
About Dr. Davis

Judith M. Davis, M.D. is a psychiatrist and psychoanalyst who has practiced for more than thirty years in Chicago. She was trained at Yale Medical School, Johns Hopkins Hospital, and the Chicago Institute for Psychoanalysis.

She has taught at the medical schools of Vanderbilt University, Rush University, the University of Chicago, Northwestern University, and at the Chicago Institute for Psychoanalysis. She has served as Associate Director of Graduate Education in Psychiatry and Associate Director of Inpatient Psychiatry at Northwestern, and has developed psychotherapy training programs at the Institute and at Northwestern.

In 1994, she serendipitously discovered a new easily learned self-hypnotic technique, The Davis™ Technique for Attaining Emotional Comfort, which develops a new mental entity — an Inner Guide — that solves problems and eliminates distress. Finding it of great value to herself, she then used it successfully with her patients and others.

Realizing that this technique can be useful for anyone who wishes to eliminate stress, attain emotional comfort, and liberate creativity she wrote *Emotional Comfort: the Gift of Your Inner Guide* to enable people to learn this technique on their own. She has created The Davis Foundation for Providing Emotional Comfort to offer additional assistance for those who use the technique, and to disseminate knowledge of it as widely as possible.