

Bodymind Psychotherapy Healing Practices in the Treatment of Trauma

It is now well recognized that somatic approaches are a necessary component in the treatment of Trauma. In this presentation, Dr. Michael Mayer will share his bodymind healing approach, which synthesizes Western and Eastern somatic approaches to healing trauma.

- Discover how Qigong and the internal martial arts of China, which were developed to reverse sympathetic nervous system over-reactivity in the midst of danger, can help treating trauma.
- Learn how Qigong can be integrated into trauma treatment in psychotherapy without ever using a word about Qigong and without doing a Qigong movement.
- Theory, experiential exercises, case examples, and research will be used to illustrate.

Bio: Michael Mayer, Ph.D. is a licensed psychologist and Qigong/Tai Chi teacher who specializes in giving his patients self-healing methods for health problems. Dr. Mayer presents his approach to bodymind healing at professional conferences, national/international workshops, universities, and hospitals. He is a co-founder of, and a practitioner at, The Health Medicine Center, a multi-disciplinary medical clinic practicing integrative health-care. 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. He is a fellow of the American Association for Integrative Medicine. Dr. Mayer is the author of twenty publications on bodymind healing including six books, and various peer reviewed articles. His Bodymind Healing Qigong DVD is being used in training of trauma therapists by Dr. Bessel van der Kolk, Medical Director, The Trauma Center, Boston University School of Medicine. Dr Mayer's book, *Bodymind Healing Psychotherapy* (2007), was released as a trade paperback called *Energy Psychology* by North Atlantic/Random House, 2009. They have both received endorsements from leaders in mind-body medicine, and from the journal PsycCritiques. His latest book is *The Path of a Reluctant Metaphysician, Stories and Practices for Troubled Times* (Bodymind Healing Publications, 2012). Michael's guiding image of "two streams becoming one" guides him as he joins East/West, mind/body and ancient/modern in his work.
www.bodymindhealing.com