

## MERRI LISA JOHNSON, Ph.D.

**Author, Professor, Ex-Stalker, Former Binge Drinker, Psycho Girlfriend in Recovery**

Dr. Lisa Johnson directs the Center for Women's and Gender Studies at USC Upstate where she has developed programs on campus and in the Carolinas to improve young women's lives by equipping them with a wide range of tools in emotional literacy. Dr. Johnson holds a PhD from SUNY Binghamton where she completed a dissertation on feminist cultural studies.

She has taught gender studies on the university level for fifteen years. Her current research areas include attachment theory in families of origin and adult romantic relationships, the logic of addiction and the phenomenon of cross-addictions between substance abuse and



romantic obsession, the socio-psychological dynamics of neurotic behavior and self-defeating cognitive patterns in adolescent girls, and the variations of affective disorder across categories of difference such as race, class, gender, and sexuality.

Her newest book, **GIRL IN NEED OF A TOURNIQUET**, tells her personal story of struggling with attachment disorders throughout her adolescence and early adulthood, weaving insights derived from therapy and research among stories of romantic distress, substance abuse, and the chronic depression that was **finally** recognized and treated as the long-suppressed side-effect of the emotional abuse she experienced in childhood.

**GIRL IN NEED OF A TOURNIQUET** will be available for purchase in May.

**WARNING! CONTENTS UNDER PRESSURE**

**NOW AVAILABLE . . .**

**Bottled Up: Cross-Training for Cross-Addictions in a Train-the-Trainers Event**  
[See flyer for more details.]

For readings, performative lectures, program consultations, and workshops, email Dr. Johnson at [merrilisajohnson@yahoo.com](mailto:merrilisajohnson@yahoo.com) or call 864.506.4893

# BOTTLED UP



## Cross-Training for Cross-Addictions in a Train-the-Trainers Event

*"I am afraid of my emotions."*

-Merri Lisa Johnson, circa 2005

To reserve a seat for the Sept 23 lecture at Spartanburg County Public Library, email Lavinia Hurley: [lhurley@cityofspartanburg.org](mailto:lhurley@cityofspartanburg.org)

In this multi-media performance art meditation on the allure and the airlessness of living life all **BOTTLED UP**, Dr. Merri Lisa Johnson waxes poetic on her own personal experience of drinking and drugging and screaming and puking—anything to avoid the sheer terror of feeling her feelings—and then puts it all in a broader psycho-social context.

*There is method in the sadness.*

The logic of addiction runs through alcoholism, drug abuse, and rage-attacks, and it keeps going past these familiar family inheritances into their kissing cousins.

*Infatuation. Romance. Obsession. Attachments. Disorders.*

And even further into the cut, something less cute—the self-medication, the self-mutilation, the self-deprivation—the whole wild territory of emotions looms and snarls.

*Implicit memories. Family of origin stuff. All of it. Bottled up.*

With the raw voice of personal narrative and psychoanalytical insights curative as aloe, **BOTTLED UP** takes the cap off the cross-addictions of substance abuse and romantic obsession, letting all the old sadnesses pour out, the anger pops and fumes, impaired self-soothing tactics drip slow as sediment, and the rigid defenses that formed the seal come last and hardest.

It all pours out. Something unclenches. Here is the hope.

**BOTTLED UP** is a one-hour program, followed by 15 minutes of Q&A.