

Amy Benichou-Stone Bio



Amy Benichou-Stone is a multi-faceted and visionary spiritual guide and teacher. Her colleagues and clients call her an “inspirational and mystical psychologist”. Her talent lies in her ability to focus on the individual’s core identity and bring out truth and authenticity hidden behind the veil of unwanted conditioning. She’s a student of life and is passionate about studying and exploring the human condition. As she puts simply “A life with no confidence and trust is not worth living. Abundance, satisfaction and success are our birth right, not a dream that sadly never gets realized.”

Her passion for tearing off the masks to reveal the authentic self in all of us began in childhood taking care of her deaf sister, as well as a stroke in 2002, which totally change the course of her life, as she had to discover new and unexplored pathways to complete her full recovery, which led to countless visions and revelations to surrender to her destiny.

She first graduated from Seattle Pacific University with a degree in Communication and Journalism. Writing became an integral part of her journey to this day. She calls it her “journey into inner nakedness.” Finding her voice and living as herself to “boldly go where no woman has gone before” became the fuel and inspiration to plunge into the therapeutic realms and the many forms of psychology she ended up exploring and using.

In 2002, she immersed herself in a weekly therapy group for ten years in Los Angeles, which focused specifically on Jungian psychology processes. It was a turning point as she realized that traditional therapy is ultimately extremely limited. She decided to get certified at the LA County’s Mental Health School’s Jumpstart Program, which led to working with several groups and doctors on food and nutrition. To complete her training, she graduated from the North West Culinary Academy in Bellevue, Washington to become a creative chef.

Her journey in psychotherapy further called her to lead workshops in Non-Violent Communication and graduate from Landmark Education’s advanced curriculum in leadership, personal development and large group therapy. After divorcing her first husband, she founded a group for women whose husbands came out of the closet. Later, to broaden her scope, she investigated and completed A Course in Miracles with Marianne Williamson, studied Shamanism and journeyed in South America. She also explored Buddhism and Kundalini Yoga extensively, as well as Longevity, which is energy work taught in Chinese. In addition to practicing the healing arts and psychology, Amy is also a businesswoman; she bought and ran the Inn at Blackberry’s Castle in the Virgin Islands for two years in addition to working with Jaclyn Smith whom she met in 2013.

Amy lives in Provence, France with her husband and partner Eric Stone also known as Eric Benichou-Stone. She’s the mother of three grown children. Actively engaged in their own lives and marriage, they combined their respective backgrounds to create Quantum Design Technology also called “Performance Impact Therapy”, a new science and methodology dedicated to helping individuals and business professionals awaken to their true potential and self-confidence using psychology, art and theatre. Their motto is “When you stop searching for happiness, it finds you; all you have to do is ask the right questions and trust life in you to deliver.”

“Our Spirit has Ways of Seeing that our Eyes cannot Comprehend.”