

Bodymind Healing Psychotherapy

A Psycho-energetic Model

What is Bodymind Healing Psychotherapy? In order to help a patient face the challenges of everyday life, a therapist must be able to weave together psychological theories and healing methods that fit the unique person and moment. Practicing the art of psychotherapy also requires transcending methodologies in order to meet a person in that place of raw humanness where contact is made with the deep source of one's being. In this spirit, *Bodymind Healing Psychotherapy* draws from traditional forms of psychotherapy, Dr. Eugene Gendlin's "focusing" method, Jungian /archetypal symbolic process approaches to healing, hypnosis, psycho-neuroimmunological research, energy psychology, acupressure self touch, Qigong, transpersonal psychology, and ancient traditions of postural initiation.

Holographic Steps

1. Breath, microcosmic orbit, and hypnosis
2. Self-soothing
3. "Focusing" on felt meaning
4. Psychodynamics
5. Cognitive Restructuring
6. Energy Psychology Methods including EMDR
7. *Chi Nei Tsang*
8. Acupressure Self Touch, and Acu-Yoga
9. Exercises from *Bodymind Healing Qigong*
10. Symbolic Process Approaches to Healing

What leaders in the field are saying about Bodymind Healing Psychotherapy:

This scholarly and eminently readable book integrates eastern and western forms of self-healing techniques which hopefully foreshadows the shape of body-mind approaches for years to come.

Bessel van der Kolk, MD
Medical Director, The Trauma Center, Boston University School of Medicine

...profound in its scope, evidence based, bridges Eastern and Western traditions, and provides practical insights and skills that can be of enormous value to individuals seeking to attain optimal health.

– Dr. Kenneth R. Pelletier, Clinical Professor of Medicine,
Author of *The Best Alternative Medicine: What Works? What Does Not?*

For more information about the books *Bodymind Healing Psychotherapy: Ancient Pathways to Modern Health* (2007), and *Energy Psychology: Self-Healing Practices for Bodymind Health* (North Atlantic/Random House, 2009), and other Bodymind Healing Publications, or Bodymind Healing Workshops/Trainings, please see, www.bodymindhealing.com, or contact Dr. Mayer at drmichael@bodymindhealing.com, 510-849-2878.