# Table of Contents

**SELECTED BODYMIND HEALING PSYCHOTHERAPY PRACTICES AND TREATMENT PROTOCOLS** .......................................................... XV

**LIST OF CASE ILLUSTRATIONS** ................................................................. XIX

**ACKNOWLEDGMENTS** ............................................................................. XXI

**AUTHOR’S NOTE** .................................................................................. XXV

**PREFACE** ................................................................................................. XXVII

- My Life Path: Two Streams Joining  XXVII
- My Professional Background: Tai Chi, Qigong, Psychotherapy, and Bodymind Healing  XXVIII
- Overview of this Book  XXXI

**INTRODUCTION: PSYCHO-ENERGIA: THE LOST SOUL OF PSYCHOLOGY** ................................................................. XXXIII

- What is Bodymind Healing Psychotherapy? Definition of Terms  XXXIII
- Qigong: Ancient Cross-Cultural Path to Modern Health  XXXVII
- Integrating Qigong and Psychotherapy  XXXVIII
  - A Turning Point Patient: Carpal Tunnel Syndrome  XXXVIII
- Summary of the Book  XLI

**SECTION I: INTEGRATIVE MEDICINE, BODYMIND HEALTHCARE, AND ANCIENT SACRED WISDOM TRADITIONS** ......................... 1

**CHAPTER 1: INTEGRATIVE HEALTHCARE AND MIND-BODY MEDICINE** 3

- The Healthcare Crisis  3
  - A Poignant Case Illustration: Lower Back Surgery  4
- Impediments on the Road to Integrative Healthcare  6
  - Corporatization of Health  6
  - The Heads of the Hydra: Medical Dogma, Western Isolationist Worldview, Entrenched History, and the FDA Not Serving the Public Interest  11
  - Western Medicine: Its Gifts and Limitations  12
- Efficacy of Complementary and Alternative Medicine  13
  - Overview of Complementary and Alternative Medicine (CAM)  14
  - Mind-Body Medicine  15
- Tai Chi and Qigong: Age-Old Methods of Mind-Body Medicine  17
- Psychotherapy and Behavioral Healthcare: Two Streams Become One  21
## CHAPTER 2: INTERDISCIPLINARY AND CROSS-CULTURAL RESEARCH — SOURCE OF CLINICAL MODELS FOR MIND-BODY HEALING

- The Need for Interdisciplinary, Cross-Cultural Models of Psychological Healing 23
- Integrating Meditation into Western Psychotherapy 24
- Towards a Well-Rounded Psychotherapy: The Psychotherapeutic Mandala 34
  - The “Axis Mundi” of Bodymind Psychotherapies: Eugene Gendlin’s Focusing Method 36
- Psychobiology, Psychoneuroimmunology, Stress, and Healing 38
- Qigong as a Form of Hypnosis 40
  - Qigong and Leading-Edge Hypnosis Research Know — It’s Not Just about Relaxation! 42
- Psychoanalysis, Energy, and the Body 42
- Shape-Shifting, Clinical Hypnosis, and Ancient Qigong 44

## CHAPTER 3: ENERGY PSYCHOLOGIES: TAPPING THE HEALING POWER OF THE BODYMIND

- Energy Medicine 47
- Energy Psychology: An “Einsteinian” Approach to Psychotherapy 51
  - The Origins of Energy Psychology 52
- Breadth of the Field of Energy Psychology 52
- The Emotional Freedom Techniques 54
- Energy Psychology Research 55
  - Use in Disaster Relief 57
- The Benefits and Problems with Energy Psychology 60
- Bodymind Healing Psychotherapy’s Approach 70

## CHAPTER 4: THE GROUND OF ENERGY PSYCHOLOGY: MODERN METHODS & ANCIENT ROOTS

- The Age-Old, Broader Traditions of Energy Psychology 74
  - Hypnotic Anchors and Ancient Sacred Wisdom Traditions 76
  - Depth Psychology, Ancient Sacred Wisdom Traditions, and Energy Psychology 78
  - Qigong: A Hypnotherapeutic Anchoring Method 79
- Storytelling as Qigong and Trance-Formation 82
- Widening the Breadth and Depth of Energy Psychology: Qigong, Imaginal Traditions, and Shape-Shifting 84
- The Physician’s Staff: Co-Optation and Denigration of Aesclepius 85
  - The Double Snake: The Mental Image/Body Energy Dialectic 88
• Bodymind Healing Qigong Practices to Activate State-Specific Transcendent Altered States 90
  House of Five Doors: Bodymind Doors to Opening to Energy Trance States 90
  1. Activating the River of Life through Microcosmic Orbit Breathing: 91
  2. Experiencing the Light of Qi: Using a Candle 95
  3. Introductory Exercises for Experiencing Qi: The Energy Ball between Your Hands 96
  4. Intention and the Direction of Your Qi. The Interface between Imagination and Energy 97
  5. Rocking Back and Forth to Create a Healing Trance: Tai Chi Ruler 99
• Beyond Qigong as Qigong Movements: Activating the Core Energy of our Being 101
• Transcending and Transmuting Imaginal Traditions 102

SECTION II: BODYMIND HEALING PSYCHOTHERAPY: THEORY AND CLINICAL APPLICATIONS .............................................................. 103

CHAPTER 5: BODYMIND HEALING PSYCHOTHERAPY: THE PSYCHOTHERAPY OF SHAPE-SHIFTING .................................................. 105
• The Marriage of Psychotherapeutic and Energetic Approaches to Bodymind Healing 105
• The Most Profound Qigong is Following Your True Life’s Path 105
• The Center-Post of Bodymind Healing Psychotherapy: The Transcending/Transmuting Dialectic 106
• Bodymind Healing Psychotherapy’s Full-Spectrum Approach to the Image/Body Energy Dialectic 107
  Shape-Shifting, Metaphors, and Psychological Transformation 110
  The River of Life: Healing with the Transcending/Transmuting Dialectic 112
• The Ten Psychoenergetic Holographic Dimensions of Bodymind Healing Psychotherapy 116
  Qigong and Tai Chi: A Soulful Practice for Bodymind Healing 118
• Summary of Applications of Bodymind Healing Psychotherapy in Psychotherapy and Behavioral Healthcare 120

CHAPTER 6: ANXIETY AND PANIC DISORDERS ........................................... 121
• Anxiety Disorders: Socio-Political and Economic Background 121
• Alternative and Complimentary Approaches to Treating Anxiety 121
  What Qigong Offers to Anxiety Treatment 122
• Bodymind Healing Psychotherapy's Ten Psychoenergetic Holographic Dimensions Applied to Anxiety/Panic Disorder 122
  Case Illustration: Panic Disorder 123
  Standing like a Tree Qigong — Finding Your Stance 132

CHAPTER 7: QIGONG AND BEHAVIORAL MEDICINE: AN INTEGRATED APPROACH TO CHRONIC PAIN ..........................................................133

• Case Illustration: Qigong with a Disabled Car Accident Victim 133
• Pain and Economics 133
• Research on Complementary Treatment of Pain 133
  Research on Qigong and the Treatment of Pain 134
• Methods of Qigong and Hypnosis: Partners in Pain Relief 135
• Dealing with Various Types of Pain: The Medicine Wheel of Possibilities 140
• “Focusing” on the Meaning of Pain 142

CHAPTER 8: TRAUMA AND POSTTRAUMATIC STRESS ........................145

• The New Biology and Somatic Approaches to Healing Trauma 145
• Using Qigong to Modulate -the Sympathetic Nervous System Stress Response 147
• Depth Psychotherapy and Trauma 149
• Bodymind Healing Psychotherapy’s Approach to Trauma 149
  Case Illustration: Treating the Long-Term, Re triggered Effects of Past Physical Trauma 150

CHAPTER 9: ADDICTIONS..............................................................................153

• Bodymind Healing Psychotherapy for Addictions 153
• The BMHP Process for Smoking Addictions 154
• Case Illustration: Binge Eating 159
• Sacrifice: A Key Tool in Addictions and in Therapy in General 160
• Twelve Step Programs 161
• Case Illustration: Working with Codependence — A Kabbalistic/Qigong Perspective 161

CHAPTER 10: INSOMNIA.............................................................................163

• Research 163
• Bodymind Healing Psychotherapy Treatment Protocol for Insomnia 164
• Case Illustration: The Unresolved Issues that Invade Your Sleep 167
• Alternative Visualization Methods 169
CHAPTER 11: HYPERTENSION ................................................................. 171

- Research 171
  Qigong Research 171
- Qigong and the River of Life: A Quick Fix for Hypertension? 172
- Case Illustration: The Hypertensive Executive — What Lies Beneath the Surface? 173
- Chinese Medical Approach to Hypertension 174
- Case Illustration: Is Qigong Palatable to Fundamentalist Christians? 176

CHAPTER 12: DEPRESSION ........................................................................ 179

- Research: Medication Versus Behavioral Health 179
- Exercise 179
- Qigong: An Exercise that Is More than Exercise 180
- Bodymind Healing Psychotherapy's Integrated Approach 181
  Case Illustration: “I Never Had a Happy Moment.” 181

CHAPTER 13: ADDITIONAL EXAMPLES: SYNDROMES AMELIORATED BY QIGONG AND BODYMIND HEALING PSYCHOTHERAPY .............. 183

- Arthritis, Joint Problems, and Musculoskeletal Disorders 183
- Diabetes 191
- Headaches 192
- Raynaud's Syndrome 193
- Stomach Disorders 193
- Addendum: Bodymind Healing Resources for Chronic Diseases, Cancer, and Death and Dying 195

CHAPTER 14: QIGONG PSYCHOSIS .......................................................... 197

- Case Illustration: “I'm Going to Cut My Wife's Head Off with My Samurai Sword” 197

SECTION III: ANCIENT SACRED WISDOM TRADITIONS, QIGONG, AND PSYCHOTHERAPY: PRINCIPLES, METHODS, THEMES, AND BENEFITS ................................................................. 199

CHAPTER 15: PSYCHOTHERAPY AS CHANGING YOUR LIFE STANCE . 201

- Shape-Shifting and Changing Your Life Stance 201
  Case Illustration: Social Phobia 201
  Case Illustration: Impulse Control — The Exploding Karate Kid 203
  Case Illustration: Finding the “Right Man” 205
- Enhance your Stance: Melanie Klein's “Depressive Position” and Qigong 206
CHAPTER 16: INCORPORATING PATIENT GESTURES: TAPPING ON THE WISDOM OF THE PRIMORDIAL SELF ......................................................... 207

- The Taoist Initiate Who Sees the Sacred in Everyday Movements 208
- Tapping the Metaphorical Wisdom of the Bodymind Using Internal Martial Arts 208
- Phenomenologically Based Internal Martial Arts 209
  Case Illustration: Sexual Abuse and Fist under Elbow 209
  Case Illustration: The Absent Father and Karate Chop Point Patient 210
  Case Illustration: The Placating Professor and the Sword Mudra 212
- Why Tap on Points on the Body When You Can Tap on the Wisdom of the Primordial Self? 213

CHAPTER 17: AFFECT MODULATION AND TAI CHI ............................... 215

- Parallels Between Affect Modulation and Tai Chi 215
- Case Illustrations: Affect Modulation Enhanced by Tai Chi Postures 216

CHAPTER 18: PSYCHOTHERAPY AS AN INTERNAL MARTIAL ART: ATTACKING YOUR PATIENTS TO HEAL THEM ........................................ 219

- Broadening Psychotherapy with Interdisciplinary Somatic Practices 219
- Language, Tai Chi, and the Body 220
- Verbal Tai Chi and the Subtle Art of Bantering: Case Illustration of Obsessive-Compulsive Disorder 220
- Attacking Your Patients to Heal Them: Case Illustration of the Wife of the Verbally Adept Salesman 224
- Tai Chi Practices to Enhance Empowerment and Change Your Life Stance 225

CHAPTER 19: HEALING WITH THE ELEMENTS AND TRANSPERSONAL HYPNOSIS ................................................................. 227

- Transpersonal Psychology and Healing 227
- Transpersonal Hypnosis and Healing with the Elements 228
  Case Illustration: Writer's Block 228
  Case Illustration: Flying Phobia 231
- Anchoring State-Specific States Using the Five Elements of the Internal Martial Arts 233
- Four Elements of Constructive Communication of Negative Feelings 233

CHAPTER 20: THE MYTHIC JOURNEY PROCESS: CREATING YOUR OWN STORIES TO HEAL YOUR RELATIONSHIPS .......................... 237

- Mythology: The Key to the Door of Your Psyche 237
  Identifying and Overcoming Our Inner Demons 238
  Petrifying Fear: The Story of Perseus and Medusa 238
Table of Contents

- Focusing and the Mythic Journey Process 240
- The Mythic Journey Process 242
  Case Illustration: A Critical Perfectionist's Mythic Journey Process 244
  Case Illustration: The Passive-Aggressive Ostrich — Healing Trauma and Withdrawal 248
  Case Illustration: The Desperately Grasping Parrot — Healing Abandonment and Neediness 250

CHAPTER 21: WHAT QIGONG AND PSYCHOTHERAPY GIVE EACH OTHER .................................................................253
- What Psychological Traditions Give to Qigong? 253
- What Psychotherapy Gives Qigong? 254
- What Qigong Gives Psychotherapy and Behavioral Healthcare 255

CHAPTER 22: ETHICS OF INCORPORATING QIGONG INTO PSYCHOTHERAPY ..........................................................................................................................259
- Informed Consent for Experimental Methods in “Emerging Areas.” 259
- Transference Issues and False Hope 260
- Scope of Practice Issues 260
- Standards of Care 261
- Areas of Competence 261
- Multiple or Dual Relationships: Mixing Qigong Outside and Inside of Therapy. 262

SECTION IV: ANCIENT SACRED WISDOM TRADITIONS: TRAINING GROUND FOR THE MODERN PSYCHOTHERAPIST .........................267

CHAPTER 23: QIGONG/TAI CHI AND ANCIENT SACRED WISDOM TRADITIONS: ADDING TO THE TOOL KIT OF THE MODERN THERAPIST ..................................................................................................................269
- Psychotherapy Training: Modern Clinician as Carrier of an Ancient Lineage 269
- Tai Chi/Qigong: Transposing Ancient Methods into Healing Clinical Interventions 271
- Activating the Therapist’s Energy with Animal Qigong 274
- Does the Therapist-in-Training Need to Practice Tai Chi or Can One Imbibe the Essence of Tai Chi Without Practice? 274

CHAPTER 24: HEALING THE HEALER: BODYMIND HEALING QIGONG’S TWENTY-MINUTE PRACTICE ROUTINE..................................................................................................................277
- The Bodymind Healing Qigong Twenty-Minute Routine 278
AFTERWORD .........................................................................................................................293

APPENDIX I: Bodymind Healing Psychotherapy (BMHP)
Contributions to the field of Bodymind Healing.................. 297
  • Contributions to Psychotherapy and Behavioral Healthcare 297
  • Contributions to Energy Psychology 299
  • Contributions to the Traditions of Qigong and Tai Chi 300

ILLUSTRATIONS .............................................................................................................301

NOTES ..........................................................................................................................303

REFERENCES ...............................................................................................................325

INDEX ..........................................................................................................................351