

# Mind-Body Psychology Expert • Speaker • Bioenergetics Therapist

**G**erald A. King received his PhD from Stanford University and is a Certified Bioenergetic Therapist and Training Analyst. The Founder of the Bioenergetic Training Program in Austin, he has been in private practice here since 1976.

“**M**ind-body therapy uses body form and function to reveal (beyond words) where there is emotional conflict - an opportunity for self-awareness and therapeutic transformation. This makes it possible to be more fully alive – to claim who they are with conviction and go full-out toward being the best ‘Me I Can Be.’”

**Gerald A. King, PhD.**



## Popular Speaking Topics

- **Getting From “Aint It Awful” To “Everything’s Holy Now”**
- **How Catastrophe Leads To Creation**
- **Flourishing: How To Expand Your Life Satisfaction Exponentially**
- **Increasing Self-Control**
- **Majestic Human and Covenantal Human: Some Thoughts About Virtue and The Human Struggle**

**I**n attempting to integrate mind, body and spirit in his work with clients, Dr. King relies on Bioenergetic Analysis, trauma-oriented body/mind work, poetry, evolutionary spirituality, neuroscience, attachment research and contemporary psychoanalytic thinking.

**W**hen a person can mobilize their whole self (not just the “safe” parts), and live from that place to throw themselves into absorbing work, contribute meaningfully to their community, show up in relationships and choose their quality of life, they have freedom and a very rich life.

# LIVE FULL-OUT!

