The California Psychological Association in conjunction with the Alameda County Psychological Association:

"Body-Mind Healing in Psychotherapy: Ancient Pathways to Modern Health

by Michael Mayer, PhD

Saturday September 24, 2016 9:00 AM – 5:00 PM
Argosy University | 1005 Atlantic Avenue | Alameda, CA 94501

ACPA members: FREE ($10 fee for CE credit)
Non-members: $100 / Non-ACPA Students with Student ID: $25
All fees credited toward ACPA membership dues for those who join ACPA at the event.
6.5 CE Credits Available (With $10 fee, payable to CPA)
To register please go to

To register please go to www.alamedapsych.org/event/Mayer

Course Description

In this workshop therapists will learn how to expand their psychotherapeutic healing repertoires through the integration of Qigong and psychotherapy. Qigong is a centuries-old technique that cultivates the energy of life through synchronizing movement, breath and imagery. Recent research has demonstrated that Qigong has the ability to lower blood pressure, reduce chronic pain, alleviate insomnia, and help with a wide variety of chronic disease. This system of Chinese medicine has the unique ability to simultaneously relax and energize. Although Qigong often involves graceful, healing movements, it also has static practices that can be done in stillness.

Through this workshop, therapists will learn how to integrate the essence of Qigong into psychotherapy without using Qigong movement. The benefits of various breathing methods will be explained and Qigong's method of breathing will be demonstrated. The use of bodymind therapy in brief and depth psychotherapy will be discussed. Theory, case examples, and practice will be combined to show how body-mind healing can help improve the physical and mental health of your clients.

Michael Mayer, Ph.D. is a licensed psychologist, hypnotherapist, and certified Qigong/Tai Chi Master Instructor who specializes in teaching patients self-healing methods for health problems. Dr. Mayer is co-founder of The Health Medicine Center, a multi-disciplinary medical clinic practicing integrative health-care. He served as a Focusing Training coordinator for Dr. Eugene Gendlin for ten years. 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 at an accredited university. The World Institute for Self-Healing gave him an award for outstanding research and contribution to the advancement of mind-body medicine. He is the author of twenty publications on bodymind healing including books, audiotapes on cancer and chronic disease, and articles on chronic pain and anxiety. His Bodymind Healing DVD is used to train therapists at The Trauma Center, Boston University School of Medicine, and his book, *Bodymind Healing Psychotherapy: Ancient Pathways to Modern Health* (2007), was endorsed by leaders in mind-body healthcare.

The California Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. CPA maintains responsibility for this program and its contents.

Important Notice: Those who attend the workshop and complete the CPA evaluation form will receive seven continuing education credits. Please note that APA CE rules require that we only give credit to those who attend the entire workshop. Those arriving more than 15 minutes after the start time or leaving before the workshop is completed will not receive CE credits.