



CANDACE PERT

Hardwired for Bliss



The latest and most comprehensive research I know of on the endorphins (natural pleasure-inducing hormones) has been done by Jaak Panksepp, a scientist whose work has been published in the scientific literature, and whose *Textbook of Biological Psychiatry* has been well received. I've always had a lot of respect for him, so I was excited to attend his lecture, "Affective Neuroscience and the Social Brain," at the spring 2005 conference of the Bowen Center for the Study of the Family held nearby in Washington, D.C.

I recall how I raced across the Potomac River to the hotel where the conference was being held and slipped into the back row of the lecture hall just as Dr. Panksepp was beginning his talk. Thank God that he—not I, for a change!—had to find meaning in all the tiny, tediously proven factoids that he and other scientists had meticulously managed to collect, and then present them in an accessible and entertaining way. His job was to arrange and present the data to an overflowing roomful of family therapists gathered from all over the world, to give them something useful to take back with them to help their clients heal.

Bowen Family Therapy, as it's often called, is a very advanced form of psychotherapy. It's based on the idea that members of a family are so closely linked by invisible but powerful emotional forces that only one person needs to be regularly treated for the whole family to benefit. As that individual changes, the whole system then rearranges

Candace Pert, PhD, is an internationally recognized psychopharmacologist. She is a former research professor at Georgetown University School of Medicine, and former Section Chief at the National Institute of Mental Health (NIMH). Dr. Pert's appearance in the movie *What the Bleep Do We Know!?* and her book *Molecules of Emotion* (Simon & Schuster, 1999) have popularized her groundbreaking theories on consciousness, neurotransmitters, and reality. She has published more than 250 scientific articles. Her most recent book is *Everything You Need to Know to Feel Go(o)d* (Hay House, 2007). www.CandacePert.com.