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I have been a psychiatrist, a psychotherapist trained in behavioral and cognitive therapies, lecturer and writer for 30 years.

My work consists of diagnosing the suffering and pathology of patients in order to prescribe psychoactive drugs, as needed, and to search for appropriate methods of therapy, such as Catharsis.

A colleague of mine introduced me to Ms. Chantal Desmoulins. She presented the Catharsis method to me. I was quite taken by its many indications and ease of use.

The quality of her research over a period of 25 years impressed me and I decided to try this approach for myself, under her direction. Interactions with her were always warm, friendly, and rigorous and inspired me to continue the prescription of Catharsis.

Today, I offer this method to patients in my private practice and the interns at a center for professional rehabilitation for the handicapped in order to improve their sense of self and well being in a professional setting. These interns regularly report their surprise at their improvement and often wish to participate in a second series.

Through out the years, I have seen a lot of new discoveries, and I can sincerely say that this approach deserves to have much more research done on its behalf.

I wish to help and am ready to contribute if Ms. Chantal Desmoulins should ask it. Such a simple, effective, and inexpensive method deserves to be largely distributed, for the benefit of the greater population.

Christian Simonin

