

Bodymind Healing in Psychotherapy: Ancient Pathways to Modern Health

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*Schedule and Learning Objectives
for Alameda County Psychological Association
September 24, 2016*

SCHEDULE

9:00-9:30AM-

- General Introduction.
- Presenter's background integrating Qigong, psychotherapy and behavioral medicine and his co-founding and being a psychologist at an integrative medical clinic.
- A new origin myth for psychotherapy

9:30-11:00AM

- Psychotherapy and Behavioral Healthcare: Eastern and Western tools
- Psychotherapy and Qigong - Theoretical framework and case example of anxiety treatment.

11:00-11:30AM—

- **Experiential:** Introduction to Qigong movements as a complementary treatment for: relaxation, energizing, limbering joints, hypertension, balance and prevention of falls in the elderly somatic complaints, chronic diseases, etc.

BREAK 11:30-11:45

11:45 – 12:10 PM

- The Transcending Transmuting dialectic
- Case illustrations: Hypertension
- Summary of Qigong's uses with Psychotherapy and Behavioral health: Chronic pain Chronic pain insomnia, trauma, cohesiveness of self, substance abuse.

12:10- 12:30 PM What psychotherapy and Qigong give each other ...

Lunch 12:30-1:30

1:30-2:00PM-

- Power-point presentation regarding the cross-cultural pre-modern roots and modern psychological roots of self- healing methods for mind-body health problems.

2:00-3:00PM-

- Psychotherapy as Changing your Life Stance-
- Transmuting internalizations with body-based psychotherapy.
Case Examples: Social phobia, sexual trauma.
- Knowledge of Qigong/ Tai Chi stances enhances awareness of somatic changes at moments of “felt shift” in psychotherapy, and enhances anchoring of these new life stances.

BREAK 3:00-3:15

3:15-4:00PM-

- Jung and Symbolic Process in Psychotherapy
- The Mythic Journey Process integrated with traditions of postural initiation

4:00- 4:30 Demonstration of BMHP: Experiential practice of applying The Mythic Journey process, the River of Life, Cognitive Restructuring, and Qigong hypnotic anchoring

4:30-4:45PM-

- Research and Ethics

4:45-5:00PM- Questions remaining.

Objectives: From this workshop participants will be able to...

1. ...Identify five of the cross-cultural, pre-modern traditions that form part of the historical root system from which bodymind healing traditions in psychotherapy may draw:

2.) Identify modern psychological sources from which bodymind psychotherapists may draw.

3. Name five treatment methods that help form part of an integrative approach to applying bodymind healing methods into psychotherapy

4. Apply one type of breathing from Qigong that helps with anxiety disorders.
5. Name three ethical issues related to incorporating Qigong into Psychotherapy.
6. Understand the complementary nature of Western and Eastern Methods of chronic pain relief and learn a Qigong method that is similar to, and complements, the hypnotherapeutic method of “pain transferal.”
7. Understand the complementary nature of Western and Eastern Methods of insomnia treatment and learn how *Tai Chi Chih* can help in the treatment of insomnia symptoms.
8. Learn about comparative research on insomnia and how Cognitive Behavioral Therapy compares to *Tai Chi Chih*.
9. Discuss the complementary nature of Western and Eastern Methods of stress reduction, and understand which methods from Qigong complement Herbert Benson’s relaxation response.