Bodymind Healing in Psychotherapy

Saturday, June 24th @ 10:00 AM -1:00 PM, 3CE

Via Zoom

Alameda County Psychological Association

Psychotherapists will expand their repertoires through introducing self-healing methods. Participants will be introduced to an integral approach to bodymind healing in psychotherapy which combines psychotherapy, wisdom traditions, and symbolic process approaches. Participants will discover how to apply these methods to the treatment of anxiety, chronic pain, hypertension, anxiety, and trauma.

Bio:

Michael Mayer, Ph.D. is a licensed psychologist and Qigong/Tai Chi teacher who specializes in giving his patients self-healing methods for health problems. Dr. Mayer presents his approach to bodymind healing at professional conferences, national/international workshops, universities, and hospitals. He was a co-founder of, and a staff psychologist for ten years at a multi-disciplinary medical clinic practicing integrative health-care; served as the first East Bay Focusing training coordinator for Dr Eugene Gendlin; and he was a clinical supervisor for the East Bay Mindfulness Center. 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. Dr Mayer is the author of over twenty publications on bodymind healing including six books and various articles.

Upon completion of this workshop, participants will:

1. Identify five cross-cultural traditions from which bodymind healing traditions in psychotherapy are drawn and describe how they can be applied to psychotherapy.
2. Describe three ways that cross cultural traditions can be a useful adjunct to psychotherapeutic methods.
3. Name three ethics issues related to the inclusion of Qigong methods in psychotherapy.

Fees

ACPA Member $30
Non-Member $60
CE Certificate, additional $10

ACPA Student Member $20
Non-Member Student $40

Register Today

CPA is cosponsoring with the Alameda County Psychological Association (ACPA). 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 evaluation form will receive 3 continuing education credits. Please note that APA 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.