A Self-Healing Life Path
A Healing Career Path
at the Leading Edge of Bodymind Healthcare

510-849-2878
www.bodymindhealing.com
Six Certification Programs
Offered to Suit Individual Needs:

I. Basic Bodymind Healing Qigong Practitioner (Level I):
For students who want training in the core methods of Bodymind Healing Qigong imparted to Dr. Michael Mayer in his 30 years of training with some of the most respected Tai Chi and Qigong Masters.

II. Intermediate Bodymind Healing Qigong Practitioner (Level II)

III. Advanced Bodymind Healing Qigong Practitioner (Level III)

IV. Bodymind Healing Qigong Teacher:
For those who want to teach but not participate in the following coaching for individuals healing track.

V. Bodymind Healing Qigong Coach:
For those who want to enhance their abilities to coach others in Bodymind Healing Qigong methods but are not on a mental health licensure track.

VI. Bodymind Health Professional Certificate:
Oriented to mental health professionals who want to gain further expertise in bodymind healing methods to add to their practice.

The curriculum can be completed by workshops, classes, a supervision/mentorship program with Dr. Mayer, and at home practice with supplementary materials such as DVD’s. (Inquire about creating a program suited to your needs).
Bodymind Healing Qigong Training:
Curriculum

I. Bodymind Healing Qigong Practitioner (Level I)
• Bodymind Healing Qigong includes practices from:
  Set 1. Raising and Lowering Qi with Heavenly Palms
  Set 2. Tai Chi Ruler
  Set 3. Standing Meditation: Wuji and Yi Chuan Qigong
  Set 4. Exercises After Standing to Disperse Stagnant Chi
  Set 5. Ancient Taoist Healing the Internal Organ Exercises
  Set 6. Yi Gin Ching: Bodhidharma’s changing the muscles, sinews and bone marrow
  Set 7. Ancient Animal Qigong—Introduction
  Set 8. Spiritual Qigong Practices
  Set 9. Walking Meditation
  Set 10. Yang Style Tai Chi Chuan—First Cross Hands

• Introduction to the Four Levels of Meanings of the Movements
  - Self-Healing, Spiritual/shamanic purpose, Self-defense, Changing your life stance through shape-shifting.
• Introduction to Two-Person Self-Development Practices (Joining Hands).
• One Individual Bodymind Healing Qigong session.
  - 50% off regular price
• Mythic Journey Process - written.

Books/materials required: *Secrets to Living Younger Longer: The Self-Healing Path of Qigong, Standing Meditation and Tai Chi. Bodymind Healing Qigong DVD.*

II. Bodymind Healing Qigong Practitioner (Level II)
• Bodymind Healing Qigong: Deepening your understanding of four levels of healing purpose of BMHQ.
• Movements: Checking alignment, flow, intentionality.
• Yi Chuan: Standing, Walking (Level Two).
• Long Form of Yang Style Tai Chi: Second Cross Hands, Left and Right Sets.
• Hua Tau’s Five Animal Frolics (Bear, Crane, Monkey, Tiger, Deer).
• Eight System Linking Forms—Method of Two-Person Self-Development Practice:
  - Push and Roll Back - Rock the Baby
  - Snake Push Hands - Crane Splitting Hands
  - Emptying Bucket No Force Method - Wrapping Snakes
  - Taoist Immortal Paints a Heavenly Rainbow
  - Chen Man Ching’s Linking Form: Roll Back, Press, Push
• Shamanic Joining Hands Training (*Shili*, testing)—Introduction to Shape Shifting into the Elements for Changing your Life Stance:
• One Individual Bodymind Healing Qigong Session.
  - 25% off regular price
• Introduction to Self-healing Methods for Health Problems.
  - Hypertension, insomnia, carpal tunnel, arthritis, etc.
• Second Mythic Journey Process.
• Tai Chi Dance.

III. Bodymind Healing Qigong Practitioner (Level III)

• Long Form of Yang style Tai Chi Chuan: Third Cross Hands.
  - Four levels of healing purpose for each movement.
• Yi Chuan Animal Forms.
• Animal movement correlation to organs/meridians.
• Yi Chuan Joining Hands: Two-Person Walking Meditation.
• Further steps in becoming an Adept of the Elements:
  Five Elements Form of Xing Yi, Bagua Circle Walking,
  The Tao of Sound and the Chi of your Voice, Two-Person
  Self-Development Practices.
• Self-Healing Methods for Health Problems: Training in
  Bodymind Health Applications oriented by condition
  (see Appendix II of Dr. Mayer’s Secrets...book).
• Health Dance of the Animal Forms of Qigong.

Books/materials required: See handout.

IV. Bodymind Healing Qigong Teacher

• Bodymind Healing Qigong Practitioner requirements to
  Level III.
• Knowledge of the healing purpose of all BMHQ movements.
• Yang Style Tai Chi Chuan: Left and Right Whole Set.
  - Four levels of healing purpose of each movement.
• San Shau Two-Person Self-Development Practices.
  - 88 movements (optional, for advanced teachers).
• Self-Healing Methods for Health Problems: Bodymind
  Health Applications oriented by condition (see
  Appendix II of Dr. Mayer’s Secrets...book).
• Mentorship: Leading your own classes, and/or assisting
  Dr. Mayer in his classes (1 year, approx. 100 hours).
• Supervision of your classes by Dr. Mayer. Minimum of 10
  individual sessions.

Books/materials required: See handout.

V. Bodymind Healing Qigong Coach Certificate

Oriented towards acupuncturists, massage therapists, bodyworkers,
Qigong teachers (who want to also focus on working with individuals’
healing), nurses, mentors, and the general public.

• Fulfill BMHQ Practitioner requirements to at least
  Level II.
• Coaching others, applying BMHQ in your practice, and/or
  assisting Dr. Mayer in his classes (150 hours).
• Training in Bodymind Healing methods (30 hours of
  classes 10 sessions of 3 hrs. each, or workshop equivalency).
• Practicum: Dr. Mayer works with you and other group
  members to give you the experience of the transformative
  dimensions of combining visualization methods, ”focusing,”
  acupressure, breath-work and Qigong (18 hours of group,
  6 sessions of 3 hours each, each group member presents
  once).
• Supervision of your individual coaching sessions. Minimum
  of 5 individual sessions. Dr. Mayer listens to three tapes of
  your coaching sessions during individual or group
  supervision.

Books/materials required: See handout.
VI. Bodymind Health Professional Certificate

Oriented towards Marriage and Family Therapists, Psychotherapists, Psychologists, Licensed Clinical Social Workers, Counselors (Pastoral and others), Psychiatrists, Psychiatric Nurses, Naturopaths, etc.

- Fulfill BMHQ Practitioner requirements to at least Level II.
- Individual sessions with your patients applying Bodymind Healing Qigong or Bodymind Healing Psychotherapy™ methods (150 hours).
- Training in Bodymind Healing Psychotherapy and Behavioral Health Methods (30 hours of 10 classes, each 3 hours, or weekend workshop equivalency).
- Group Practicum and Case Supervision in Bodymind Healing Psychotherapy. Dr. Mayer works with you and other group members to give you the experience of the transformative dimensions of this form of “Energy Psychotherapy” (30 hours of group, 10 sessions of 3 hours each, each person presents twice).
- Minimum of 15 case consultation sessions. Dr. Mayer listens to a minimum of 3 tapes of your sessions (part of these hours are fulfilled by Group Practicum).
- Required professional licensure and updated insurance in your area of expertise.

Books/materials required: See handout.

What is Bodymind Healing Psychotherapy? When a person needs help with problems of everyday living, a therapist must be able to weave together psychological theories and healing methods that fit the unique person and moment. 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, Energy Psychology, bodymind and symbolic process approaches to healing, hypnosis, psycho-neuroimmunolgical research, and ancient sacred wisdom traditions.

Disclaimers:

* Depending upon where you are doing your Bodymind Healing Qigong Training, the above curriculum may be adapted or changed due to needs from external sources such as continuing education venues, certification boards of national organizations, university curriculum, or state regulatory agencies.

** Please note the above certificates do not qualify you to give medical/psychological advice, and requires your knowing when to use appropriate medical professionals to assist you.

*** The above certificates are given by Dr. Mayer showing that you have completed the coursework and other more subjective criteria. Mere completion of the coursework is not the only criterion for granting these certificates. Dr. Mayer reserves the sole right for approving the student’s certifications at various levels.

**** Legal Disclaimers: Though Qigong and Tai Chi are known to be relatively safe methods of exercise, injuries may occur for a variety of reasons: not listening to your body, not following specifics of the instructor's direction, inadvertent happenings. Costs for any injuries, or legal proceedings that a student may engage in for any reason, are to be borne by that student, and not by Dr. Mayer or the Bodymind Healing Center.

For more information please call: 510-849-2878, or e-mail: drmichael@bodymindhealing.com. For workshop and class schedule or to order related publications, see Dr. Mayer’s website www.bodymindhealing.com
What others are saying about some of Dr. Mayer’s Books/Publications upon which the BMHQ training is based.

A wonderful guide for learning the ancient healing practice of Qigong. Full of clear and practical exercises.

—Dr. Wayne Jonas, Former Director, National Institute of Health, Office of Alternative Medicine

A splendid break-through which will certainly contribute a new slant to meditative practice.

—Dr. Larry Dossey, Author of Reinventing Medicine

It was a very stressful time of daily terrorist attacks in Israel. I practiced Bodymind Healing Qigong exercises regularly to regain my calm. They relaxed my tight body and took my mind off the stress and worries to be more present for others, to help them deal with their fears, and find an oasis of tranquility in the middle of the war zone. I continue to use Bodymind Healing Qigong to ease every day stresses and bring me back to my inner sanctuary of equanimity.

—Hana Matt, Teacher of “World Religions” Graduate Theological Union

I liked your Bodymind Healing Qigong DVD so much that in the course I taught we started with two or three sections of it every day. It simply is a wonderful tape.

—Bessel Van der Kolk, M.D., Medical Director, The Trauma Center, Boston University School of Medicine

Michael Mayer, Ph.D.

Michael Mayer, Ph.D., has devoted the last three decades to practicing, teaching, and writing about the integration of ancient sacred wisdom traditions with modern bodymind healthcare. He is a licensed psychologist, and Qigong teacher specializing in self-healing methods for health problems. Dr. Mayer presents his approach to bodymind healing at professional conferences, universities and hospitals, and is a keynote speaker. He co-founded and is a member of a multidisciplinary medical clinic practicing integrative healthcare. Dr. Mayer pioneered the integration of Qigong and Psychotherapy, and was the first person in the United States to train doctoral psychology students in these methods. The World Institute for Self-Healing gave him an award for outstanding research and contribution to the advancement of mindbody medicine. He is author of ten publications on bodymind healing, including three books, a Bodymind Healing Qigong DVD, audio tapes on cancer and chronic disease, and articles on chronic pain and anxiety. His peer-reviewed article on Qigong and hypertension appeared in “The Journal of Alternative and Complementary Medicine,” and in the book Healing, Intention and Energy Medicine, by Dr. Wayne Jonas, past director of the National Institute of Health, Office of Alternative Medicine. Dr. Mayer served as a peer reviewer for the Journal of Alternative and Complementary Medicine, and for Complementary Therapies in Medicine. His newest book is Secrets to Living Younger Longer: The Self Healing Path of Qigong, Standing Meditation and Tai Chi. Michael’s guiding image of “two streams becoming one” guides him as he blends ancient and modern, East and West, mind and body.
My philosophy is that psychological issues and bodily disease are “divine afflictions” giving us opportunities for psycho-spiritual growth, soul-making, and finding the source of healing.

—Michael Mayer

Michael Mayer, Ph.D.
Director, The Bodymind Healing Center
11 La Bolsita Way
Orinda, CA 94563