

# RADIX sets path toward body-centered personal growth



MARIO AGUILAR | GREEN VALLEY NEWS

**RANDY USEM**, seen here with his Lowen Bench and exercise ball, is the RADIX authority in Arizona.

By Nick Prevenas  
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What does renowned psychologist Wilhelm Reich have to do with improving sports performance?

According to RADIX instructor Randy Usem, more than that one might think.

"Reich was one of Sigmund Freud's pupils, but he broke away from the psychoanalysts to work with the body," Usem said. "He watched what people did with their breath and formed a connection between the mind and the body."

Based on Reich's work in the 1930s and 1940s, psychologist Charles Kelley developed RADIX, a personal growth practice that is founded on the holistic principle of mind and body unity.

"RADIX is an old English word meaning root, or source," Usem said. "RADIX works to bring the body back to its true self."

Along with its focus on the mind and the body, RADIX places an added emphasis on how an individual's vision is connected to his or her well-being.

"Reichian psychology divides the body into segments, and the main result of doing this work is to find a balance with a person's feelings and emotions," Usem said. "The goals of RADIX are to stay rooted in the present, to be fully alive and to integrate the mind and the body."

Usem said most people tend to subconsciously hold onto pain and fear from their childhood. RADIX is aimed at unlocking these subconscious memories in order to

free up a person's mind and body.

"A lot of times, these are memories a person isn't even aware of," Usem said. "If RADIX is done properly, a person's body, posture and performance will drastically improve."

Usem became involved with RADIX 12 years ago, when he was working as a body therapist in Palm Beach County, Fla.

## 20 years experience

"I have been doing bodywork for 20 years, and Reich is one of my personal heroes," Usem said.

Usem said his extensive bodywork background gives him a different perspective on RADIX.

"Most people involved with RADIX begin as psychologists or counselors, but I

learned it the other way," Usem said. "What I do isn't simply straightforward RADIX work, but it's a fairly unique combination of deep tissue massage and mental work."

Some of the therapy is done with props, like a Lowen Bench, a device named after Bioenergetics developer Alexander Lowen. Other aspects of the therapy simply focuses on deep breathing and stretching exercises.

Usem brought his RADIX expertise to Tucson seven months ago.

"My wife, Bess Defarber, took a job with the University of Arizona, working as a grant revenue manager for the university library," Usem said. "We just love it here."

Usem, currently Arizona's only RADIX instructor, feels that this area is especially

open, aware and willing to embrace this form of alternative therapy.

"RADIX is a low-impact activity that could be done as an exercise awareness class," Usem said. "It could be a great addition to be able to focus on opening up tension and pain for those who want to excel in sports."

Usem said RADIX can grant an athlete freedom to move and freedom from pain.

Today from 1-4 p.m., Usem is hosting an open house to give people potentially interested in RADIX therapy a free introduction to his services.

For more information on this open house, call Usem at 207-7911 or e-mail him at [randyusem@yahoo.com](mailto:randyusem@yahoo.com)

For general information on RADIX, log onto [www.radix.org](http://www.radix.org).

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