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THERE WAS A TIME WHEN SIENNA Miller's private life became something of a national pastime. So when the actress was spotted cuddling up to the 49-year-old director Bennett Miller at Wimbledon last month, the public's interest was renewed.

The pair, who met while shooting the 2014 film *Foxcatcher*, attended the tournament twice in one week and were pictured looking particularly close as they watched Andy Murray win the final.

Now, *Grazia* can confirm they have been dating for the past three months after growing close following the end of Sienna's engagement to the actor Tom Sturridge a year ago. The former couple ▶

HOW SHE FINALLY FOUND LOVE

She recently spoke about undergoing 'terrifying' therapy following her split from fiancé Tom Sturridge. Now, friends confirm Sienna Miller has moved on with director Bennett Miller. *Grazia* reports...

WORDS HANNAH FLINT



Clockwise from right: Sienna with ex Tom Sturridge; getting cosy with new love Bennett at Wimbledon this year; at the screening of *Foxcatcher* in 2014

have a daughter, Marlowe, together. Now, Sienna has introduced Bennett to people as her boyfriend. 'They're keeping things low-key but they are officially a couple,' said a source. 'She must have been cautious at first because she'd been out of the dating game for a while, but it all seems very natural.'

'I think they share mutual respect. On set he found it charming that Sienna wasn't afraid to poke fun at him now and again, and they often shared jokes between scenes. After the star split from Tom, Bennett invited Sienna for dinner, and things went from there.'

News of the romance comes as Sienna admitted undergoing a week-long therapy 'crash course' to stop the 'noise in [her] head' following her split from Tom last year, a period she has spoken of as the 'sh**tiest year'.

The Hoffman Process, described by the star as 'terrifying' and '10 years of therapy in one week', involves using Freudian-influenced techniques to treat depression, anger and anxiety and costs £3,000.

'There's an immense amount of space in my head and there is no f**king noise in it for the first time,' Sienna said in a recent interview. 'All that has just gone.'

'I just got to a point where I just felt... I couldn't dig myself out. I felt pretty assaulted by life and not in control.'

Now, Sienna is said to be planning a move to New York with Marlowe. In April, *Grazia* reported that Sienna's ex-fiancé Tom, 30, suggested moving there in the hope of rekindling their relationship, with whispers circulating that they could get back together.

But friends say Sienna's experience with the Hoffman Process has finally allowed her to move on.

'She's described the Hoffman Process as a breakthrough,' continued the source. 'A lot of mistakes in her past now make sense, and she's determined not to repeat them.'

A friend added, 'I think she finally feels confident trusting her own judgement



when it comes to her love life after a lifetime of bad luck with men.'

So who is the man she has chosen to move on with? Sienna has previously gushed about working with the American, saying, 'He opened the door to a world of filmmakers I didn't have access to before. Directors speak to each other... Everybody calls the last director you worked with, so it being Bennett Miller was a hugely beneficial thing.'

And speaking exclusively to *Grazia*, Mark Schultz – author of the memoir *Foxcatcher* and one of the subjects of the film of the same name – described Bennett, who was dating Ashley Olsen

until earlier this year, as 'very laid-back, there's an energy about him but he doesn't want to be the centre of attention. He makes his opinions known but he's not boastful. He's one of the last independent filmmakers working in Hollywood and has enormous character because he does the films he believes in.'

But it seems some aren't as impressed. *Grazia* understands there are already rumours among Sienna's inner circle that the relationship won't last.

'Not everyone is a fan,' said the source. 'Some friends are concerned that things between them can become quite fiery – they're both extremely headstrong.'

'Sienna is sometimes attracted to what she sees as a bad boy, but it hasn't always served her well in the past.'

'Friends hope that she's going into it with her eyes open, but many aren't expecting this romance to last.' ■

Michelle Cooney, 31, from London, tried the Hoffman Process at the start of this year



You're only supposed to do the process once, so I contemplated it for a whole year before committing. Things got quite rough in my job in media, so I was desperate for some meaningful change.

The work starts before the week begins, with coursework that covers your upbringing and current issues. I took it along to Dunford House, in West Sussex, in January this year when I arrived for the week-long residential course. I was told I was sharing a room with another girl and met a room full of men and women, aged 24 to 65. Everyone had a mix of stuff to deal with from depression to addictions to just feeling they weren't turning up to life.

The Hoffman Process uncovers the patterns formed by your parents. You're not supposed to reveal what goes on as there's meant to be an element of surprise. But using a plastic bat and cushion to hit your negative patterns as a kind of bioenergetic therapy is a part of it. It helps move you from anger to resolve and then relief. Other times you work in small groups, do some writing or spend time outdoors. You have nowhere to go and you just keep working through it.

As Sienna said, it does feel like 10 years of therapy in one week. The intensity with no distractions was what made the change for me. It can be very upsetting at times, but I also found it very cathartic. The week broke me down, showed me the patterns that were preventing me from being truly happy, and helped me uncover my authentic self.

It is expensive – almost £3,000 – but it's an investment. I've done so much since doing the process, like quitting my job in the media and starting work with young people, when before I'd restricted myself from achieving those things.