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ReConceive
Tuesday at 6AM
October 18th 2022: The ReConnected
Therapist: How We Thrive

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The (Re)Connected Therapist: How We Thrive Episode Two Description We all need human connection in order to thrive (actually to survive). But therapists and other caregivers often report feeling isolated and lonely, doing our work behind a closed office door, tending to others but having little time, energy, or resources to tend our own needs for close relationships. This episode focuses on relational connection and the neuroscience of human connections. Deborah and Tracy interview guest, Dr. Amy Banks, psychiatrist and neuroscientist with Wellesley Centers for Women. Read more ab

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Featured Guest

Guest Image

Amy Banks

Amy Banks MD is a Harvard trained psychiatrist and a Founding Scholar of the International Center for Growth in Connection (formally the Jean Baker Miller Training Institute) She is the author (with Leigh Ann Hirschman) of *Wired to Connect: The Surprising Link Between Brain Science and Strong, Healthy Relationships*. She is a member of the Clinical Advisory Board for the Renfrew Center for Eating Disorders. Dr. Banks has lectured nationally and internationally on Relational Neuroscience. She maintains a private psychiatric practice in Lexington, MA specializing in the long-term sequelae of chronic disconnections. Her most recent book, *Fighting Time* (co-authored with Isaac Knapper) is an impro

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