

## **Association for Comprehensive Energy Psychology**

15<sup>th</sup> Annual International Conference,  
Reston, Virginia

**Presentation Title:** *"Bodymind Healing in Psychotherapy: Towards an Integral Comprehensive Energy Psychology"*

- with Dr. Michael Mayer-

### **Description:**

Energy psychology is at a key turning point in relation to the field of traditional psychology. This workshop clears a pathway for presenting energy psychology in a way that answers some of the overarching concerns of the wider field of psychology. You'll learn how to present a comprehensive energy psychology in a way that more clearly embeds energy psychology within the context of a wider and expanded field of psychology.

Participants will learn how to broaden their view so that energy psychology will also be known to include Qigong, depth psychology, Gendlin's Focusing, symbolic process traditions, and other traditional forms of psychotherapy. Participants will learn how all psychotherapy is energy psychotherapy, and by therapists better understanding that, psychotherapy can be enhanced and people in need will be able to use a broad range of energy psychology methods to add vitality, healing, and psycho-spiritual depth to their lives.

You'll learn specific Qigong movements for application in behavioral healthcare; and also how to integrate the essence of Qigong into psychotherapy without using Qigong movements, and without mentioning Qigong. By using Eastern and Western relaxation and visualization methods, state-specific breathing inductions, acu-point self-touch, the transcending/transmuting dialectic, and anchoring a patient's somatic changes at the moment of "felt shift."

This integral energy psychology approach will be illustrated with: theory, case illustrations, demonstration, research. Participants will learn how this approach can be applied to cases involving anxiety, panic disorder, hypertension, chronic pain, insomnia, etc.

### **Schedule:**

#### **First session (90 minutes): Towards an Integral, Comprehensive Energy Psychology {90 minutes}**

Psychology {90 minutes} A. A new origin myth for psychotherapy {20'} B. Energy psychology is embedded in traditional approaches to psychotherapy: Psychodynamic, Jungian, Gendlin's focusing, etc {20'} C. Using bodymind healing methods in psychotherapy: Carpal tunnel syndrome and anxiety case illustrations {50'}

#### **Second session (90 minutes): Integrating Qigong into Behavioral Healthcare and Psychotherapy {90 Minutes}**

A. Demonstration of Qigong movements as a complementary treatment for behavioral health: relaxation, energizing, limbering joints, hypertension, balance and prevention of falls in the

elderly somatic complaints, chronic diseases, reversing sympathetic nervous system fight/flight for trauma etc. {30'} B. Case illustrations: Hypertension, chronic pain, trauma {30'} C. What Qigong gives psychotherapy {30'}

B.

### **Third session (90 minutes):An Integral Approach to Using the Essence of Qigong in Psychotherapy Without Using Qigong Movements {90 Minutes}**

- A. The Age-old Roots of Energy Psychology in Cross-cultural Traditions {30'}
- B. What Creates Change in Psychotherapy? {10'}
- C. Psychotherapy as Changing your Life Stance, Transmuting internalizations with body-based psychotherapy, Case Examples: Social phobia, sexual trauma. {30'}
- D. Knowledge of Qigong/ Tai Chi stances enhances awareness of somatic changes at moments of "felt shift" (Gendlin,1978) in psychotherapy, and enhances anchoring of these new life stances. Case illustration: Abusive parent. {20'}

### **Fourth session (90 minutes):Demonstration, Research and Ethics {90 Minutes}**

- A. Demonstration of Bodymind Healing in Psychotherapy-with Audience member {30'}
- B. Questions re application of BMHP {20'}
- C. Research & Ethics {20'}
- D. Summary and Final Questions {20'}

**Michael Mayer, Ph.D.**, psychologist and Tai Chi/Qigong teacher, pioneered the integration of Qigong and psychotherapy and co-founded an integrative medical clinic. He has authored twenty publications integrating ancient sacred wisdom traditions and psychotherapy including his book, *Energy Psychology*, (North Atlantic/Random House, 2009). He presents his integral energy psychology approach at hospitals, universities, and workshops. [www.bodymindhealing.com](http://www.bodymindhealing.com).