



Qigong and Psychotherapy: An Introduction

Five Element Archetypal Qigong + Jungian Psychology + Chinese Medical Psychology

Through lecture, demonstration, clinical examples and group practice I will present and teach a psychologically oriented form of qigong called Five Element Archetypal Qigong (FEAQ). You will learn about the relationship between mind and movement in the context of Jungian psychology and the psychology of Chinese medicine's Five Element theory. This training will demonstrate how the psyche and body complement each other in the alchemical process of psychological development. Together we will explore the five flagship forms of FEAQ and see how they are immediately and directly applicable to personal and professional work with the psyche. Finally, I will review the power of metaphor in the treatment of trauma and how it is enhanced with the meditative movements of FEAQ.

You will:

- 1- Learn a holistic approach to working with the psyche through the body
- 2- Experience how FEAQ remedies emotional and psychological symptoms
- 3- Learn how to apply FEAQ directly to your professional practice and/or personal process
- 4- Learn to ground the work of psychotherapy in the body to enhance change
- 5- Explore the underlying dynamics of psychological symptoms through the body
- 6- Gain a powerful tool for self-regulation and empowerment that heals trauma

Where:

NE Portland – close-in

When:

Saturday May 20th, 2017 from 10:00 a.m. – 5:00 p.m.

Cost:

\$85, CEU's available for some disciplines

Register:

peter@petergoldtherapy.com, 503-806-9680

Who:

This workshop is appropriate for psychotherapists, people in psychotherapy, acupuncturists, naturopaths, and anyone interested in using meditative movement to supplement and enhance psychological work



Dr. Peter M. Gold, Ph.D. utilizes Five Element Archetypal Qigong in his private Jungian counseling practice to supplement traditional talk therapy. His forthcoming book *Movement, Archetypes and Jung: Applying Five Element Archetypal Qigong in Psychotherapy* will be published next year.