

Bodymind Healing Psychotherapy Training/Case Consultation Group

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Overview of Some of the Methods You'll Learn (Depending upon Group Choices and Organic Flow)

- The Ten Dimensions of Bodymind Healing Psychotherapy. (See BMHP handout)
- BMHP Protocols for: hypertension, chronic pain, anxiety, insomnia, etc.
- River of Life the Transcending and Transmuting Dimensions
- Microcosmic Orbit Breathing
- Bodymind Healing Qigong (BMHQ): Practices for Behavioral Healthcare (See BMHQ Handout)
- Behavioral Health Care Issues: Application of BMHQ methods (See Appendix I handout)
- Eugene Gendlin's Focusing Method
- Mythic Journey Process and Symbolic Process Methods of Healing
- Energy Psychology Methods: Integrative versus Integral
- Yin Yang Balancing Method: For Chronic Pain and Somatic Disorders
- Microcosmic Orbit Breathing
- Acu-point Self Touch
- Two Person Self Development Practices from Tai Chi Chuan Joining Hands Practice