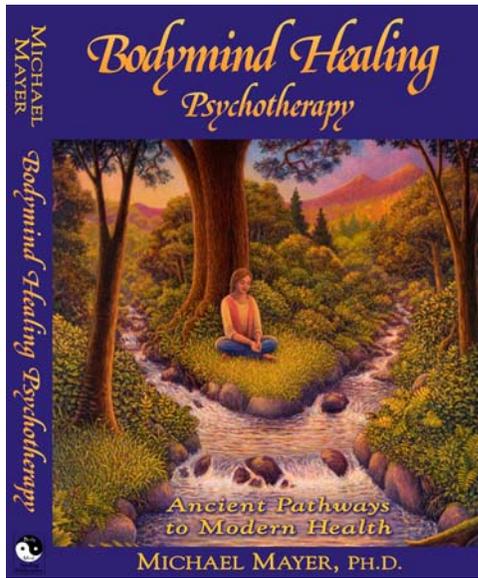


# Bodymind Healing Psychotherapy Training/Case Consultation Group

with Michael Mayer, Ph.D.



- **When and Where:** Every Tuesday, Ongoing, from 10:30 AM -12:30 PM, or renegotiated by group members. Minimum of 6 week commitment after first meeting, Contra Costa County location. Please call for directions.
- **Cost:** \$65 per group.
- **Oriented to:** Mental health professionals, MFTs, Psychologists, healers of other disciplines, etc.
- **For Questions/Reservations:** Contact Dr. Mayer: 510-849-2878, 925-623-3540, email: [drmichael@bodymindhealing.com](mailto:drmichael@bodymindhealing.com), [www.bodymindhealing.com](http://www.bodymindhealing.com).

## What you'll learn in this Training/Case Consultation Group:

- Learn to apply BMHP to a wide variety of common issues such as: hypertension, insomnia, chronic pain, anxiety etc.
- Get feedback on your cases using this integrative bodymind healing lense.
- Become part of the network of Bodymind Healing Psychotherapists & Health Practitioners.
- Discover methods for "Healing the Healer" to replenish your energy.

**What is Bodymind Healing Psychotherapy?** *Bodymind Healing Psychotherapy* (BMHP) draws from traditional forms of psychotherapy (including psychodynamic, cognitive behavioral), Dr. Gendlin's "focusing" method, Jungian/archetypal symbolic process approaches to healing, hypnosis, psycho-neuroimmunological research, and energy psychology methods such as Qigong and acupressure self-touch.

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

*...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, Professor of Medicine, Author: *The Best Alternative Medicine: What Works? What Does Not?*

*... a monumental work, 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



**Michael Mayer, Ph.D.** is a licensed psychologist, hypnotherapist, and Qigong/Tai Chi teacher who specializes in giving his patients self-healing methods for health problems. He is the author of twenty publications on mind-body healing, and presents his approach at hospitals, workshops, and conferences.