BODYMIND HEALING IN PSYCHOTHERAPY:
TOWARDS AN INTEGRAL TRANSPERSONAL PSYCHOLOGY

Michael Mayer
90-minute Workshop for Spiritually Oriented Psychotherapy Track
Saturday February 18, 2011 at 10:00am

DESCRIPTION: With the current healthcare crises, mind-body healing approaches offer much to ameliorate the health issues of our country. Dr Mayer’s approach called Bodymind Healing Psychotherapy is an integral, transpersonal approach which combines traditional forms of psychotherapy, Eugene Gendlin’s “focusing” technique, ancient sacred wisdom traditions such as Qigong, and symbolic process approaches to healing. Dr Mayer has tested his approach at an integrative medical clinic that he co-founded. In this workshop participants will discover how to apply these methods to anxiety, chronic pain, hypertension, anxiety, and trauma. Case illustrations, Qigong practices, and research will be presented.

BIOGRAPHY: Michael Mayer, Ph.D., licensed psychologist, Qigong/Tai Chi teacher, 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 co-founded the Transpersonal Psychology Program at John F. Kennedy University, and cofounded and is a practitioner at, The Health Medicine Center, a multi-disciplinary medical clinic practicing integrative health-care. 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. He is author of twenty publications on mind-body healing. www.bodymindhealing.com.