

THE PSYCHE IN CHINESE MEDICINE: TREATMENT OF MENTAL-EMOTIONAL PROBLEMS

This seminar will include:

- The nature of Hun, Po, Shen, Yi and Zhi in Chinese medicine and clinical applications,
- The relationship between Hun and Shen,
- The traditional emotional causes of disease with their clinical manifestations,
- Stagnation of Qi of the Heart and Lungs in mental-emotional conditions,
- New emotional causes of disease with their clinical manifestations: Shame, guilt, jealousy, envy, frustration, resentment, indignation, pride, hurt, rejection, humiliation, and control,
- Depression, mania and anxiety: treatment with acupuncture and herbs,
- The mental-emotional functions of acupuncture points,
- The Shao Yang channels in the treatment of mental-emotional problems.

After this seminar attendees will be able to:

- Fully understand the Chinese view of the psyche and its connection with modern psychology,
- Understand the pathology of depression and mania in the light of the relationship between Shen and Hun,
- Select the most appropriate acupuncture points for mental-emotional problems.

This seminar will discuss the Chinese medicine view of the psyche and the treatment of some common mental-emotional problems. This will be done by first describing in detail the nature and clinical application of the Five Spiritual Aspects, i.e. the Hun, Po, Shen, Yi and Zhi.

These five psychic aspects of the 5 Zang organs constitute the ancient Chinese view of the psyche. After discussing the Five Spiritual Aspects, the seminar will look at the emotions as causes of disease in Chinese medicine. This part of the seminar will discuss the traditional 7 emotions (joy, anger, sadness, grief, fear, worry and pensiveness) and their pathology but it will also challenge the generally accepted view of the emotions as causes of disease. The lecture will look at how the emotions considered by Chinese medicine and the way of dealing with them have been heavily influenced by the Confucian philosophy which is not necessarily relevant to Western patients in the 21st century. For example, are those 7 traditional emotions really the only emotional causes of disease in Western patients? Is “excess joy” really such an important cause of disease to merit a place among the 7 emotions? What of all the other emotional states left out by that list of 7 emotions? For example, what of shame, guilt, jealousy, envy, frustration, resentment, indignation, pride, hurt, rejection, humiliation, control? These are all fundamental and common emotional states in Western patients and yet they are not mentioned in Chinese medicine. Is Liver-Qi stagnation really such a fundamental

pathology and such a frequent cause of emotional stress? The seminar will show that Qi stagnation affects practically every organ and, in the emotional life, Heart-Qi and Lung-Qi stagnation are particularly important and common. Other generally accepted views will also be challenged such as that the Heart houses the Spirit (Shen). Is the Shen of the Heart really the Spirit as we intend it in the West? Particular attention will be devoted to the Hun and Po as these are essential to really penetrate the spirit of the Chinese view of the psyche. Some connections with modern psychology will be explored. The nature and functions of the Hun and its relationship with the Shen are essential to understand the pathology (and treatment) of depression with Chinese medicine. The seminar will discuss in particular the conditions of depression and anxiety and their treatment. After the discussion of the picture of the psyche in Chinese medicine, several relevant clinical strategies will be presented with the acupuncture and herbal treatment. In particular, the discussion of the acupuncture treatment will present a new angle in the use of the Gall Bladder channel and the Shao Yang in general.