

Overcoming Life Challenges With Our Unique Solutions Fast & Minimum Meds Only If Needed

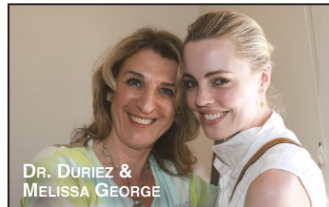
by Ebony Cole

Dr. Solution: Riding the Wave of Success

These days everyone is conscious of health risks and addictions using prescription drugs. With this in mind, noted Beverly Hills-based Dr. Sophie Duriez, a board certified psychiatrist in the USA and Europe, sought out the "Solution Focused Brief Therapy Approach" for her practice. The non-prescriptive therapy is touted a 'miracle' by her patients who have achieved life-changing results, some in as few as four or five sessions.

I caught up with Dr. Duriez at a celebrity gifting suite event for this year's Emmy awards at the Luxe Hotel, on Rodeo Drive-- and nothing causes a bigger stir than a shrink at a Tinseltown event. As Dr. Duriez answered questions, it was apparent that people of all ages struggle with issues, many from childhood that

never would have thought I would go into psychiatry. But as my training progressed I was disillusioned by the conventional medical approach to patients which seemed mechanical. During a school break I read a book called "Change" which explained how negative interaction between two people in a relationship contributes to each seeing the other as a big problem when in fact, it's the dynamics of their relationship that causes upheaval. I've found that when positive interactive changes are made, individuals--and their relationships--undergo a positive change. I decided to study psychiatry in order to help people deal with the underlying issues that impact their lives. Psychiatry offers a picture that encompasses the whole nature of a human being, as the mind and heart are connected.



DR. DURIEZ & MELISSA GEORGE

DR. DURIEZ MEETS UP WITH SEVERAL OF HER FAVORITE CELEBRITIES AT THE NATHALIE DUBOIS DPA PRE-EMMYS GIFT SUITE, LUXE HOTEL, IN BEVERLY HILLS.

never get resolved. The result: negative self-image, unfulfilled life, destructive relationships, substance abuse and feelings of isolation and agony that never go away. Carrying an adult and child psychiatry degree from the University of Southern California, Dr. Duriez prides herself on her *Brief Therapy Approach*. The fast solution-based approach sets her apart from other peers in her specialty who prescribe meds and drag out therapy with patients for months or even years, sometimes with little or no resolution.

EC: Why did you choose psychiatry?
SD: When I started medical school I



PHYLICIA RASHAD & DR. DURIEZ



DR. DURIEZ & JOHN MICHAEL HIGGINS

EC: What advice can you share on how to cope with stress?

SD: Take five minutes in the morning to appreciate what you have, and feel grateful for just being alive. People are stressed because they are active, have deadlines, and a very long list of things to accomplish every day. Learn to appreciate all that you have achieved and do not get disturbed by distraction. Make it a point to prioritize your daily goals and manage your time so you can follow through on those goals. Make time for something you enjoy. Get physically fit by having the courage to commit to regular exercise. Honor

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Stay focused on what you have to do and avoid distractions. Prioritize your daily goals and manage your time so that you can follow through on those goals. Make sure to truly appreciate your accomplishments.

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yourself by staying true to yourself. Find what has meaning for you, and make that your motivation.

An international conference speaker, addiction specialist/trainer in the *Brief Therapy Approach* since 1990, Dr. Duriez is a noted author of numerous articles published in several languages. Her approach promotes a learning process allowing patients to move quickly toward resolution. Rewards she gains from patients of *Solutions and Brief Therapy* are overwhelming. People who never considered therapy but suffered with negativity, fear and destructive behaviors are now successful, balanced and productive.



EC: Why are you "Dr. Solution"?

SD: I am one of the few Solution Focused Psychiatrists in the world. The principles of this therapy present a creative and oriented style of talk therapy. Based on an individual's strengths, resources and skills, specific goals of achievement are planned, allowing the client to move on quickly to his/her desired future.

EC: How did actors, directors and other members of the film industry relate to you at the Emmy Gifting Suites?

SD: It was certainly surprising for the guests to meet with a shrink in such a public venue! The vast majority immediately connected with me with humor and cheerfulness. In the industry, people know by experience how stressful life can be. Most of them related very well to my nickname, "Dr. Solution," and my "Riding the Wave of Success" philosophy. A few of them avoided me and I understand this reaction. Traditionally, the field of therapy and psychiatry is solely problem-oriented. It can take years to be in therapy without change. People also often get overdrugged. Nobody wants that anymore. Fortunately positive change is on its way.

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