Vitae

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www.bodymindhealing-taichiqigong.com

Educational Background:

Ph.D. in Clinical Psychology, Saybrook Institute, l977. Doctoral Committee Chairman: Sam Keen, Ph.D.

M.A. in Psychology, The New School for Social Research, Cum Laude, l971.

B.A. in Political Science, Syracuse University: Cum Laude, l969.

Credentials:

Licensed Clinical Psychologist, PSY 9561, since l986.

Licensed Marriage and Family Therapist, 1976.

Certified Hypnotherapist, 1987.

Certified Master Tai Chi Instructor by the National Tai Chi & Qigong Association, 2017

Acupressure and Traditional Chinese Health Arts, Certification, l991.

Private Practice as a Psychologist

Since 1986, individuals and couples.

Clinical Supervision:

East Bay Mindfulness Center- Clinical Supervisor, Orinda, CA, 2015-2020.

Psychotherapy and Healing Center, Director and Clinical Supervisor, 1980-1987.

University Teaching Experience (*18 years total)***:**

Sofia University, Masters in Transpersonal Psychology Program, Transpersonal Psychology: Transformative and Healing Dimensions, 2016.

Institute of Transpersonal Psychology, Doctoral Committee Member, A Phenomenological Inquiry into the Process and Effects of Finding Meaning with Astrological Symbolism, by Koslova, Elena, May 11 2011.

San Francisco State University, Health Education Department-Holistic Health, Eastern Perspectives on Healing**,** Six classes1998-2000**.**

Alliant International University, Bodymind Healing and Qigong in Psychotherapy, CEUs available for psychologists and other health professionals San Francisco, CA.Recorded for 7 Online Continuing Ed Credits. https://bodymindhealing.com/bodymind-healing-psychotherapy/ 2016

California Institute of Integral Studies, Tai Chi Qigong and Psychotherapy, East West Psychology Doctoral Psychology Program, 1996*; Energy Medicine: East and West,* Graduate Doctoral Psychology Program, 1997.

California Institute for Integral Studies, Panel on Integrative Healthcare and Mind-Body Medicine, Sponsored by Dr. Meg Jordan, Director of CIIS Integrative Health, *November 9, 2009.*

California Institute of Integral Studies, East/West Psychology Program, Lecture on Energy Psychology: An Integral, East/West, Bodymind Healing Approach, San Francisco, East/West psychology Program for details. *October 21, 2010.*

John F. Kennedy University* Graduate Psychology Courses including*: Symbolic Process in Psychotherapy; Psychopathology; Astrology in Psychotherapy, Foundations of Depth Psychotherapy; Effective Therapeutic Communication; Tai Chi, Qigong and Psychotherapy; Clinical Supervision; Clinical Case Seminar.* These courses taught from 1978-1991.

Co-founding faculty member JFK Transpersonal Psychology Program, 1978, Orinda, CA.

University of California Extension, *Focusing Training,* 1982-1984, San Francisco, CA.

Antioch College West, *Symbolic Process in Psychotherapy*, l974-75, San Francisco, CA.

College of San Mateo, *Introduction to Psychology,* 1974, San Mateo, CA.

Laney College, *The Psychology of Consciousness,* 1971-74. Oakland, CA.

Montclair State College, *Graduate Developmental Psychology,* 1971, Montclair, NJ**.**

Clinical Background and Experience:

Private practice as a Clinical Psychologist 1986-current

Clinical Supervisor East Bay Mindfulness Center, 2017-2019.

Co-founder and Staff Psychologist for The Health Medicine Institute. Multidisciplinary health professionals practicing integrative healthcare. 2001-05. Renamed the Health Medicine Center, 2006-2010. Staff psychologist 2001-2010.

Co-founder of Health Medicine Panels- multidisciplinary panels practicing integrative healthcare, 1998-2009.

Private practice as a Licensed Psychologist Practicing Integrative Depth Psychotherapy, now called Bodymind Healing Psychotherapy, 1986- present.

Private practice as a Licensed Marriage and Family Therapist, 1978-86.

Director of Clinical Training at The Psychotherapy & Healing Center: Developed and led training groups in *Integrative Depth Psychotherapy, (now called Bodymind Healing Psychotherapy),* which weaves together traditional forms of psychotherapy with hypnosis, psycho-neuroimmunological research, body/mind and symbolic process approaches to healing, 1987-1990.

Clinical Supervision of MFCC Interns, 1982-1991.

Focusing Training Coordinator of the Bay Area: Chosen by Eugene Gendlin Ph.D., originator of Focusing l978-l988.

Distinguished Achievements:

Transformed the CEU Course, Bodymind Healing Psychotherapy, Alameda County Psychological Association (June 2023), co-sponsored by the California State Psychological Association into , Bodymind Healing in Psychotherapy, an On demand, self-paced course approved for CEU credits for mental health professional by the American Psychological Association (2024).

Interview and article by The American Tai Chi and Qigong Association on "Integrating Psychological Methods and Tai Chi/Qigong: A Holistic Approach to Healing," Feb., 2024.

Launched new website, www.bodymindhealing-taichiqigong.com. The website features an educational integral healing and training online video program which integrates ancient wisdom traditions with Tai Chi, Qigong and modern psychology. It shows how each Tai Chi movement has four dimensions of purpose: self-healing, spiritual unfoldment, self-defense, and changing one's stance psychologically. It contains a research section on various energy related disciplines such as peer reviewed research on the field of energy psychology (2022)

American Tai Chi and Qigong Association, Certification and Award for Tai Chi Master Instructor (2015).

Ben Franklin Award, Silver Medal Award, Independent Book Publishers Association, Body, Mind & Spirit category, *The Path of a Reluctant Metaphysician: Stories and Practices for Troubled Times* (2013).

The Great Southwest Book Festival, Honorary mention, Spiritual Books category, *The Path of a Reluctant Metaphysician: Stories and Practices for Troubled Times* (2013).

New England Festival of Books, honorary mention, Spiritual Books category*: The Path of a Reluctant Metaphysician: Stories and Practices for Troubled Times* (2013).

Commonwealth Club of SF, Integral Healthcare: Bodymind Healing Practices for Troubled Times (October, 2012).

Fellow of the American Association of Integrative Medicine, Springfield, Missouri, 2009.

Diplomate from the College of Behavioral Health, American Association of Integrative Medicine, 2009.

North Atlantic Books/ Random House published the book, *Energy Psychology, Self-healing Practices for Bodymind Health* (Mayer, 2009) which has endorsements by top leaders in mind-body healthcare.

Eleventh World Qigong Congress, Chosen to do one of the Masters of Qigong all day workshops integrating Qigong with Western psychology. September 19- Sept 21, 2008, San Francisco.

Bodymind Healing Psychotherapy: Ancient Pathway to Modern Health, (Bodymind Healing Publications, 2007). Endorsements from ten top leaders in the field of mind-body medicine, and a very positive review from *PsycCritiques,* which is described as*,* "the most comprehensive and authoritative publisher of bibliographic reference sources that cover scholarly and peer-reviewed publications in psychology and related disciplines."

Annals of Internal Medicine, chosen to peer- review the article "Clinical Effect of Qigong Practice on Essential Hypertension: A Meta-analysis of Randomized Controlled Trails, by Xinfeng Guo, Bin Qhou, Tsutomu Nishimura, Satoshi Teramukai, Masonori Fukushima from National DME Training Center, Guangzhou University of Chinese Medicine, Division of Clinical Trial Design and Management, Translational Research Center Kyoto University Hospital. December, 2006.

Complementary Therapies in Medicine, chosen to peer-review the article, "Qigong Yangsheng as a non-pharmacological approach for the treatment of essential hypertension with a muscle relaxation therapy control group: a randomized controlled pilot study," Manuscript Reference Number CTIM03/033, Elsevier Science Ltd., August, 2006.

Keynote Presentation: *Qigong: Ancient Path to Modern Health,* Eastern Regional Conference, National Qigong Association, Albany NY, Oct 2004.

Dr. Bessel Van der Kolk, MD, Medical Director, The Trauma Center, Boston University School of Medicine chose *Bodymind Healing Qigong* DVD to use in his trainings of trauma specialists. (2004).

Created *Bodymind Healing Qigong*, a synthesis of 10 systems of Qigong synthesized from 30 years of training with some of the worlds most respected Tai Chi teachers including Master Sifu Fong Ha; Grandmaster and Sigong Han Xing Yuan; Grandmaster and Sigong Cai Song Fang; Grandmaster and Sigong Sam Tam; Ken Cohen, Dr. Alex Feng, Brian O'Dea, Kumar Francis, Luke Chang, Zhi Gang Sha. (1974 to present)

Sixth World Qigong Congress. Chosen to lead the plenary session of Qigong students, teachers and assembled international Qigong masters in *Bodymind Healing Qigong* exercises. (2003)

Journal of Alternative and Complementary Medicine, chosen to be a peer-reviewer for an article by Garret Yount, Ph.D. of California Pacific Medical Center, on "Simulated Infrasound Component of External Qigong may Enhance Gliuoma Cell Response to Chemotherapy," (July, 2003).

Qigong Clinical Research, peer-reviewed article appeared in Healing, Intention and Energy Medicine, 2003, by Dr. Wayne Jonas, former Director of the National Institute of Health Office of Alternative Medicine.

Co-founded The Health Medicine Institute, a multidisciplinary health clinic where Western Doctors and complimentary health professionals work together in integrated healing teams. 2001-to 2011. This integrated medical clinic, where I was a staff psychologist, is now called The Health Medicine Center, in Walnut Creek.

Fifth World Congress on Qigong, chosen to give a Master's level Workshop, on Qigong and Bodymind Healing: An Integrated Psycho-physiological Approach to Self Healing. Continuing Education accreditation for Nurses Nov. 2002, Dec. 2003.

First World Symposium on Self-Healing. Award for outstanding research and contribution to the advancement of mind-body medicine, Woodbridge New Jersey, 2001.

Special Invitation by Dr. Wayne Jonas, former Director of the National Institute of Health Office of Alternative Medicine to do a presentation at the *Healing: State of the Science* Conference and a Position paper for NIH consideration on Qigong and Hypertension, October 27, 2000.

White House Commission on Complementary and Alternative Medicine Policy, Invitation to present on the Clinical, Educational, and Research Methodology Considerations for Incorporating Qigong into National Public Health Policy, San Francisco, Sept 8, 2000.

Produced video and audio tapes on self -healing methods for health problems. Video Tape: Bodymind Healing Qigong (2000) . Audio Tapes: Find your Hidden Reservoir of Healing Energy A Guided Meditation for Cancer. Find your Hidden Reservoir of Healing Energy A Guided Meditation for Chronic Disease (2001).

*Bodymind Healing***,** *Qigong and Cancer*, two television shows shown on TCI- Contra Costa Cable, February 2000.

Associate Director of the Health Medicine Forum, a multidisciplinary group of Western doctors and complimentary health practitioners practicing and educating the public about integrated healthcare.1998-1999.

Focusing Training Coordinator for the San Francisco East Bay Area for 10 years. Focusing is a method of mind body healing developed by Dr. Eugene Gendlin Ph.D., who won the most distinguished professional psychologist of the Year award from the American Psychological Association. It's being used by the Simonton Cancer Clinic, in preventative medicine, and biofeedback research as well as in psychotherapy. My *Bodymind Healing Psychotherapy* approach expands Focusing to include Psychodynamic Psychotherapy, hypnosis and cross cultural approaches to healing.

The Contra Costa Sun (Feb 2, 2000) *Thwarting Heart Disease*, article by Jennifer Shaw on my work with bodymind healing and heart disease/hypertension.

The Contra Costa Sun (January 11, l989) did a feature article on my integration of oriental and western approaches to healing, focusing on his work with Tai Chi, qigong, hypnosis and psychotherapy

Co-founding faculty member, John F. Kennedy University's Transpersonal Psychology Program 1978. Taught graduate psychology courses there for 12 years. 1978-1991.

Trained Internationally recognized expert and scholar Ken Cohen in Yi Chuan Standing and Walking Meditation. Ken Cohen describes this method as "the million dollar secret of Qigong." 1980-1981 (approximate date).

World Astrology Prize, (1979) awarded from the Astrological Association of Great Britain, for my dissertation, "A Holistic Perspective on Meaning and Identity: Astrological Metaphor as a Language of Personality in Psychotherapy." This dissertation was turned into the book, *The Mystery of Personal Identity* (ACS Publications 1984)," the first book to integrate astrological metaphor and depth psychotherapy, and set forth a new phenomenological theoretical framework for astrology.

Publications, Books, Articles, and Media:

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 Alternative 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 Livingston. (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 no longer 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). Winner of a Ben-Franklin award in the Mind-Body, Spirit category.

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,* Article no longer available: http://acepblog.org/2015/01/09/transforming-energy-psychology-into-a-comprehensive-transpersonal- psychotherapy/

Mayer, M. in {ED} Fracasso, C, Krippner, S . and Friedman H. (2020). Holistic Treatment in Mental Health: A Handbook of Practitioners' Perspectives, McFarland & Co. The name of my chapter is Bodymind Healing Psychotherapy, and at this link you can read the article.

Mayer, M. (2022). Created Bodymind Healing Tai Chi Chuan: Four Dimensions of Purpose a 19 session, educational integral healing and training online, on-demand video program which integrates ancient wisdom traditions with Tai Chi, Qigong and modern psychology. Though this program is based in classical Tai Chi Chuan training it: A.) Expands understanding of Qigong and Tai Chi Chuan (Taiji Quan) with associations from wider cross cultural wisdom traditions. B.) You'll be inspired by creative and imaginal interpretations of movements. C.) You'll discover how each movement has Four Purposes: Self-healing, Spiritual Unfoldment, Self-defense, and Changing your Life Stance Psychologically.

Mayer, M. (2024) Article by The American Tai Chi and Qigong Association on "Integrating Psychological Methods and Tai Chi/Qigong: A Holistic Approach to Healing," Feb., 2024.

Mayer, M. (2025) River of Life-An Integral Transpersonal Self Hypnosis Method. Video of training given to mental health professionals of the Northern California Mindfulness Institute. Click here for a **video recording of the training** .

Mayer, M. (2025) Bodymind Healing Qigong: Embodying Cross-cultural Wisdom Traditions. A 26 downloadable, on-demand video educational, integral healing, and training program in Bodymind Healing Qigong. Though BMHQ is based in traditional Qigong training it branches out from these roots with: A.) Creative, mytho-poetic, and Imaginal interpretations of movements B.) Associations from Wider Cross-cultural wisdom traditions, which may not be part of classical qigong teaching

Workshops, Trainings, Classes, Lectures in Bodymind Healing:

2025 Presentations

October 24, 2025, Bodymind Healing Qigong: Embodying Cross-Cultural Wisdom Traditions, annual Eurotas Transpersonal Psychology Conference, Oaxaca, Mexico. Xolotl: Innovations and Traditions in the Arts and Science of Being. **The 26 video Qigong program** of the teachings behind this presentation.

August 8, 2025, The River of Life: Self-hypnosis Method, Presented online, sponsored by the Northern California Mindfulness Institute (NCMI). A training for mental health professionals. A **video recording of the training** is available now. Inquiries: drmichael@bodymindhealing.com

2024 Presentations

October 21, 2024, Engaged Taoism: On Taoism and Healing, on line Zoom session. Dr Michael presents on Integrating Qigong with Western Bodymind Healing Methods. 5 PM-8 PM (PST).

October 14, 2024 Teaching of Tai Chi Chuan and Qigong, on line Zoom session. Dr Michael presents to the North American Tai Chi Teacher Gathering, 5 PM-8 PM (PST)
For registration for this free presentation contact drmichael@bodymindhealing.com. **Free recording of the presentation on this site.** Click here. **Free Recording of the presentation:** Click here for the external link to Dr Luke's site. Password: **6mn0X1+p**

2023 Presentations

- June 24, 2022, Bodymind Healing in Psychotherapy, sponsored by the Alameda County Psychological Association (co-sponsored by the California State Psychological Association), 3 CEUs.

2020 Presentations

- *January 4, 2020*, Santa Sabina Retreat Center, *Master Fong Ha's Memorial Retreat. Video,* Master Fong Ha's memorial celebration, Senior Students presentations at Santa Sabina Retreat Center, San Rafael, Ca., 2020, Michael Mayer's contribution presentation on **Tai Chi Chuan: Four Dimensions of Purpose.**

- 2020, Bodymind Healing, Standing Meditation Qigong: What do you Stand for? Short excerpted on-line film for meditators.

2019 Presentations

• *April 18, 2019,* Presentation to Medical Residents Training Program of John Muir Hospital, Integrative Medicine Program, Case Presentations on Integrative Mind-Body Approaches to Healthcare, Drs. Mayer and Gelbart.

- *First Sunday of the Month, March 3, April 7th , etc 2019, 1- 3 PM, Oakwood Athletic Club, Tai Chi Dance Workshop: Experience the Magic of Fluidity,* $25 Members, $45 non-members, 4000 Mt Diablo Blvd, Lafayette, Ca, 94549. Click here for more info for Tai Chi Dance Event.

- *January 24, 2019, Northern California Mindfulness Institute- Drinks for Shrinks,* Staying Centered: A mindful approach to professional longevity, Drs. Fishman, Mayer, and Ravenal present 5:30-7:30, 5:30-7:30, Bateau Ivre Restaurant, Berkeley, CA.

- *January 2019, Ongoing Saturdays 11;30-1 pm. For Oakwood Athletic Club members,* Bodymind Healing Qigong and Tai Chi class, Lafayette CA.

2018 Presentations

- *August 9, 2018, John Muir Hospital*, Integral Healthcare: A Bodymind Healing Approach, presentation to Residents and Doctors of Integrative Medicine Program, Walnut Creek CA.

- *March 6, 2018, Northern California Mindfulness Institute, Drinks with Shrinks,* Two Presenters: James Baraz, Principles for Awakening Joy and Michael Mayer A Bodymind Approach to Mindfulness in Psychotherapy, La Bateau I'vre Restaurant, Berkeley, CA.

2017

• *May 10, 2017, Northern California Mindfulness Institute,* Panel Discussion on "Current Research on Mindfulness based resiliency skills in patients." Panel Members: Charlie and Linda Bloom, LCSW; Jeff Cohen, MFT; Michael Mayer, Ph.D.; Dr. Anisha Patel-Dunn, D.O. Orinda CA.

2016

• *June 2, 2016, 18th, Annual Association for Comprehensive Energy Psychology Conference*, pre conference workshop, Deepening Healing Through Transpersonal Energy Psychology, Hyatt Regency Hotel, Santa Clara, CA, 3 CEUs for Psychologists and other health professionals.

• *September 24, 2016, California State Psychological Association and the Alameda County Psychological Association sponsor*, Bodymind Healing in Psychotherapy, Argosy University 6.5 CEU units.

November 12 &13, *East Bay Mindfulness Center & Second Half Fitness*, Mastering Mindfulness: The Foundation for individual Happiness, Meaningful work & Romantic Intimacy, Drs. Paul Hatherley and Michael Mayer, Berkeley, CA.

2015

• *May 28, 2015, 17th Annual International Energy Psychology Conference,*Transforming Energy Psychology into a Comprehensive, Transpersonal Psychotherapy. Hyatt Regency, Reston, Virginia*. CEUs* for Psychologists and other health professionals.

• *Sept. 10, 2015, 5:30-6:30 pm (PST) Radio Interview, Qi Talks,* Tai Chi Chuan: Four Dimensions of Purpose. Link no longer active: *http://nqa.org/category/qi-talks/*,

• *Sept. 26, 2015, Pushing for Peace-Harvest Benefit*, Tai Chi/Qigong and Psychology, Terrace Garden, Orinda, CA.

2014

• *August 22, 2014, Chochmat Halev, An Integrative Bodymind Healing Ritual for Shabbat Candle Lighting ,7:30 pm. Free, 2215 Prince St, Berkeley, Ca, 94705.*

Presentations 2013

• Feb. 5th, 2013, 7:30- 9:30 pm., *California Institute of Integral Studies*, The Mystery of Personal Identity, sponsored by Coniunctio. Locations 1453 Mission Street, SF. For more information, Click here.

• March 10th, 2013, 2 pm to 5 pm, *The Analytical Psychology Club of San Francisco*, The Path of a Reluctant Metaphysician: Stories and Practices for Troubled Times,

Limited Seating, advanced reservations only. Contact Dr Mayer at 510-849-2878, For information about the presentation, Click here.

• June 30, 2013, Association for Comprehensive Energy Psychology Conference, All day Training: Bodymind Healing in Psychotherapy: Towards an Integral Comprehensive Energy Psychology, Link no longer active for information about the workshop,

2012

• *February 18, 2012, Association For Transpersonal Psychology Conference*, Link no longer active, Bodymind Healing in Psychotherapy: Towards an Integral Transpersonal Psychology, ATPITPConference@itp.edu.

• *March 14-15, 2012*,Link no longer active: *Integral Living in an Uncertain World,* weekend workshop, Drs. Bramson and Mayer, Orinda, CA

• October 4, 2012, 6:30 pm, *The Commonwealth Club of San Francisco*, Integral Health: Bodymind Healing Approaches for Troubled Times,

• October 26 2012, 7:30 pm, East West Bookshop, Book Signing and Presentation, The Path of a Reluctant Metaphysician, 324 Castro Street, Mountain View, CA 94041. For more information email: events1@eastwest.com, 650-988-9884.

2011

April 29-May 2, 2011 *Thirteenth World Qigong Congress*, Energy Psychology: Self Healing Methods for Bodymind Health, Hotel Whitcomb, San Francisco, CA. East/West Academy of Healing Arts

June 3, 2011, *International Energy Psychology Conference*, Bodymind Healing in Psychotherapy: Towards an Integral, Comprehensive Energy Psychology (Two Invited Presentations), Hyatt Regency, Reston, Virginia.

2010

January 29-31, 2010, Esalen Institute, Big Sur, CA. Tai Chi Chuan: Four Levels of Purpose, www.esalen.org/workshops/reservations.htm 831-667-3005.

February, 6, 2010, 9:30-1:30, Community Institute of Psychotherapy, Energy Psychology: How Integrating Mind/Body Healing Practices Enhances Psychotherapy, CEU's available, cipmarin.org, (415) 459-5999 x 100.

February 13, 2010, Association for Transpersonal Psychology Conference, Bodymind Healing in Psychotherapy: Toward an Integral, Transpersonal Psychology,

March 10, 2010, 9 AM- 10:30 AM, Teleseminar, Ask the Experts, Qigong and Bodymind Healing: An Integrated Approach for Stress and Pain." Co-presented with Maggie Philips Ph.D. Register assistant@maggiephillipsphd.com.

May 15, 2010 Wright Institute, Bodymind Healing in Psychotherapy, 9 AM to 1 PM, CEU approval pending for psychologists and other health professionals. Workshop takes place at Merritt College. Information: ceprograms@wi.edu.

June 5th, Saybrook University, Three Panel Presentations: !.) Saybrook-The Early Days 2.) Alumni who have Published their Dissertations 3.) Becoming a Licensed Therapist-Licensed Alumni Share their Experiences, Westin San Francisco, Millbrae, CA. 2-6 PM.

August 21 & 22, 2010, Bodymind Healing Qigong Weekend Workshop, Orinda.

2010, Spiritually Oriented Business People of Berkeley, Actualizing your Growing Edge in Business; Bateau Ivre Restaurant.

October 9 & 10, 2010, Bodymind Healing Center of Orinda, Tai Chi Chuan: Four Dimensions of Purpose, Orinda.

October 21, 2010, California Institute of Integral Studies, East/West Psychology Program, Energy Psychology: An Integral, East/West, Bodymind Healing Approach, San Francisco, 7:15 PM -9:15 PM, Contact East/West psychology Program for details.

November 18, 2010, *Smart Life Forum,* Bodymind Healing in Psychotherapy and Behavioral Healthcare*, 7 PM, Cubberley* Community Center, Room H, 4000 Middlefield Rd, Palo Alto CA

2009

November 9, 2009, 6;15-8:30, California Institute for Integral Studies, Integrative Healthcare and Mind-Body Medicine, Contact Dr. Meg Jordan, Director of CIIS Integrative Health, mail@megjordan.com.

October 31, 2009, American Association for Integrative Medicine, Tai Chi Chuan Push Hands; The Initiatory Elements. Springfield, Missouri, sponsored by Dr Robert O Block, President of AAIM.

October 24, 2009 2 – 4 PM, Berkeley Public Library, Reforming Health Care Panel with Dana Ullman on Homeopapthy, Georgette Delvaux on Rolfing and Women's Health, and Michael Mayer on Psychotherapy, Qigong and Integrative Healthcare. Sponsored by North Atlantic Books.

October 12, 2009, Wright Institute Options Program, Bodymind Healing Psychotherapy: Treatment for Addictions, 12:30-2 PM., Class of Dr. Kevin Orzech.

Sept 29, 2009, 6:45 PM- 10 PM. Lescher Center for the Arts, Exercise: Moving for Vitality, with Michael Mayer and Ofer Erez.925-943-SHOW or www.lesherartscenter.org. 1601 Civic Drive, Walnut Creek, CA, 94596.

September 25, 2009, 9-5 PM Alliant University, Bodymind Healing in Psychotherapy, CEUs available for psychologists and other health professionals San Francisco, CA. www.ce-psychology.com 1-800-457-1273

September 21, 2009, 6- 8 PM, California Institute of Integral Studies, The Healing Circle: Integrative Medicine in Healthcare, The Health Medicine Center practitioners present our model of integral medicine to CIIS graduate students. Contact Dr. Meg Jordan, Director of CIIS Integrative Health, mail@megjordan.com.

August 2, 2009, Book Passage, Booksigning, *Energy Psychology: Self healing Practices for Bodymind Health,* 51 Tamal Vista Blvd., Corte Madera, CA 94925 415.927.0960 x239. Contact Joanna Robinson: jrobinson@bookpassage.com.

June 26, 2009, National Qigong Association, Qigong and Western Bodymind Healing: Joining Hands, Monterey CA, Asilomar, info@nqa.org.

May 28-31, 2009 Association for Comprehensive Energy Psychology annual conference, Three presentations, 1.) All Day Workshop: Bodymind Healing in Psychotherapy: Towards an Integral, Comprehensive, Energy Psychotherapy, 2.) Psychotherapy and Qigong: Partners in Healing 3.) Morning Wakeup: Revitilize your Self with Bodymind Healing Qigong. Orlando Florida, http://www.energypsych.org.

May 15, 2010 Wright Institute, Bodymind Healing in Psychotherapy, 9 AM to 1 PM, CEUs for Psychologists and other health professionals. Workshop takes place at Merritt College. Information: ceprograms@wi.edu.

March 13-15, 2009 Shaver Lake Sangha,-Qigong Weekend in the High Sierras, Qigong and Bodymind Healing: The Self-Healing Path, Shaver Lake, CA., Contact: cindy@middlewayyoga.com.

*March 10, 2010, 9 AM- 10:30 AM, Teleseminar, Ask the Experts, "*Qigong and Bodymind Healing: An Integrated Approach for Stress and Pain." Co-presented with Maggie Philips Ph.D., Register assistant@maggiephillipsphd.com.

February 15-20 2009, Esalen Institute, Qigong and Bodymind Healing: The Self-Healing Path. www.esalen.org, Email programs@esalen.org

2008:

January 18, 2008 Contra Costa Psychotherapy Association, Bodymind Healing in Psychotherapy: Ancient Pathways to Modern Health, Dr. Mayer chosen as the annual keynote speaker, www.cocopsych.org.

February 2, 2008 The Psychotherapy Institute, Bodymind Healing in Psychotherapy: Ancient Pathways to Modern Health, Berkeley, CA, mvassell@tpi-berkeley.org.

February 23, 2008, California Institute of Integral Studies, Qigong and Bodymind Healing: The Self-Healing Path, Saturday, Whole Day Workshop, kbaer@ciis.edu.

May 16-18, 2008, Association for Comprehensive Energy Psychology, Four Presentations: 1 & 2.) Renew your Vitality with Bodymind Healing Qigong, AM and PM presentations 3.) Psychotherapy and Qigong Partners in Healing Anxiety, 4.) Morning warmup with Bodymind Healing Qigong, Albuquerque, NM., www.energypsych.org.

June 13- June 18, 2008, *Mt. Madonna,* Qigong and Bodymind Healing: The Self-Healing Path, five day training for health professionals and the public.

June 21, 2008, Saybrook Institute, Integrating Taoism and Shamanism in Psychotherapy and Behavioral Healthcare, Westin Hotel, San Francisco.

August 8, 2008, *National Qigong Association*, Two Workshops: 1). Qigong and Bodymind Healing: The Self-healing Path 2. Tai Chi Chuan; Four levels of Purpose, Reistertown near Baltimore, Maryland, info@nqa.org.

September 19- Sept 21, 2008 Eleventh World Qigong Congress. Three Presentations: (1.) Qigong and Bodymind Healing: The Self Healing Path, All day workshop 9 AM- 5 PM. (2.) Plenary Panel on Energetics of Qi, Sat. 9/20 @ 2pm-3:30 PM. (3.) Psychotherapy and Qigong: Partners in Healing 90 min on Sunday, 1:30-3 PM. Golden Gatway Holiday Hotel, SF. www.eastwestqi.com, email: eastwestqi@aol.com.

October 03, 2008 (5:00 pm) - October 05, 2008. Shaver Lake Sangha-Qigong Weekend in the High Sierras. Contact Cindy Farley for details and directions to Shaver Lake 1 hour east of Fresno, South of Yosemite in the Sierras. Call Cindy at 559-841-3202.

November 01, 2008 (10:00 am - 5:00 pm). Institute for Imaginal Studies, Petaluma, CA: Bodymind Healing in Psychotherapy. Register: 707-765-1836 Email: CourtneyLubell@imaginal.edu URL: http://http://www.imaginal.edu/upcoming_programs.html.

2007 and Past

November 14, 2007 KEST Radio 1259 AM, Qigong and Hypertension 6:30 AM and 12:30 PM; November 15th Qigong and Chronic Pain, Insomnia and Trauma, November 16, Qigong and Integrative Medicine. Dr Mayer interviewed by Dr Len Saputo on these three successive days at the same time.

November 30, 2007, 7:30-9;00 PM, John F. Kennedy University, Transpersonal Psychology Department, Bodymind Healing Psychotherapy, address to annual Open House, 100 Ellinwood Way, Pleasant Hill, CA Phone 800-696-5358
Oct 17, 2007, 4-7 PM, *SF State, Department of Holistic Studies,* Qigong and Western Bodymind Healing: Theory, Research, and Practice, HHS, 349.

October 10, 2007, 7-9PM, Open Secret Bookstore, Bodymind Healing Psychotherapy: Ancient Pathways to Modern Health.

August 12-17, 2007, Esalen Institute, Qigong and Bodymind Healing: The Self-Healing Path. This workshop can be done with or without Dr. Mayer's Bodymind Healing Qigong Certification. Registration: info@esalen.org, 831-667-3005.

July 14, 2007, 4:30 PM Air America Radio, The Organic Psychology show, Dr Mayer interviewed by psychologist Alexander Bingham, about his new book *Bodymind Healing Psychotherapy*.

June 12, 2007, Shrink Rap Radio, *Bodymind Healing Psychotherapy: Ancient Path to Modern Health*, Dr. Mayer's new book was the subject of this interview by Dr. David van Nuys, www.shrinkrapradio.com/shows.htm.

May 24, 2007, Dr Meg Jordan interviews Dr Mayer on Health Radio*,* Link no longer active*:* http://www.healthradio.net/archives/20070521/21meg4.mp3, 9-10 am Pacific.

April 19-22, 2007, Association for Comprehensive Energy Psychology, "Psychotherapy and Qigong Partners in Healing Anxiety and Other Psycho-physiological Disorders," plus an all day workshop: "Qigong and Bodymind Healing: An Integrated Psycho-physiological Approach to Self-healing," Westfields Marriott, Chanatilly Virginia.

March 20- April 10, 2007 Four Tuesdays, *Tai Chi: Transforming your Life's Stance,* Studio Rasa, 933 Parker St (bet. 8 & 9), $60 for four classes, 8 PM. Register 510-843-2787.www.studiorasa.org.

March 4, 2007, Save the Oaks, Standing like a Tree Qigong (Zhan Zhuang) practice. Finding your stance in life and in political protests. The Western and Eastern Mystery Traditions perspective on the sacredness of trees. UC Berkeley, Memorial Oak Grove. *2-3 PM. FREE.*

October 27- November 3, 2006, Esalen Institute, "Bodymind Health Professional Certification Program," Continuing Education for Psychologists, mental health professionals, nurses, etc. Segment I of the training program. For details see www.bodymindhealing.com.

July 23-28, 2006, Esalen Institute, Qigong and Bodymind Healing: The Self-healing Path, Segment I of Qigong certification program for Qigong teachers and practitioners, Continuing Education for Psychologists, Big Sur CA.

July 8, 2006, *Shrink Rap Radio*, Qigong: Ancient Path to Modern Health, Interviewed by Dr. David van Nuys, www.shrinkrapradio.com/shows.htm, Show #41. In four months there were 43, 840 download requests.

June 17, 2006, Institute of Imaginal Studies, Bodymind Healing: Integrating Qigong and Imagery Work, Petaluma, CA, CEUs available.

May 7, 2006, Eighth Annual Comprehensive Energy Psychology Conference, Qigong and Bodymind Healing: An Integrated Psycho-physiological Approach to Self-

healing, Full Day workshop, Continuing Education Credits for Psychologists and other health professionals, Marriott Hotel, Santa Clara, CA. www.energypsych.org

Feb. 22., 2006, Saybrook Institute, Qigong: Ancient Path to Modern Health, San Francisco, CA,.

Bryn Mawr College, "Psychotherapy and Qigong: Partners in Healing," outside Philadelphia,, Bryn Mawr, PA, , Continuing Education Credits Available, All day Friday, November 18, 2005.

Esalen Institute, "Qigong and Bodymind Healing: The Self-Healing Path," Five Day Workshop-Labor Day Week, Continuing Education Credits for Psychologists and Nurses, Big Sur, CA., Sept. 4-9 2005.

National Qigong Association: 10th Anniversary Conference, Boulder Colorado. "Qigong: Ancient Path to Modern Health, Sunday July 31, 2005.

Bodymind Healing Qigong, Ongoing classes, Bodymind Healing Center, 1986 to Present

Association for Comprehensive Energy Psychology, Transformational Tools for the 21st Century. All day workshop "Qigong and Bodymind Healing: An Integrated Psycho-physiological Approach to Self-Healing," Breakout session "Psychotherapy & Qigong: Partners in Healing Anxiety & other Psychological Disorders," Baltimore, MD. (www.energypsych.org), April 2005.

Open Secret Bookstore, "Qigong: Ancient Path to Modern Health," Booksigning and Powerpoint Presentation, San Rafael California, Jan 18, 2005.

Qigong: Ancient Method for Modern Health, National Qigong Association Eastern Regional Conference–Keynote Presentation, Albany, New York, October, 2004. (www.nqa.org)

The Book House, Book-signing Friday Oct. 15th, 7 -8 PM , Albany NY, Contact person- Sue Novatney 518-489-4761.

St. Peter's Health Care Services, "Bodymind Healing Psychotherapy: Self healing Methods for Physical and Mental Health," Staff Training, 12-1:30 PM, Oct. 15, Guiderland, NY, Contact Person- Cheryl Collins 452-6735, October 2004.

Transitions Bookplace, Booksigning and Workshop, *Qigong Ancient Path to Modern Health,* Aug 30 and 31 2004.

National Qigong Association Conference, Three presentations: Qigong and Bodymind Healing: An Integrated Psycho-Physiological Approach to Self-Healing; Psychotherapy and Qigong: Partners in Healing Anxiety and other Psycho-physiological Disorders; Chairperson: Science and Research Panel, Continuing Education for Nurses, Lake Geneva, Wisconsin, August, 2004. (see www.nqa.org)

Psychotherapy and Qigong: Partners in Healing Anxiety and other Psycho-physiological Disorders, Association for Comprehensive Energy Psychology, Wigwam Resort, Litchfield, Arizona, May, 2004.

Qigong: Ancient Method for Modern Health, An Ounce of Prevention*,* KEST Radio-Interview by Dr. Len Saputo, April, 2004.

Ongoing Self-healing Group for Chronic Pain and Fibromyalgia, Nicole Chitnas MD and Michel Mayer Ph.D., Health Medicine Institute, 2004.

Three Presentations*: Qigong and Bodymind Healing: An Integrated Psycho-Physiological Approach to Self Healing; Psychotherapy and Qigong:: Partners in Healing Anxiety and other Psycho-physiological Disorder; Science and Research Panel. Sixth World* Qigong Congress, San Francisco, Marriot Hotel, Continuing Education for Nurses, December 2003

Natural Approaches to Treating Insomnia, Health Medicine Institute Team Presentation, Len Saputo M.D.,-Internal Medicine, Colette DeVore, L AC.-Acupuncture, Michael Mayer Ph.D. Psychotherpay and Qigong, September 2003.

Qigong and Bodymind Healing: An Integrated Psycho-Physiological Approach to Self Healing, Fifth World Qigong Congress, San Francisco, Holiday Inn, Continuing Education for Nurses, November 2002.

Managing Pain Naturally, Multidisciplinary Panel of Health Medicine Institute Experts, Lescher Theater, Walnut Creek, October, 2002.

Qigong and Bodymind Healing: An Integrated Psycho-Physiological Approach to Self Healing, National Qigong Association Portland Oregon, Continuing Education for Nurses, August 2002*.*

Healing Pain Naturally, Health Medicine Institute, multidisciplinary health team panel presentation, Oakland, March 2002.

Taking Control of your own Health, sponsored by Bienestar Inc., presentation by Michael Mayer and Michael Gach on ""Self Healing Techniques of Chinese Medicine," Spring Health Faire, 2002.

Experience the Self Care of Chinese Medicine, Joint Presentation with Dr. Saputo, Michael Gach, and Alex Feng O.M.D., Health Medicine Forum October 2001.

Psychotherapy and Qigong, Omega Institute, New York, October 2001*.*

Self- healing and Qigong, Glenview Holistic Health Center, July 2001.

Psychotherapy and Qigong: Partners in healing Anxiety and Other Psychological Disorders, First World Symposium on Self-Healing. Woodbridge New Jersey, Award for outstanding research and contribution to the advancement of mind-body medicine. June, 2001

Spirit Matters, Radio one hour interview with Kim Birdsong, 1240 AM, 12-4- 01.

Serpent Chi, Theatre Performance, Yugen Noh Studio, San Francisco, March 2001.

Qigong, Psychotherapy and Chronic Pain, California School of Professional Psychology, Spirituality and Psychotherapy Colloquia, 2001

The Science and Spirituality of Healing Conference, Special Invitation by Dr. Wayne Jonas, former Director of the National Institute of Health Office of Alternative Medicine to do a Presentation and Position paper for NIH consideration on Qigong and Hypertension, October 27, 2000.

White House Commission on Complementary and Alternative Medicine Policy, Clinical, Educational, and Research Methodology Considerations for Incorporating Qigong into National Public Health Policy, San Francisco, Sept 8, 2000

Bodymind Healing and Arthritis, Health Medicine Forum Panel, August, 2000.

Bodymind Healing with Psychotherapy and Qigong, Kedem Institute of Interdisciplinary Counseling, Staff Training, Haifa, Israel, June 2000.

Bodymind Qigong, Ein Gedi Kibbutz & Health Spa, Ein Gedi, Israel, 2000.

Taiji and Qigong: Ancient Healing Methods, Tsvat, Isreal, June 2000.

The Body in Psychotherapy, St Mary's College, Clinical training for psychotherapists, May 2000.

An Integrative Look at Heart Disease Participated in Panel with Naras Bhat MD, Mark Taub OMD, Mark Nathan MD, John Toth MD, Larry Scherwitz, Ph.D. At Mayor Jerry Brown's "We the People Auditorium," Jack London Square, Oakland, Jan., 2000.

Qigong and Hypertension: An Integrated Perspective on Research and Healing, Third World Congress on Qigong, San Francisco, November 1999.

Energy Medicine: Ancient Roots and Modern Clinical Uses, Alta Bates Hospital-Grand Rounds, November 1999.

Qigong: A Path to Longevity, Elder Hostel's Learning Consortium, Vagabond Inn, SF June & July 1999.

What Does Psychotherapy offer to Acupuncturists? American College of Traditional Chinese Medicine, Sept., 1999.

Bodymind Qigong, Unity Center of Walnut Creek, May 1999-.

Health Medicine Panel, University of California Medical School- Davis, Presentation to Doctors on multidisciplinary approach to fibromyalgia patient.March, 1999.

Transpersonal Psychology :The Energetic Dimension, Community, Institute of Psychotherapy, January, 1999.

Psychotherapy Behavioral Medicine and Qigong, American College of Traditional Medicine, 1998,1999.

Energy Medicine: East and West, University of California, San Francisco, Medical Center, 1998.

Energy Medicine, John Muir Hospital, sponsored by Dr. Harry Down's The Walnut Creek Wellness Center, 1997.

"An Ounce of Prevention," KEST Radio with Dr. Len Saputo, August, 1997.

Energy Medicine East and West, California Institute of Integral Studies doctoral program, Summer, 1997.

Body/mind Qigong, American College of Traditional Chinese Medicine, Weekend April 25th, 1997.

Chairperson, Mt Diablo Hospital's Health Medicine Forum, Conferences and Panel on Energy Medicine, 1997.

Body/Mind Qigong, American College of Traditional Chinese Medicine, sponsored by the Qigong Institute of San Francisco, April, 1997.

Qigong and Psychotherapy, Partners in Alleviating Anxiety: First International Conference on The Psychology of Consciousness: Energy Medicine, sponsored by The National Institute for the Clinical Application of Behavioral Medicine (Monterey, California, April 1997.

Taiji, Qigong and Psychotherapy, The California Institute of Integral Studies, Doctoral Psychology Program, San Francisco, Ca. 1996.

Healing with Qi: An Integrated Approach to Qigong &Tai ji Chuan, Private ongoing classes at The Psychotherapy and Healing Center in Tai Chi Chuan long form— Yang style left and right handed sets, Qigong training: wu Chi , internal organ, healing sounds, microcosmic and macrocosmic orbit. Standing and walking meditation, Tai chi sword, Tai chi dance, Two-person exercises and self defense. Emphasis on the meaning and healing power of each movement. Since 1987.

The Tao of Body/Mind Healing, Institute of Healing Arts and Sciences, University of California, San Francisco, April 12 and 13th 1996.

Psychotherapy and Qigong, Qigong Insititute of San Francisco, March 15, 1996.

Healing the Body/Mind with Qigong, The Resource for Complimentary Health, Walnut Creek, Ca., December 17, 1995,

Tai Chi Chuan, Rosestreet Counseling Center, Danville, 1995.

Training in Qigong and Tai Chi to staff of Eupsychia Institute, Dahloneega, Georgia, 1994.

A Mythic Journey to the Ancient Healing Sites of Greece, Co-led with Demetra George, traveling symposiums on ancient and modern methods of healing using myth, storytelling body- mind practices including qigong, acupressure etc. Two weeks in summer of 1992 and 1994.

Asthma, an Integrated Treatment Approach, Alta Bates Medical Center, Berkeley, Ca. Hired by Sharon Kman M.S.,C.R.C., M.F.C.C. of Pulmonary Medical Department, Asthma Support Group, Using hypnosis, qigong and psychological processes to aid sufferers of asthma, l992.

Tai Chi & Qigong for Sedentary Office Workers, Mount Diablo Tai Chi Center, Stress reduction techniques for the work environment, 1992.

Qigong/ Tai Chi and Oriental Approaches to Healing, Graduate courses in JFK University's Transpersonal Psychology Department, Two Quarters each for five spring/summer sessions,1986-1990.

Psychophysiological Healing: Introductory and Advanced Workshops. The Psychotherapy and Healing Center, Psycho-neuroimmunology and body-mind practices, l990.

An Integrative Treatment Approach to Anxiety and Phobias: National Conference and Training Institute on Phobias and Anxiety Disorders, Co-sponsored by Langley Porter Hospital, l987.

Body Based Therapies: Ancient and Modern, JFK University Conference, 1986.

Tai Chi Chuan, University of California Extension, San Francisco, l982

Health Preventative Medicine and Focusing: KQED Radio, with Chuck Finney and John Welwood Ph.D., 1980.

Focusing and Oriental Approaches to Healing, New Dimensions Radio with Michael Toms and Eugene Gendlin Ph.D. 1979

Other Selected Workshops, Trainings & Speaking Engagements Given:

Trials of the Heart, Barnes and Noble, 1996, Gaia Bookstore, Lecture and Book signing, l994.

Trials of the Heart, Healing the Wounds of Intimacy, Whole Life Expo, in addition Panel Discussion: *New Models for Relationships,* 1994.

Odyssey of the Heart: 1994 Travelling symposia two 2- week tours focused on themes related to my book *Trials of the Heart ;* and *A Mythic Journey to the Sacred Sites of Ancient Greece,* 1992 on archetypal psychology and ancient initiatory traditions

through the sites of ancient Greece. Co led with Demetra George, sponsored by The Psychotherapy &Healing Center

Integrative Depth Psychotherapy: Ongoing Clinical Training Groups: Weaving together Focusing, Psychodynamic Psychotherapy and various alternative modalities, therapists in training clarify treatment plan, clinical philosophy and strategy and explore counter-transference. At The Psychotherapy & Healing Center, 1987- 1991.

Eros and Psyche Conference, opening plenary address, San Francisco, l991.

Lawyers in Transition: The Quest for a New Career, Hyatt Regency of San Francisco, l991.

Psychopathology: Ancient and Modern: California Institute of Integral Studies, l990; also aired on Los Angeles Radio Station KPFK, 1990.

Focusing Training Ongoing training of individuals and health professionals at University of California Extention, Unity Center, JFK University, Nyingma Institute (with Eugene Gendlin), private groups, since l979-1989.

Awakening the Storyteller in Psychotherapy: Intuition in Psychotherapy Conference, l988.

An Integrative Treatment Approach of Anxiety and Phobias: National Conference andTraining Institute on Phobias and Anxiety Disorders, Co-sponsored by Langley Porter, l987.

Healing Your Relationships Jewish Community Center of San Francisco, l985 and l987; Association of Transpersonal Psychology, l986.

Healing Your Relationships: The Psychomythology of Intimacy: Symbolic stories from various initiatory traditions are woven together with examples from couples therapy to train therapists dealing with "the trials" of intimate relationship. JFK University, The Jewish Community Center of San Francisco, Eros and Psyche Conference, and The Orangeaire Villas of Phoenix Arizona, 1986.

Body Based Psychotherapy, Ancient and Modern: Spectrum Series sponsored by JFK University l986.

The Mythic Journey Process: Southwestern Anthropology Conference, panel with Stanley Krippner Ph.D., l982.

Focusing- A Method of Psychological Healing: Association of Transpersonal Psychology Conference, l980.

Focusing and Creativity: New Dimensions Radio, with Michael Toms and Eugene Gendlin Ph.D., l979.

The Mythic Journey Process : At JFK University, The Psychotherapy &Healing Center, Marina Counseling Center, Unity Center of Walnut Creek, private groups, since l979

Professional Affiliations:

American Association of Integrative Medicine, Fellow.

American Psychological Association, member.

American Tai Chi and Qigong Association, Master Tai Chi Instructor

Health Medicine Center, psychologist.

California State Psychological Association, professional member, past.

Alameda County Psychological Association, professional member.

Contra Costa Psychological Association, professional member.

Association for Comprehensive Energy Psychology-professional member.

National Qigong Association-professional member .

References:

Stanley Krippner, Ph.D.
Saybrook Institute
450 Pacific Ave.
San Francisco, Ca. 94133

Dr. Len Saputo
Health Medicine Center
1620 Riviera Ave.
Walnut Creek, CA 94596

James Bramson, Ph.D.
Director- East Bay Mindfulness Center
89 Moraga Way
Orinda, CA 94563