

Dr. Lana Benedek, MD

Integrative Psychiatry & Movement Therapy
www.drbenedek.com

Discover a deeper, more embodied
path to healing.



Who I Am

I'm a board-certified psychiatrist and integrative therapist in Los Angeles, blending Western psychiatry with holistic practices like movement therapy, mindfulness, and somatic healing. My approach helps clients access psychological healing through the body.

What Sets Me Apart

- MD-led care integrating body, mind, and spirit.
- Personalized plans “no one-size-fits-all.”
- Trauma-informed and nervous-system centered.
- Complements acupuncture, yoga, & holistic wellness.

Why Movement Therapy?

Movement therapy uses intentional motion to express and transform emotional states, especially when words fall short. Based on neuroscience and somatic practices, clients often feel more grounded and clear, even after one session.

Why Refer to Me

- My work is ideal for clients who:
- Are stuck in stress, trauma, or emotionally overwhelmed.
 - Are open to holistic forms of healing like yoga, acupuncture, or mind-body healing.
 - Are finding that traditional forms of therapy aren't getting them the results they want.

Let's Connect

Based in Los Angeles
Available in CA via Telehealth

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Download My Free
“Introduction to Movement”
Audio Guide

