

Bibliography

Dr Michael Mayer's Publications on Ancient Sacred Wisdom Traditions, Bodymind Healing, and Psychotherapy

Mayer, M. (1977). *A holistic perspective on meaning and identity: Astrological metaphor as a language of personality in psychotherapy*, Doctoral Dissertation, Saybrook Institute.

Mayer, M. (1982). The mythic journey process. *The Focusing Folio*, 2(2).

Mayer, M. (1984, updated and revised 2012). *The mystery of personal identity*. San Diego: ACS Publications.

Mayer, M. (1993). *Trials of the heart: Healing the wounds of intimacy*. Berkeley, CA: Celestial Arts.

Mayer, M. (1996). Qigong and behavioral medicine: An integrated approach to chronic pain. *Qi: The Journal of Eastern Health and Fitness*, 6(4), 20-31.

Mayer, M. (1997a). Psychotherapy and Qigong: Partners in healing anxiety. Berkeley, CA: The Psychotherapy & Healing Center.

Mayer, M. (1997b). Combining behavioral healthcare and Qigong with one chronic hypertensive adult. Mt. Diablo Hospital-Health Medicine Forum. Unpublished study.(Video available from Health Medicine Forum, Walnut Creek, CA, www.alternativehealth.com).

Mayer, M. (1999). Qigong and hypertension: A critique of research. *Journal of Alter-native and Complementary Medicine*, 5(4), 371-382. (Peer-reviewed).

Mayer, M. (2000). Bodymind healing qigong (DVD). Orinda, CA: Bodymind Healing Center.

Mayer, M. (2001a). Find your hidden reservoir of healing energy: A guided meditation for cancer (Audio cassette). Orinda, CA: Bodymind Healing Publications.

Mayer, M. (2001b). Find your hidden reservoir of healing energy: A guided meditation for chronic disease (Audio cassette). Orinda, CA: Bodymind Healing Publications.

Mayer, M. (2003). Qigong clinical studies. In W. B. Jonas (Ed.), *Healing, intention, and energy medicine* (pp. 121-137). England: Churchill Livingstone. (Peer-reviewed).

Mayer, M. (2004a). Qigong: Ancient path to modern health (DVD of keynote address to National Qigong Association). Orinda, CA: Bodymind Healing Publications.

Mayer, M. (2004b). *Secrets to living younger longer: The self-healing path of qigong, standing meditation and Tai Chi*. Orinda, CA: Bodymind Healing Publications.

Mayer, M. (2004c). What do you stand for? *The Journal of Qigong in America*, Vol. 1, Summer.

Mayer, M. (2004d). Walking meditation: Yi Chuan Qigong. *The Empty Vessel: A Journal of Contemporary Taoism*, Summer.

Mayer, M. (2005). Qigong: An age-old foundation of energy psychology. *The Energy Field, Association for Comprehensive Energy Psychology*, Vol. 6, (4), Winter.

Mayer, M. (2007). *Bodymind healing psychotherapy: Ancient pathways to modern health*. Orinda, CA: Bodymind Healing Publications.

Mayer, M., (2008). Mind-Body treatment for anxiety and panic disorders. *California State Journal of Oriental Medicine*, Summer.

Mayer, M. (2009a). *Energy psychology: Self-healing practices for bodymind health*, Berkeley, CA: North Atlantic/Random House.

Mayer, M. (2009b) Bodymind Healing in Psychotherapy: Towards an integral, comprehensive energy psychology, *The Energy Field: The International Energy Psychology News and Articles*, Winter p.13. Available free online: www.bodymindhealing.com/.

Mayer, M. (2009c) Energy Medicine, *The Qigong Institute*, Article available online, http://qigonginstitute.org/html/papers/EnergyMedicine_EnergyPsychExcerpt.pdf

Mayer, M. (2010) Hypertension: An Integral Bodymind Healing Approach, *Natural Standard*, February, (Peer Reviewed).

Mayer, M. (2012). *The Path of a Reluctant Metaphysician: Stories and Practices for Troubled Times* (Bodymind Healing Publications, 2012).

Mayer, M. (2012b). Tai Chi Chuan: A Postmodern, metaphysical point of view, *Tai Chi Chuan & Oriental Arts*, Summer, www.taichiunion.com.

Mayer, M. (2015). Transforming energy psychology into a comprehensive transpersonal psychotherapy, solicited *Blog for the Association for Transpersonal Psychology*, <http://acepblog.org/2015/01/09/transforming-energy-psychology-into-a-comprehensive-transpersonal-psychotherapy/>

Mayer, M. (2020) **Chapter: Bodymind Healing Psychotherapy**, pp. 164-181, in {ED} Krippner, S. Fracasso C., Friedman, H., *Holistic Treatment in Mental Health: A Handbook of Practitioner's Perspectives*. McFarland & Company, 2019.

For more information, and for ordering Dr Mayer's Publications see www.bodymindhealing.com, drmichael@bodymindhealing.com