

Stress, Anxiety & Depression in Traditional Chinese Medicine, Part 1

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This 4 hour class introduces you to the classical traditional Chinese medicine views on stress, anxiety and depression. It looks at the energies involved in each and, in outlines treatment of stress and anxiety with acupuncture and with lifestyle changes and provides basic acupuncture recommendations for stress and mild anxiety

Hour 1

Stats on stress in the USA

Covid19 and its impact on stress

Depression, anxiety and peace

Prevalence of AMI (any mental illness)

Anxiety as the most common mental illness

Depression as a common mental illness

Hour 2

PTSD

Addiction

History of emotional imbalance treatment in TCM

5 Element Theory and emotions

When and How the West adopted Dualism (mind and body treated separately)

Refuting Dualism in TCM

Terms for the Mind and Spirit in TCM

3 TCM definitions of Spirit

The 3 Dantians

Hour 3

The 6 External Causes of Emotional Dysfunction (6 Evils)

Wind

Wind Heat

Wind Cold

Wind Damp

Wind Damp Bi Syndrome

Wind Rash

Internal Wind Syndromes

Liver Blood Deficiency

Liver Wind mixing with Phlegm
Fire and Phlegm

Hour 4

Cold

Wind Cold

Cold Attacking the Spleen and Stomach

Cold evil damaging Spleen and Kidney

Internal Cold Syndromes

Cold Contracting the Blood and Qi

Liver Qi Stagnation

Blood Stagnation

Wind Cold Damp Bi Pain

Cold Contracting the Liver

Heat

Wind Heat

Damp Heat

Excess Fire

Internal Heat Syndromes

Lung Fire

Stomach Fire

Heart Fire

Liver Fire

Large Intestine Fire

Summer heat

Summer Heat with Dampness