

**Laurie Ure, LICSW**

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Licensed Independent Clinical Social Worker MA #1022266

**EDUCATION**

Simmons College School of Social Work, Boston, MA, MSW, May, 1989

Colorado College, Colorado Springs, CO, BA, December, 1982, Major: History  
Degree awarded cum laude.

**CLINICAL EXPERIENCE**

PSYCHOTHERAPIST, Private Practice, Gloucester, MA, 9/95 - present. Specialty in Bioenergetic Analysis, a body-oriented psychotherapy. Leader of exercise classes, groups & workshops.

FACULTY MEMBER, International Institute for Bioenergetic Analysis - 08/23 - present. Lead presentations, retreats, and trainings in Bioenergetic Analysis locally and internationally.

INTERNATIONAL TRAINER, Florida Society for Bioenergetic Analysis - 01/11 - present. Lead trainer in Bioenergetic Analysis in Florida; Argentina; Poland; and Chile.

CAPE ANN MEDICAL CENTER, Gloucester, MA, 8/00 - 1/03

Psychiatric Social Worker. Assessments, supportive counseling, psychotherapy, family consultations, case coordination and community referrals of managed care caseload in conjunction with Nurse Practitioners and RN Care Coordinators for physician's practice.

SENIOR CARE, Gloucester, MA, 4/99 - 5/05

Facilitated supervision group for Care Managers seeking social work licensure and of group for supervisors, supervision of MSW students.

SALEM STATE COLLEGE SCHOOL OF SOCIAL WORK, Salem, MA, 1/96 – 8/00, 1/03 - 8/03 Visiting Lecturer. Faculty liaison for MSW and BSW students in field placement, provid-

ing support to students and to field supervisors, conducting weekly seminars for students and monitoring agency placements; taught Advanced Social Work Methods.

BEVERLY HOSPITAL FAMILY PRACTICE RESIDENCY, Danvers, MA, 4/01 – 6/02  
Behavioral Scientist. Supervision and training of medical residents in behavioral sciences.

MENTAL HEALTH CENTER/ GREATER CAPE ANN, Gloucester, MA, 12/90 – 12/93  
Therapist, Sexual Abuse Treatment Service. Provided psychotherapy and assessments of children, adolescent, and adult survivors of sexual abuse.

## **PRESENTATIONS & TRAININGS**

Keynote Speaker, Southern CA Bioenergetic Conference, February, 2023. Title: *Love is Better Than Prozac: A Body/Mind/Relational Journey from Depression to Vitality*

Keynote Speaker, Massachusetts Society for Bioenergetic Analysis Fall Conference, Oct, 2015  
Topic: *2 Steps Forward, 3 Steps Backwards, 5 Steps to the Side: The Journey of Vitality*

Trainer. Academy of Therapy Wisdom online course: *Engaging the Body in Psychotherapy: Contemporary Bioenergetic Analysis* co-taught with Vincentia Schroeter, PhD and Robert Coffman, PhD. Nov, 2022 - Jan, 2023. Includes over 30 hours of teaching, interviews, and demonstrations.

Conference presentations. MA National Association of Social Workers. 2008 to present. Topics include: *The Body Tells the Story: Freeing the Body From the Effects of Trauma; Bioenergetic Therapy: Body Based Interventions for Common Concerns; Comparison of Body Oriented Psychotherapy Approaches to Trauma; Grounding and Boundaries: Bioenergetic Techniques for Social Workers; A Body/Mind Journey: Depression & Anxiety To Vitality; Beyond Trauma: Joy, Pleasure, The Body is Key; Developmental Trauma: Body/Mind Roots of Presenting Problems; Fired Up: The Significance of Anger in Trauma Recovery*

Training leader. Massachusetts Society for Bioenergetic Analysis Maine, Massachusetts, New Hampshire and online, 2018 - present. Topics include: *Working with Boundaries in Bioenergetic Therapy. Polyvagal Theory, Neurophysiology & Bioenergetics: The Neuroscience of Feeling Safe - Not your old self-regulation model; Body Reading, Schizoid & Oral Character Structures; Shame; Self-Acceptance, Self-Compassion, Self-Respect; The Bioenergetic Approach to Anger. Developmental Trauma; Sexuality; Connection and Value of the Therapeutic Relationship;*

*Transference and Countertransference; Therapeutic Challenges, Endings, and Borderline Personality Disorder; Bioenergetics and Energy.*

Training leader. Florida Society for Bioenergetic Analysis 2011 - 2020, FL; Poland; Chile; and Argentina. Topics include: *Bioenergetic Therapy Techniques, What is Your Character Structure; Addressing Sexuality from a Bioenergetic Perspective; The Process of Bioenergetic Therapy; Inviting Your Client's Essence; Meeting Your Clients Where They Are - Bioenergetic Assessments and Interventions; Belonging and Boundaries: Foundations of Sexuality; Bioenergetic Perspectives on Treating Trauma: Developmental Trauma, Chronic Relational Trauma and Acute Trauma; Working with an Open Heart; Sexuality with an Open Heart; Anger: Accessing the Energy for Change; Grounding and Boundaries: Foundations of Bioenergetic Therapy.*

Workshop presenter. Massachusetts Society for Bioenergetic Analysis and North American/New Zealand Institutes of Bioenergetic Analysis annual conferences, Essex, MA, October, 2012 - present. Topics include: *Practicalities in Bioenergetic Therapy; A Time for Everything - Lessons From Hope and Despair; The Motion of Emotions; From Hiding to Celebrating: The Bioenergetic Path to Singing Your Song.*

Workshop presenter. International Institute of Bioenergetic Analysis international conference 2013 to present. Topics include: *The Ball - a 21st Century Adaptation of the Stool; Bioenergetic Therapists Have Balls! Demonstration of the exercise ball to open sexuality; Connection: The Heart of Psychotherapy.*

Conference founder and organizer. Sponsored by North American/New Zealand Institutes of Bioenergetic Analysis and Massachusetts Society for Bioenergetic Analysis annual conferences, Essex, MA, October 2012 - present.

Conference presentations. United States Association for Body Psychotherapy: July 20 - 23, 2016. *Topic: Reawakening Sexuality in Bioenergetic Therapy: A Modern Approach* and Private Practice Colloquium 3 hour CEU presentation, Nov. 6, 2015 *Topic: Comparison of 3 Body Oriented Psychotherapy Approaches to Trauma.*

Community teacher spotlight leader. Academy of Therapy Wisdom, Online. June, 2021. *Topic: A Body/Mind Journey From Depression & Anxiety to Vitality: The Bioenergetic Approach*

Numerous presentations, workshops and therapy groups on topics related to bioenergetic therapy to agency staff, clients, and mental health practitioners, 2002 - present

## PUBLICATIONS

*The Enduring Power of Bioenergetic Therapy: From Trauma to Joy.* Published on the blog of Psychotherapy Networker, March, 2024.

*Defensive Style in Bioenergetic Therapy: What it Means and Why it Matters,* Clinical Journal of the International Institute for Bioenergetic Analysis. 2023. 33(1), 81–93. <https://doi.org/10.30820/0743-4804-2023-33-81>

*How I Sustain Hope and Resilience.* Academy of Therapy Wisdom, Wise Therapist Spotlight. Dec, 2023.

*Connecting with the Body: The frontier linking psychotherapy, social change and spirituality.* Academy of Therapy Wisdom, Wise Therapist Spotlight. Dec, 2021.

*Strengthening Personal Boundaries: The Bioenergetic Approach.* Published on the blog of Psychotherapy Networker, July, 2021

*How Bioenergetic Psychotherapy Unlocks the Feelings Carried in Your Body: This science-based approach to therapy explores the mind-body connection as a healing modality.* Published on Better Humans publication of Medium, June, 2021

*Understanding Your Right To Your Own Boundaries: How principles from bioenergetic therapy can inform your experience and give you clarity about setting your own boundaries.* Published on Better Humans publication of Medium, March, 2021

*Rethinking Anger: The Bioenergetic Approach.* Published on the blog of Psychotherapy Networker Magazine, Oct, 2020

*Love, Sex & Self-Respect: The Body Holds The Keys.* Published in the MA NASW Focus, 2017

*Addressing Sexuality in Bioenergetic Therapy: A Contemporary Approach.* Published in Somatic Psychotherapy Today, Winter, 2016.

*A Bioenergetic Perspective on Trauma.* Published in the United States Association for Body Psychotherapy Winter Newsletter, 2016, 62 - 65.

*Gratitude*. Published in the USA Body Psychotherapy Journal, 2008, Vol 7, Number 1, 56 - 57.

*Bioenergetic Therapy: An Introduction*, co-authored with Judy Silvan, LICSW, CBT Published in the MA NASW Focus, 2005

## **RELATED TRAINING & AFFILIATIONS**

Completion of 4 year professional training program in Bioenergetic Analysis, through Massachusetts Society of Bioenergetic Analysis, 05/94. Certified Bioenergetic Therapist since 2008, Local Trainer since 2014.

Director, Massachusetts Society of Bioenergetic Analysis, 11/05 - 12/10 and 01/22 - present.

Member, International Institute of Bioenergetic Analysis

Member, National Association of Social Workers

Member, United States Association for Body Psychotherapy

Member, Private Practice Colloquium, Salem, MA