-EDS

Retrain the Brain for Positivity and Success  
Healing, Health, and Happiness  
Learn to Forgive and Move Forward  
Self-Compassion and Personal Freedom  
Healthy Relationships: The Ultimate Key to Happiness  
Breathing and Mindfulness  
The Power of Self-Hypnosis in Everyday Life  
Resilience in the Face of Trauma and Loss  
The Secrets to Building Authentic Joy and Fulfillment  
The Art of Making Friends  
Manage Pain Without Suffering  
Balance Love, Work and Fun  
Enhance Communication Skills

## Q/A WITH DR. RANDY KAMEN

**What's your expertise and focus in the field of psychology?**

My areas of specialization include the treatment of stress, anxiety, chronic pain, relational problems, and a wide variety of psychological issues which call for an integrated mind-body approach. These are generally referred to in the field of psychology as psychosomatic disorders--which basically means disorders or struggles that involve the interaction of the mind and body.

**Your book is titled "Behind the Therapy Door". Does this mean you advocate that therapists should be more open about their professional knowledge and role in their patients' journey?**

My book "Behind the Therapy Door" is an insider's look at what happens in the therapy room. My approach combines the best of modern science with ancient wisdom and is translated into usable step-by-step instructions to address typical problems in living that we all share.

I see my role as a facilitator, allowing people to look behind the mystique of the therapy door. As a psychologist and educator I believe in empowering clients to take charge of their own journey. I hope to dispel the idea of therapy as something secretive, abstract, or riddled with shame. To me therapy opens a door that leads to the development of deeper insight and paradigms shifts in one's life and relationships. However, with or without therapy, by learning specific skills and strategies, it is possible to diminish personal and professional struggle and greatly enhance happiness and well-being.

Q/A Continued...

## Q/A Continued...

### **What are some of the toughest challenges women face and what are the most important skills you teach them to deal with these challenges, as discussed in your book?**

Some of the greatest challenges that women face today revolve around self-esteem issues (not feeling good enough) parenting concerns (the pressure of being a model mom), needing to be perfect (the ultimate set-up for disappointment), and work-life balance (juggling work, fun, relationships, parenting, and self-care). I teach women how to take stock of the big picture while making the most out of everyday life.

The most important skills that I teach women are: how to be more self-compassionate, how to change the way their brains perpetually fire negative thoughts, how to authentically let go and be more present, how to forgive and move forward in their lives, how to be grateful, and in general, how to live their best possible lives.

### **In your opinion, what makes your approach different from other experts in your field?**

I combine psychodynamic and cognitive behavioral therapy with mind-body approaches in which the client and therapist actively work together to develop insight into root causes, change unhealthy thought patterns and behaviors and concurrently practice mind-body approaches. We know so much today about methods for training the mind to be more positive, optimistic, and resilient. Changing the way the brain fires by using these methods can lead to personal, relational, and professional transformation in most cases--regardless of past history.

### **What would you consider the single most important thing we can all do on a daily basis to deal with challenges and transform our life for the better?**

Just breathe! I always say, "Breathing is a skill." So many of us rush through the day holding our breath or only taking shallow breaths and just getting by. The simplest and most powerful change that a person can make is to integrate abdominal or belly breathing into everyday life. This deep breathing is marked by expansion of the abdomen rather than just the chest when breathing. Abdominal breathing has proven to be a highly effective tool to help one tolerate difficult emotions, stay in the present moment, remain calm, and self-regulate--even through challenges and transitions, be they large or small.

### **Looking back at your three decade long expertise and work in various fields of psychology, can you pinpoint new challenges people struggle with in today's world or any persistent issues that have stayed constant over time?**

Newer issues revolve around work-life balance now that women are rising in every area of the work force. Women, as do men, continue to struggle with low or vulnerable self esteem. However more often than not women wrestle with their body image, appearance, and aging more than men, much of which has to do with media, cultural influences, and deeper sociological issues. Also many women face the nagging need to be perfect; which of course is the ultimate setup for failure and disappointment since this is an impossible standard.

Perhaps the number one issue that brings women into my office revolves around the quality of their relationships with friends, partners, family members, and colleagues. Many women feel lonely, isolated, and perhaps even depressed because they do not know how to make and sustain healthy friendships. They do not have adequate support systems and this is a problem that seems to have grown exponentially in recent years. Studies have shown that there are serious health risks associated with being lonely and socially isolated. These risks can be as detrimental to one's health as obesity or chronic smoking. In contrast the benefits of nurturing satisfying friendships include heightened self-esteem and emotional well-being, improved health and greater longevity (i.e. lower blood pressure, protection against cardiovascular disease and dementia, and decreased risk of depression). Ultimately the quality of your relationships determines your physical and emotional well-being.