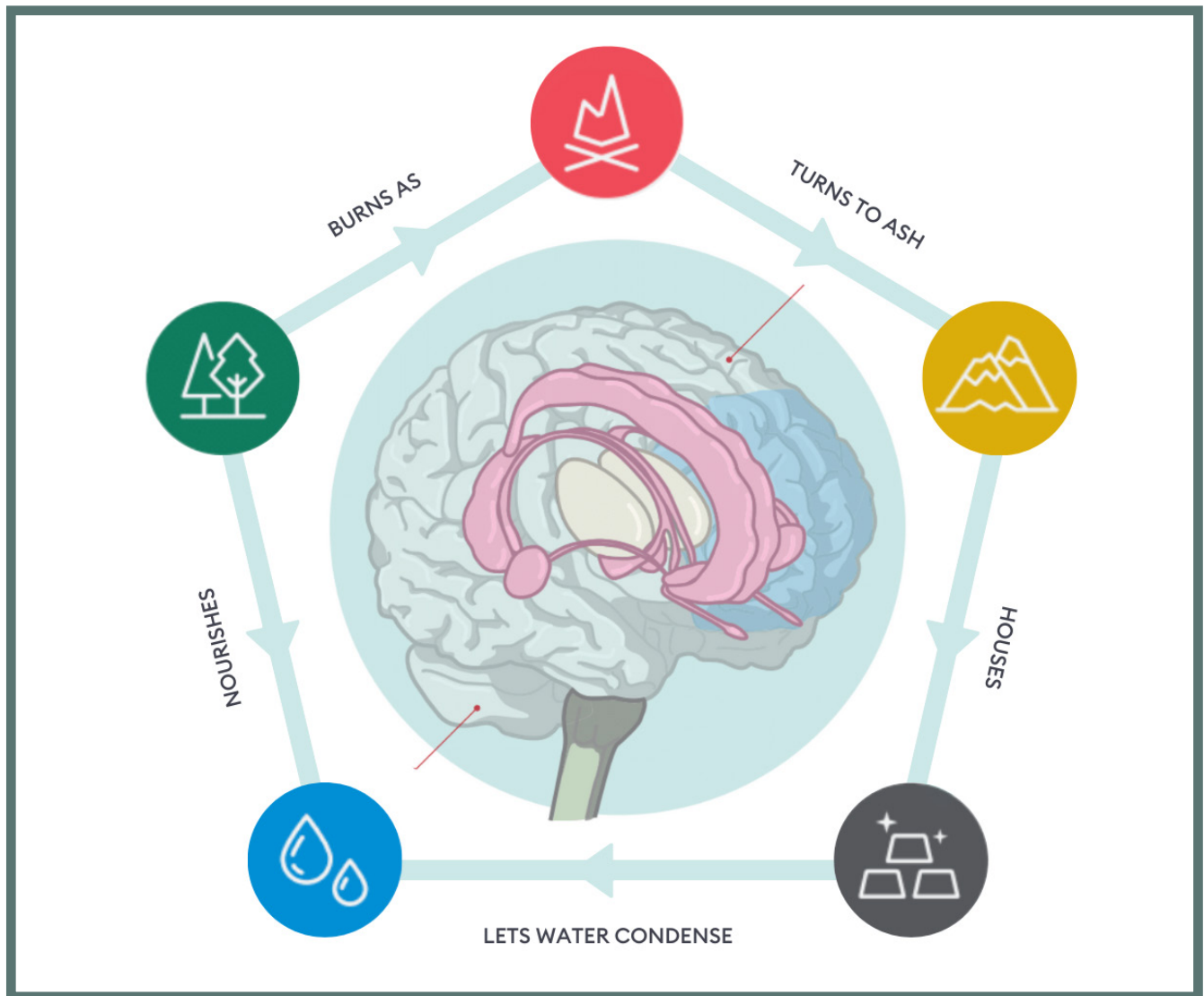


Traditional Chinese Medicine for Mental Health (15hrs)

500/1000 Hour Teacher Training | Tiffany Cruikshank, L.Ac



Certification and Exam

You must pass your online exam to receive your certificate and hours.

If this is your first Yoga Medicine 500/1000hr Module or Immersion, you will also gain access to our teacher's only forum after you complete your exam.

For further assistance, please contact info@yogamedicine.com.

Yoga Medicine Vision & Mission

Vision:

Educate and empower teachers to use yoga therapeutically based on a deeper understanding of anatomy, physiology and the integration of modern science and research with traditional practices and experience.

Mission:

Create an international community of experienced yoga teachers who support the individuals and healthcare systems.

Contents

TCM Theory	4
5 Elements	6
Acupuncture Points	33
TCM & Mental Health	34
Anxiety & Depression	37
Putting it all together	42

TCM Theory

ROOTS OF CHINESE MEDICINE

Ancient Chinese Perspectives:

- Microcosm of the universe
- Part of unbroken whole reflected in individual
- Each an ecosystem within another
- Balance of forces within us determines health or disease
- Problems are not isolated events but part of the big picture
- Health is a constant balance not an endpoint
- No direct connection to western medical theory

QI

- Prana, life force, energy
- Energy on the verge of materializing
- Animates
- Growth & transformation
- Potential
- Source of movement
- Protects the body, warms the body
- Function producing



OTHER TEXTURES

Blood, Essence, Fluids, Shen

- **BLOOD:** circulate, nourish, moisten (transport)
- **ESSENCE (JING):** inherited, root of yin, yang, qi & blood
- **SHEN:** mind, spirit, communicate, connect, appropriate interactions



YIN YANG THEORY

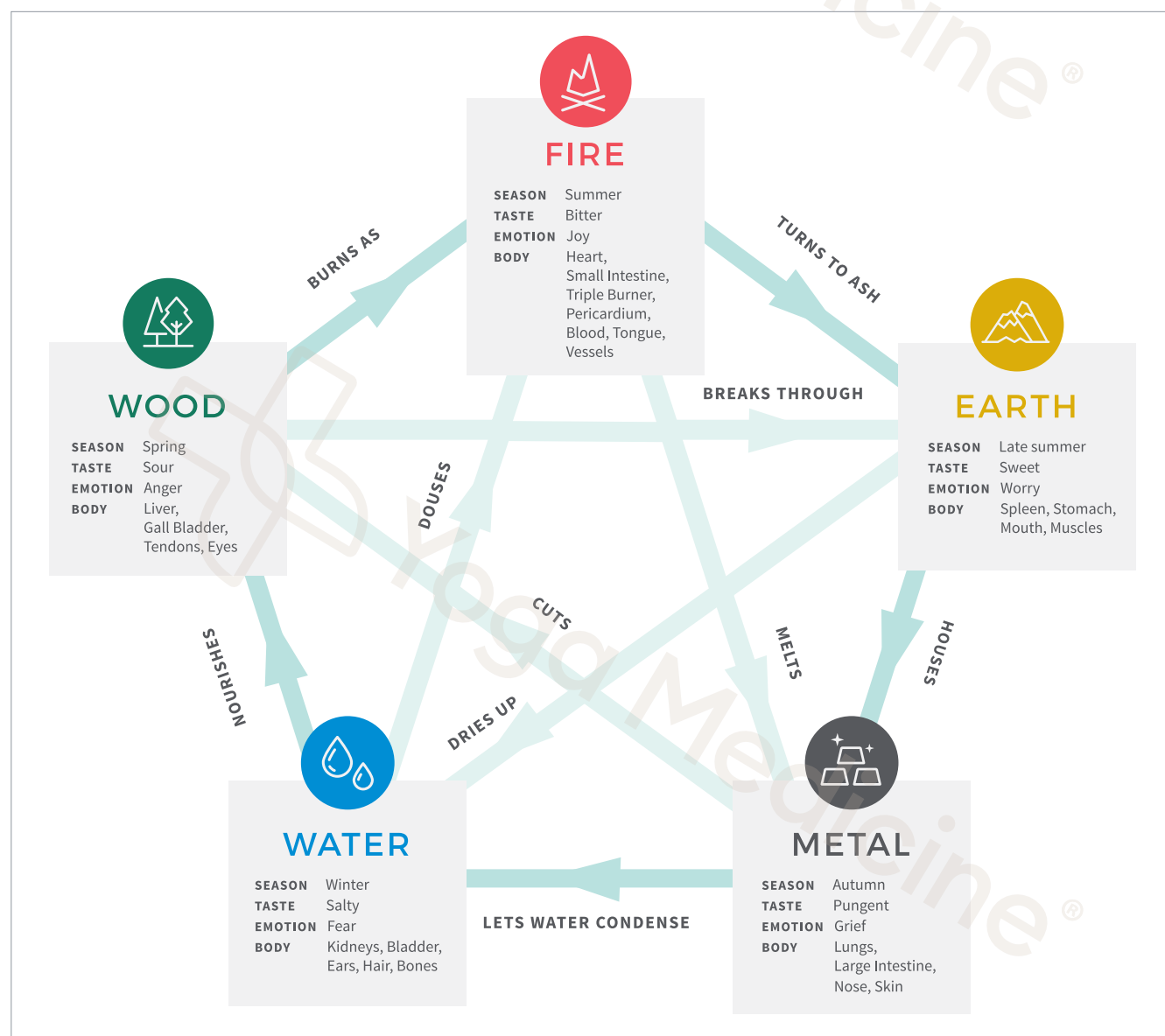
Continuous process of natural change

1. All things have a Yin & Yang aspect
2. Any Yin or Yang aspect can be further divided
3. Yin & Yang mutually dependent
4. Yin & Yang mutually control
5. Yin & Yang mutually intertransform

5 Elements

5 ELEMENT THEORY

- External environment mirrored in the internal environment
- Constantly fluctuating balance
 - » Earth- mother, nourishment
 - » Metal- structure, boundaries
 - » Water- stillness, willpower
 - » Wood- purpose, growth
 - » Fire- passion, connection
- Promoting cycle
 - » Mother
- Controlling Cycle
 - » Grandmother



8 PRINCIPLES



INTERNAL

- Chronic, organs, constitution, emotions, from internal environment or external goes internal

EXTERNAL

- Acute, sudden, from external environment, external pathogenic (infectious, contagious)

COLD

- Slow, cold, better with warmth, pale, introverted/withdrawn, constriction, chills, no thirst, clear urine, loose stool, pale tongue
- Internal or external, deficient cold or excess

HEAT

- Hot, extroverted, irritable, red face/eyes, thirsty, prefers cold, sweating, scanty yellow urine, constipation, red/dry tongue,
- Internal or external, deficient heat or excess

8 PRINCIPLES

DEFICIENCY (XU)

- Fatigue, weak, incomplete engagement with life, relieved by pressure, chronic, weak resistance, worse after bathroom or menses, better after eat, dull pain, weak pulse
- Lack of/insufficiency: qi, blood, yin, yang

YIN

- Internal, cold, deficient, quiet, slow, passive

EXCESS (SHI)

- Forceful, loud, coarse/heavy breathing, worse with pressure, acute or chronic, better after bathroom or menses, worse after eat, pain/distention, intense pain, strong pulse
- Too much of/overabundance: qi stagnation, blood stagnation, dampness, phlegm

YANG

- External, hot, excess, agitated, restless, active, red face, loud, strong, hot

YIN YANG THEORY

Yin Xu Symptoms

- Dry, low energy, night sweating, hot flashes, malar flush (cheeks), heat in afternoon/evening, heat in chest/palms/soles
- Lack of fluids, deficiency heat, deficiency symptoms

Yang Xu Symptoms

- Cold, difficulty warming up, tired, lack of drive, aversion to cold, low back and knee cold/dull pain (Ki), edema, loose stool, withdrawn
- Lack of fire, deficiency symptoms, too much yin/fluids cannot burn off or transport fluids

Heat (yang shi) Symptoms:

- Hot, sweat a lot, loud, aggressive, runs hot, red face, thirsty for cold drinks & drink a lot, constipation, agitation
- Too much heat, excess symptoms

Cold (yin shi) Symptoms:

- Cold, pale, tight, not thirsty, loose stool, aversion to cold
- Excess fluids, excess signs, can't burn off fluids

Qi Xu Symptoms:

- Tired, diminished function in any organ, poor appetite
- Lack of qi/energy, deficiency symptoms
- Qi xu progresses to yang xu

Blood Xu Symptoms:

- Dry hair, skin, light periods, fatigue, dizzy, pale skin/mucous membranes/tongue, poor memory
- Lack of blood, deficiency symptoms
- Yin xu progresses to blood xu

Qi/Blood Stagnation Symptoms:

- Pain is key, blood stagnation more significant than qi stagnation
- Lack of flow
- **Qi:** pain that moves, distention
- **Blood:** fixed pain, stabbing, menstrual clots, dark complexion/tongue, could be palpable (maybe even painless) mass, nodule or tumor

5 EMOTIONS

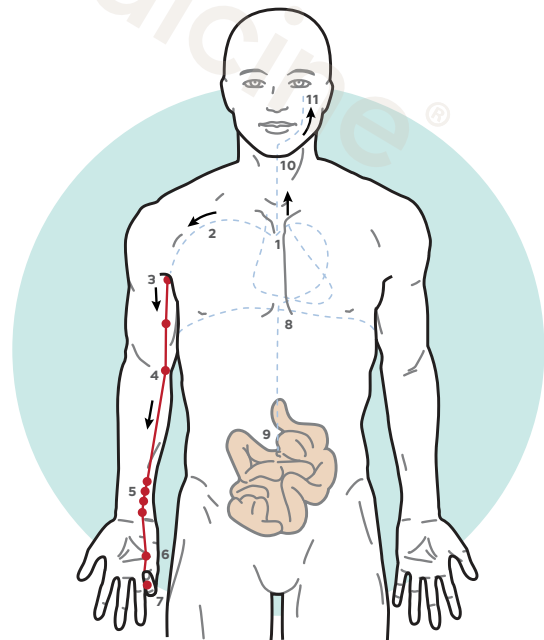
- Inseparable from state of health
- Cause & effect
- Excessive or insufficient over period of time
- 5 Main emotions:
 - » Joy, Anger, Fear, Grief, Worry
 - » Appropriate amount

MERIDIAN THEORY

- 12 main meridians
- River/tributaries

MERIDIAN FUNCTION

- Move Qi & Blood
- Regulate Yin/Yang
- Moistens tendons, bones & joints
- Goal is to re-establish balance
- Connect internal & external body= points on surface, meridians dive deep into the body to connect to the organs
- Meridian disorder ↔ Organ dysfunction



	FIRE	EARTH	METAL	WATER	WOOD
YIN ORGAN	Heart	Spleen	Lungs	Kidneys	Liver
YANG ORGAN	Small Intestine	Stomach	Large intestine	Urinary bladder	Gall bladder
SENSE ORGAN	Tongue	Mouth	Nose	Ears	Eyes
TISSUE	Blood Vessels	Muscles	Skin	Bone	Tendons
TASTES	Bitter	Sweet	Pungent	Salty	Sour
EMOTION	Joy	Worry	Grief	Fear	Anger
SEASON	Summer	Late summer	Autumn	Winter	Spring
DEVELOPMENTAL STAGE	Growth	Transformation	Harvest	Storage	Birth
INDICATOR	Complexion	Lips	Breath	Hair	Nails



EARTH



LATE SUMMER

- Season Changing



RULES TRANSFORMATION & TRANSPORTATION

- Primary organ of digestion
- Extracts essence of food and transforms into what will become Qi
- Foundation of postnatal essence

GOVERNS BLOOD

- In proper path, regulates bleeding issues (heavy or irregular bleeding, bruise easily)

RULES MUSCLES

- Tone, strength
- Regulates moisture under skin (edema)



OPENS INTO THE MOUTH

- Lips, taste



STOMACH

- Receiving & ripening
- Caldron
- Descending



CHARACTERISTICS

- Mother
- Nurturing, grounded
- Caring for others, self-care
- Nourish
- Considerate, attentive, sympathetic,
- Worry

IMBALANCED

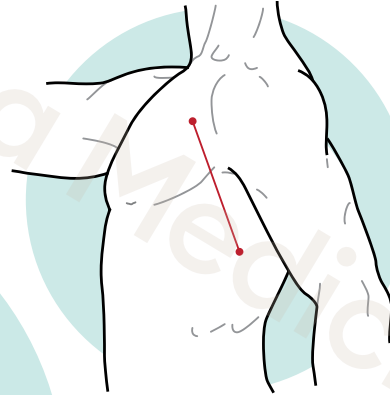
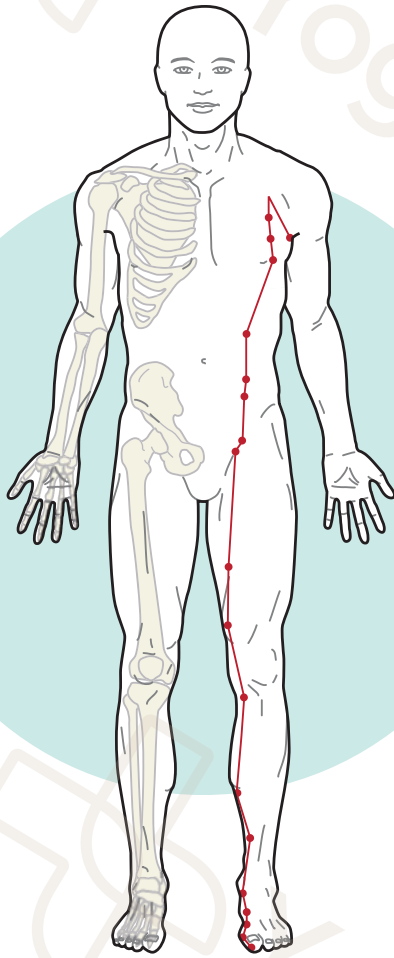
- Worry, rumination, excessively helpful or bored & uninterested, overprotective, meddlesome, overbearing, clinging, difficulty with self-care

BALANCED

- Satisfaction, gratitude, grounded, clear thoughts

DIFFICULTY WITH

- Change, concentration, independence
- Metabolism, muscles, digestion, fluid balance



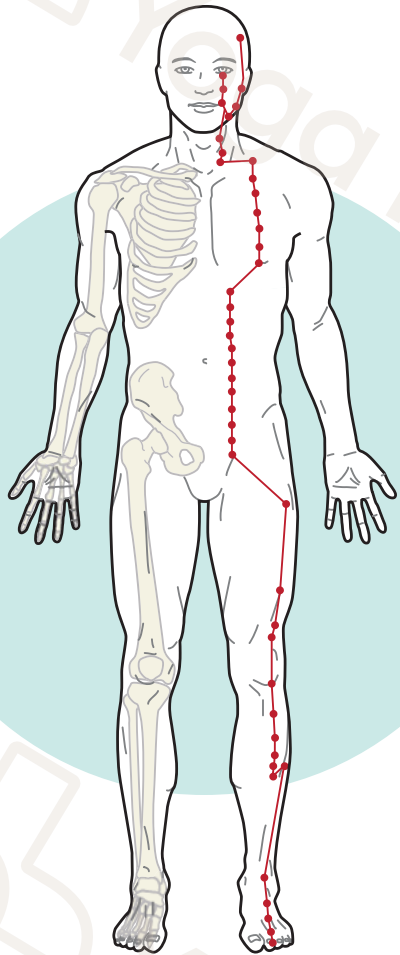
YIN

SPLEEN

MERIDIAN



EARTH



YANG

STOMACH

MERIDIAN

YOGA

- Grounding, standing poses
- Regular time of practice
- Practice as a source of nourishment and self-care
- Wide child's pose, virasana, sphinx, cobra, updog, low lunge, crescent

GENERAL

- Find sense of stability without getting stagnant
- Need to connect, nurture and support self and others balanced with time for solitude and self reliance
- Vulnerable to digestive and metabolic issues

QUESTIONS TO CONSIDER

- What do I need to feel I have enough & that I am enough?
- How do I care for myself?
- Have I learned to identify & satisfy my authentic needs?
- Is there a balance of giving & receiving?
- How do I contribute to my community?
- Do I accept reasonable limits & balance on all forms of consumption?
- Do I experience moderation & gratitude in my life?
- If no is a common answer then this may be an important element to give some attention to, focus in on the element(s) that stand out the most
- Contemplate what needs to happen to move you toward yes
- Everyone contains some of all 5 elements so stay open to seeing yourself in each phase



WATER



WINTER



STORE THE ESSENCE AND RULE BIRTH, DEVELOPMENT & MATURATION

- When we run out of essence our time on Earth has come to an end
- Root of life, vitality & resistance to disease
- All organs need essence to thrive
- Drives developmental processes
- Root of yin & yang
- Naturally declines with age

RULE THE WATER

- All organs participate in the metabolism of water but kidneys are the foundation of water movement & transformation in the body

STORE THE WILL

- Yang will=assertive, big shifts, decisive efforts, fundamental decisions
- Yin will=fate, recognize deeper force requires no effort, stillness, wisdom

RULES THE BONES

- Essence produces bone marrow to create & support bones
- Teeth=surplus of bones

GRASPING QI (FROM LUNG)

- Complete inhalation



OPENS INTO THE EAR

- Hearing



BLADDER

- Elimination of turbid fluids



CHARACTERISTICS

- Philosopher, reflective, introspective, watchful, observant
- Quiet until overwhelmed (tidal wave)
- Modest, thrifty, sensible
- Stamina, endurance
- Fear
- Wisdom & willpower to break through fear

IMBALANCED

- Blunt, withdrawn, detached, lack self awareness, lack stamina/endurance, lack of drive

BALANCED

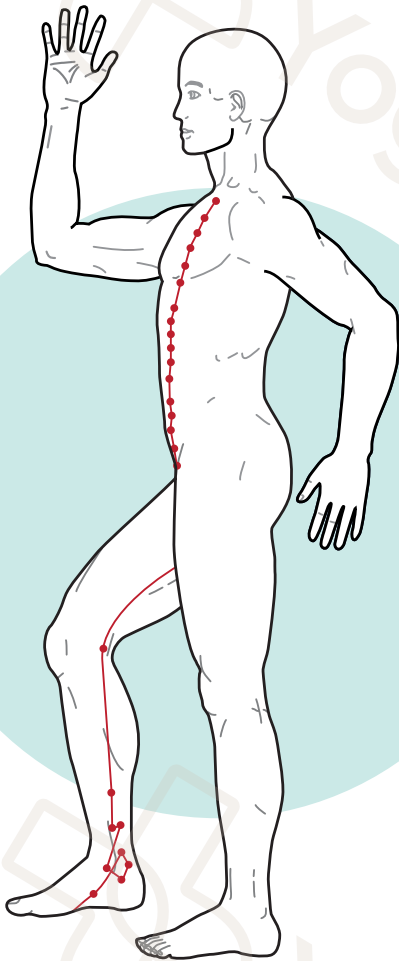
- Endurance, wisely manages energy resources, not fear solitude, strong will & motivation

DIFFICULTY WITH

- Social situations, introvert, generosity, isolation, trust, confidence
- Difficulty with: low back, knees, libido, hearing, memory, bones, teeth, growth, reproduction, premature aging



WATER



YIN

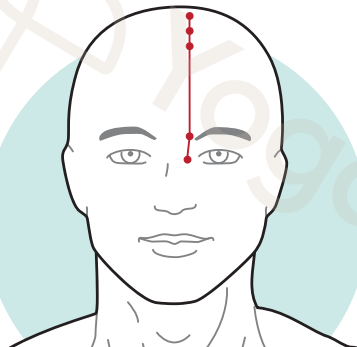
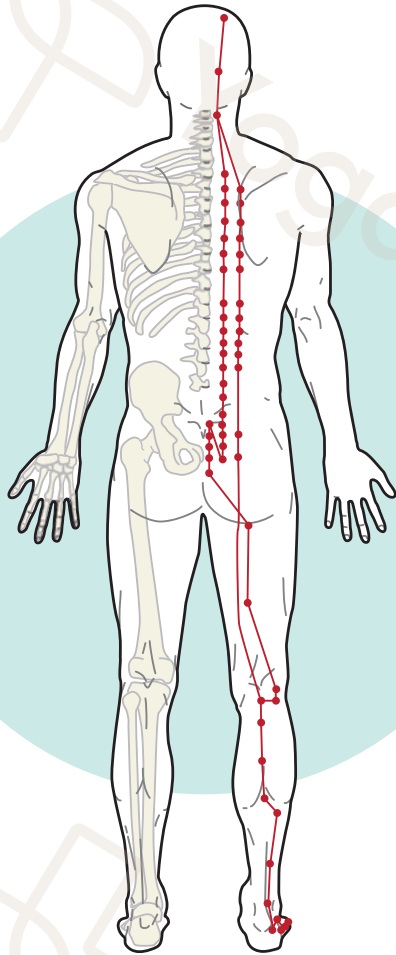


KIDNEY

MERIDIAN



WATER



YANG

BLADDER

MERIDIAN

YOGA

- Restorative & yin practices
- Quiet, still, stay
- Observant, listening
- Introspective & reflective practices
- Meditation
- Forward folds, shoulderstand, upavistha konasana, happy baby

GENERAL

- Finding ways to connect
- Letting go of fear
- Stress management is key to nourish this element
- Inability to be introspective due to habitual reactions
- Vulnerable to chronic illness
- This element is a source of vitality & longevity
- Ability of the water element to nourish all the elements
- Looking inside to the wisdom of the kidneys
- Attention to energy conservation
- Deepest energy, responds slow
- Unstructured down time; no phones, schedule, appointments, screens, devices
- Look at root beliefs or fears that keep from doing what you need
- Value of nothing

QUESTIONS TO CONSIDER

- Do I wisely use the resources of mind & body not depleting
- Balanced willpower, neither too cautious or too reckless in pursuing goals
- Strong concentration & physical endurance
- Bones, hearing, teeth, low back & knees strong
- Hold energy in my reserve, never going to empty
- Make choicest to simplify life when possible
- Include periods of rest & unstructured time in my life
- Disconnect from devices and retreat in some way to regenerate



WOOD



SEASON

SPRING



FUNCTIONS

LIVER STORES THE BLOOD

- Blood softens the qi (so qi's strength is not too tense, restless or awkward)
- Creates menstrual cycle

RULES THE SMOOTH FLOW OF QI

- Relaxed, easy going internal environment
- Curtails extremes, softens the Qi
- Ensures the Smooth Movement of Qi
- Imbalance manifests as frustration, irritation, edgy
- Valuable for digestion
- Movement is essential

RULES THE TENDONS

- Ligaments and tendons
- Spasm, tightness, numbness

MANIFESTS IN THE NAILS



OPENS INTO

OPENS INTO THE EYES

- Vision



YANG PAIRED ORGAN

GALL BLADDER

- Rules courage & decision making
- Imbalance: arrogance, rash decisions, timid, lack of courage



CHARACTERISTICS

CHARACTERISTICS

- Clarity, Decision, Foresight
- Purpose, vision
- Assertiveness
- Confident, ambitious
- Powerful, competitive
- Committed, flexible
- Bamboo=derives strength from emptiness within, rooted, flexible, yielding
- Unattached to goal of rapid growth
- Not fight change
- Flexible in the face of obstacles, lack of flexibility=will snap

IMBALANCE

- Arrogant, domineering, aggressive, constantly at odds with others, confrontational, impulsive, lost, timid, unsure, lack self-assertion, ambivalent, anger, frustration, irritation

BALANCED

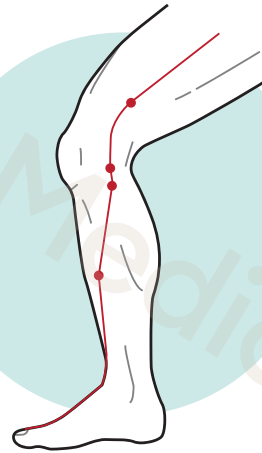
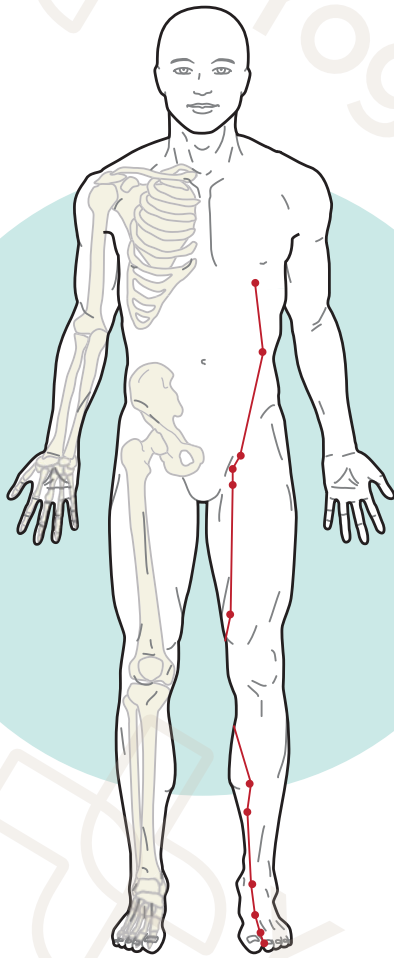
- Inner purpose, flexible in the midst of obstacles, kindness, forgiveness

DIFFICULTY WITH

- Intensity, restraint, cooperation, obstacles, anger, stress
- Stiff, headaches, TMJ, hypertension, PMS, hormonal imbalances, substance abuse to manage intensity



WOOD



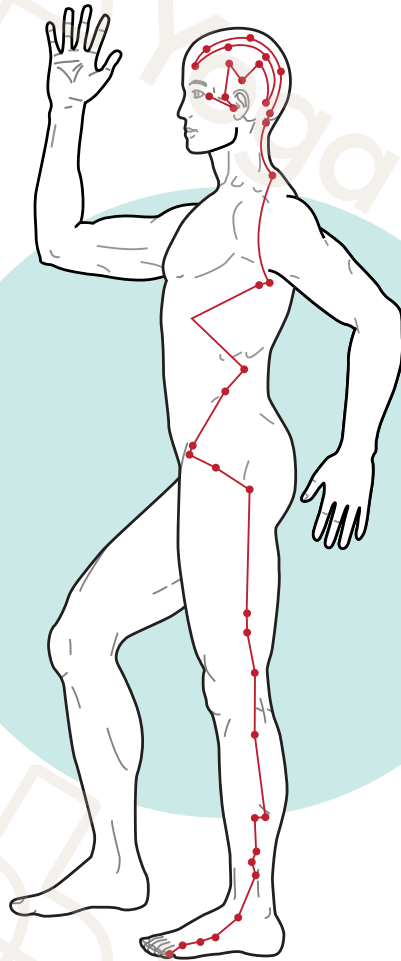
YIN

LIVER

MERIDIAN



WOOD



YANG

GALL BLADDER

MERIDIAN

YOGA

- Clear focal point, purpose
- Visualization
- Flexible in the face of obstacles
- Movement you enjoy
- Nourish water to soften the intensity of wood (meditation)
- Upavistha konasana, baddha konasana, side body work, figure 4, pigeon, twists

GENERAL

- Direct intensity and stay flexible
- Ability to yield and adapt
- Time off
- Meditation
- Vulnerable to stagnation, stress, overworking
- Integration of planning and decision-making in a graceful and benevolent manner

QUESTIONS TO CONSIDER

- When faced with obstacles do I look clearly at all options and gain perspective first?
- Do I make plans and decisions to support my goals?
- Do I wake refreshed with a good appetite, ready for the day?
- Do I have balanced self assertion?
- Am I flexible and able to move freely?
- Do I have balanced hormones & mood without too much tension?
- Am I adaptable to change?
- Do I have regular activities that I enjoy?
- Do I practice kindness and forgiveness?



METAL



FALL



GOVERNS THE QI

- Respiration
- Wei Qi
- Chest
- Grasp qi of heavens

MOVE & ADJUST WATER CHANNELS

- Circulate and descend fluid throughout the body
- Send impure fluid to the kidneys
- Adjust urine, edema, sweat

RULES THE EXTERIOR OF THE BODY

- Skin, sweat glands, body hair
- Wei Qi (protective Qi, immune function)



OPENS INTO THE NOSE

- Door of the lungs
- Home of the vocal cords



LARGE INTESTINE

- Descend turbid food and fluids to eliminate
- Letting go (physical & mental)



CHARACTERISTICS

- Metal/gold gives the earth its inner structure and value
- Hard, strong, precise, discernment, analysis
- Structure, organized, methodical
- Brilliant, shining, honorable
- Boundaries, discrimination, routine, ritual, neat
- Taking in/letting go
- Know own value/worth
- Grief

IMBALANCE

- Perfectionistic, strict, dogmatic, sloppy, numb, unable to keep commitments, sad

BALANCED

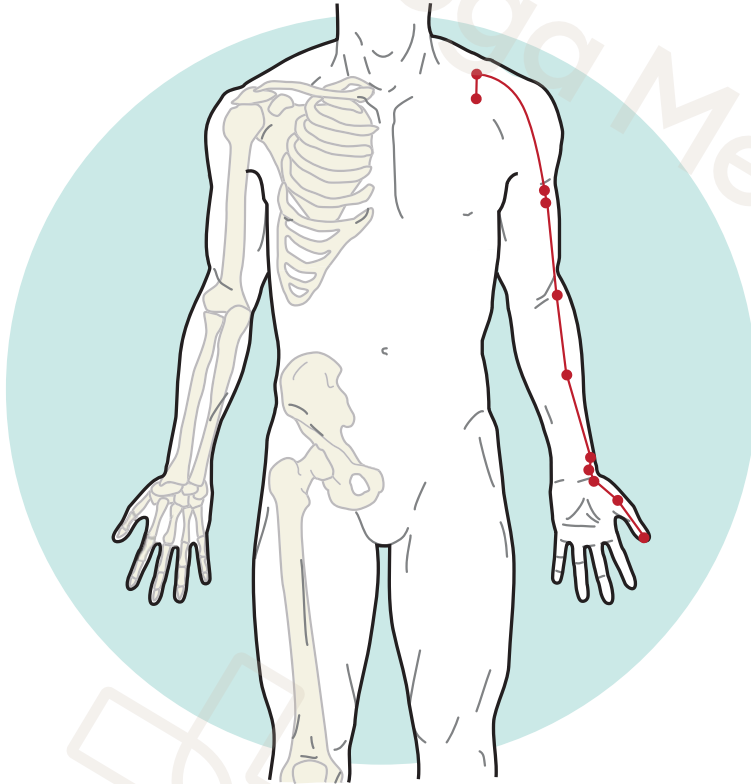
- Strong principles and values, easily able to let go of what is not valuable, organized, good self esteem and self worth, healthy boundaries

DIFFICULTY WITH

- Expression, intimacy, spontaneity
- Respiratory, skin, elimination, lubrication, lymphatic, immune



METAL



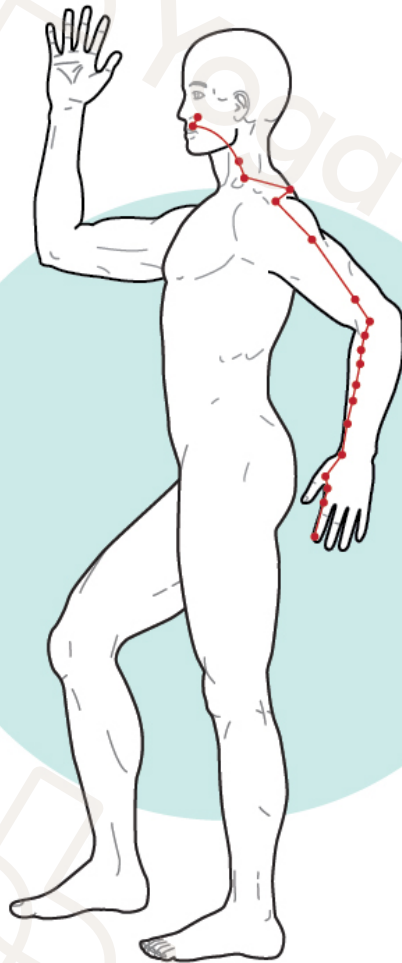
YIN

LUNG

MERIDIAN



METAL



YANG

LARGE INTESTINE

MERIDIAN

YOGA

- Iyengar
- Clear, precise instruction or demos
- Articulate anatomical alignment cues
- Props to create support and structure to take in/let go
- Pranayama
- Chest openers, ustrasana, bridge, clasp behind back

GENERAL

- Need for structure and routine balanced with ability to let go and be supported
- Soften boundaries to: connect, be social, spontaneous, find passion
- Mindful breathing and journaling
- Let go of what you don't need to find value in what you have

QUESTIONS TO CONSIDER

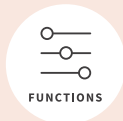
- Do you feel valued?
- Have I added value to another's life or to the world?
- Am I able to let go when necessary?
- Am I organized and do I keep my commitments?
- Do I allow myself to fully grieve and experience sadness?
- Am I active with strong respiratory and immune systems?
- Am I able to grasp my own self worth?



FIRE



SEASON



FUNCTIONS

SUMMER

HEART STORE THE SHEN (SPIRIT)

- Houses & anchors the mind
- Center of emotional & mental activity
- Ensures intention insects with the world of time & space, appropriate behavior (timely & suitable to context)
- Regulates insomnia, anxiety, short term memory
- Heart blood embraces the heart spirit to allow it to peacefully disconnect form the world into sleep

RULES THE BLOOD & BLOOD VESSELS

- Regulates blood flow
- Heartbeat & pulse even & regular (palpations)



OPENS INTO

OPENS INTO THE TONGUE & MANIFESTS IN THE COMPLEXION

- Choose words precisely to convey meaning well
- Warmth and engagement through facial expression



YANG PAIRED ORGAN

SMALL INTESTINE

- Separates pure and turbid food from stomach, extracts vital nutrients from food
- Clear sent to spleen, turbid sent to LI

PERICARDIUM

- Protective shield
- First line of defense for heart physical and emotional



YANG PAIRED ORGAN

TRIPLE BURNER (TRIPLE HEATER, SAN JIAO)

- Coordinates and oversees interactions of the other organs (digestion, water regulation, organ function)



CHARACTERISTICS

CHARACTERISTICS

- Joy, laughter, playful
- Communication
- Creativity, expression, passion, energy to manifest dreams
- Lively, charismatic
- Courage despite vulnerability
- Optimistic, enthusiastic, tender, devoted, compassionate
- Intimacy- harmonious balance between metal (Lung) & fire (Heart)
- Ensure communication between heart, mind & the outside world to cultivate virtue & depth

IMBALANCED

- Excitable, impatient, hypersensitive, anxious, lost, sensitive, superficial, wear mask, lack depth in interactions

BALANCED

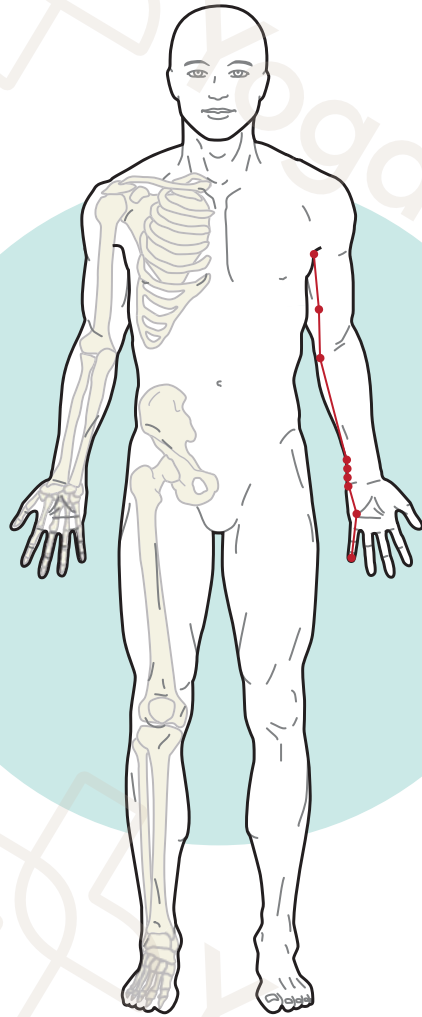
- Joyful, enthusiastic yet disciplined, passionate yet focused, healthy self-expression, warm personality, capable of sustainable intimacy & meaningful relationships

DIFFICULTY WITH

- Boundaries, separation, future, unknown, dreaming, being alone, intimacy
- Sleep, anxiety, palpitations, restless



FIRE



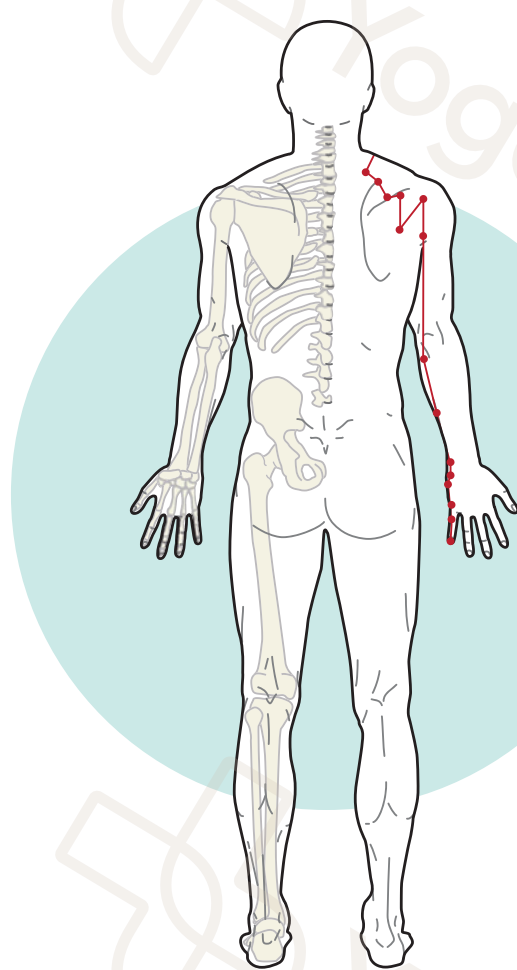
YIN

HEART

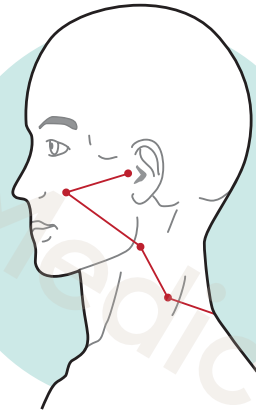
MERIDIAN



FIRE



YANG

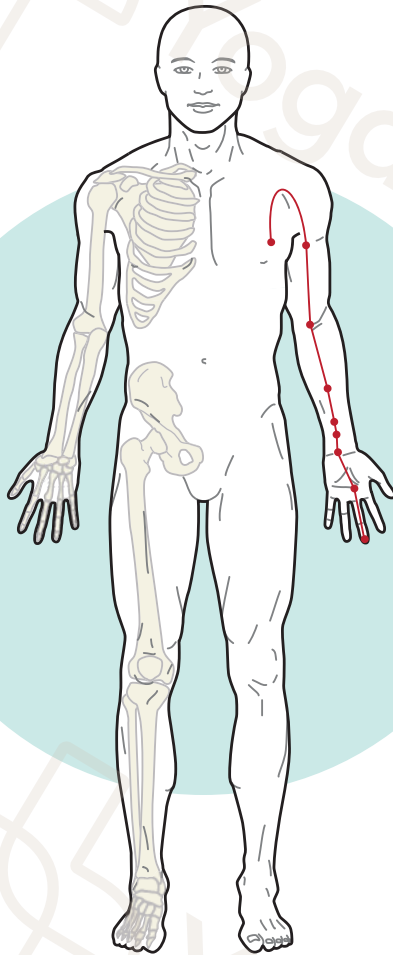


SMALL INTESTINE

MERIDIAN



FIRE



YIN

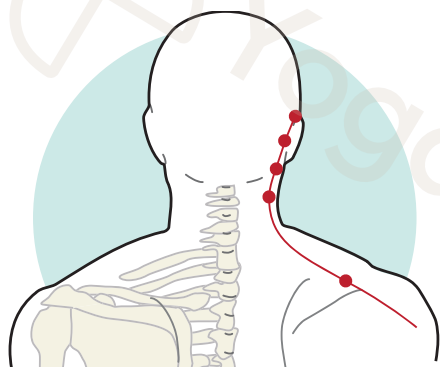
PERICARDIUM

MERIDIAN

FIRE



YANG



TRIPLE BURNER

(SAN JIAO) MERIDIAN

YOGA

- Playful, partner work, community, connection
- Cue awareness around heart & chest
- Inspiring quotes or words
- Loving kindness practices
- Backbends & heart openers, gomukasana arms, garudasana arms, overhead arm variations, tabletop twist (thread the needle), puppy, pincha

GENERAL

- Balance of withdrawing & separating with embracing & merging
- Active during day & receptive at night
- Find ways to direct focus
- Appropriate intimate connections
- Letting down guard to connect deeply
- Vulnerable to shen/spirit disturbance: anxiety & sleep issues

QUESTIONS TO CONSIDER

- Do I have a way to fully express myself that has meaning?
- Do I have enough self discipline to reach the goals I am passionate about?
- Do I feel warmth, love and enthusiasm in my life?
- Is my circulation good with warm hands and feet?
- Do I act on my heart sometimes rather than solely from rational thoughts?
- Can I fall asleep and stay asleep without difficulty?
- Do I use yoga, meditation or other practices to focus the energy of the heart?
- Am I more active during the day and quiet at night?

Acupuncture Points

- **KI 27**- below clavicles just lateral to sternum, emotional reset, balancing right & left brain, balance, nourish kidney marrow/brain
- **GV 20**- 100 meeting point- (top of the head) regulate upward & downward flow of energy, lifts the mood, clears the mind, depression, poor memory, headache, dizzy, hypertension, low energy
- **KI 1**- (center point on sole of foot) nourishes kidney, yin tonic, descends qi (for things like restless mind, cold feet, headaches, insomnia), often used in Tai Chi/Qi Gong to draw energy into the kidneys for vitality & longevity
- **CV 4**- (about 3 finger widths above the pubic bone, on the midline) tonify kidneys, nourish yin/yang/qi/blood, calms the mind, strengthen will power, depression, anxiety
- **LI 4**- (center of webbing between thumb & index finger) moves qi to create a strong calming effect, regulates ascending & descending of qi in the head, headaches, restless mind, tooth pain, anxiety
- **SP 6**- (4 fingers width above medial malleolus) nourish yin & blood, move liver qi, nourish spleen, calms the mind, worry, anxiety, depression, digestion, menstrual disorders, insomnia, dizzy (do not use in pregnancy)
- **SP 9**- (in the depression below the inner eye of knee, pes anserine) drain dampness, poor metabolism, overweight, bloating, water retention
- **ST 36**- (below outer eye of knee, on tibialis anterior) qi & blood tonic, nourish spleen/stomach, immune tonic (wei qi), digestive issues, depression, fatigue, PMS, insomnia, longevity, stress
- **LV 3**- (webbing between 1st & 2nd metatarsals) move stagnation, move liver qi, tonifies yin, eyes, menstrual issues & pain, digestion, irritability, insomnia, anxiety, stress
- **HT7**- (outer edge of the wrist crease) nourishes heart blood & yin, calms the mind, insomnia, anxiety, mental restlessness, agitation, palpitations, poor memory
- **PC 6**- (about 3 fingers width above wrist crease, between the main tendons in the center of the forearm) moves qi, calms shen, regulates heart, insomnia, manic, poor memory, anxiety, depression
- **KI 3**- (in the hollow anterior to the medial achilles tendon) strongly tonify kidney yin & yang, used for pretty much anything related to the kidneys
- **LU 1**- (coracoid process) self esteem, all lung issues, phlegm, asthma, cough, poor immune function
- **YIN TANG**- (3rd eye) calm shen, anxiety, insomnia, stress, headaches, sinus congestion
- **CV 15**- (just below the xyphoid) nourish mind/spirit, calm shen great with Ht 7
- **CV 17**- (sternum level with nipple line, 4th intercostal space) nourish mind/spirit, calm shen & lungs, cough, palpitations, opens & moves Qi in Ht, Lu & chest, clears phlegm, descends (reflux, asthma, anxiety)

ACUPUNCTURE POINTS

Back Shu Points

The points are used to regulate the functions of the organ they correlate with

Bl 13	Lung	T3	between scapula
Bl 14	Pericardium	T4	between scapula
Bl 15	Heart	T5	between scapula
Bl 18	Liver	T9	bra strap area
Bl 19	Gall Bladder	T10	bra strap area
Bl 20	Spleen	T11	
Bl 21	Stomach	T12	at bottom of ribcage
Bl 22	Triple Heater	L1	
Bl 23	Kidney	L2	depth of lumbar curve
Bl 25	Large Intestine	L4	
Bl 27	Small Intestine	S1	
Bl 28	Bladder	S2	

TCM & Mental Health

Liver (Wood)

- First line of emotional defense
- Emotion or tension not released influences liver first
- For coping with emotional stimulus, especially chronic
- Stores the blood & spreads the qi to to curtail emotional extremes
- Liver nourishes the nervous system (regulating tension/flow of qi & storing blood and amount of blood circulating)
- If emotion not released → liver stagnationv constriction/tension → liver has to work harder → heat → over time leads to deficiency/depletion here as well as other organs that attempt to assist
- Liver most affected by chronic emotional distress
- Liver symptoms: irritability, anger, hormone imbalances, PMS, headaches, any condition sensitive to stress or intensity

Heart (Fire)

- Heart governs the mind (sleep also dependent on the state of the mind)
- Heart is affected by all emotions because it houses the Mind which is what feels the emotions
- Responsible for formulation of creative concepts & forms of expression
- Drains excess anger or other pent up tension/emotions (fire burns wood) by transforming into excitement (talking/dancing away the anger)
- Heart most vulnerable to sudden emotions of any kind (positive or negative), shock & trauma absorbed here
- Liver Qi stagnation (wood not feeding fire)= diminishes heart energy= dampening of joy
- Nourishes the awareness & expression of unconditional love for self & others

Kidney (Water)

- Kidneys are the source of our will power
- Deep seated fear that develops gradually & remains effects kidneys (adrenals)
- Inability to deal with the fear of the unknown
- Fear is often the foundation of repressed feelings which leads to liver stagnation
- When liver is under emotional stress Kidney yang can reinforce the will to express feelings to overcome the fear that repressed them
- Conflict between fear of expression & the will to assert oneself
- Kidney Yang= capacity & decision to move forward, Kidney Yin= wisdom to know when to move and when to be still

Lung (Metal)

- Controls wood/liver
- Will attempt to control the stifled feelings that the liver cannot manage
- Often attempted through obsessive-compulsive characteristics/mechanisms or issues in lower bowel (constipation, diverticulosis, hemorrhoids)
- If lung element is weak may have separation anxiety, phobias, respiratory issues
- Transformation & expansion of existing bonds, letting go & re-attaching, loosening of primary bonds to include bigger world
- Creates ego boundaries & realistic limits, self worth, independence, development of self
- Balance here helps maintain strong, healthy bonds as well as let go of attachments to ideas, beliefs, emotions & people
- Chronic unexpressed grief depresses lungs (posture of sadness influence circulation in chest/lungs)

Spleen (Earth)

- Emotions uncontrolled by liver can be absorbed by the spleen and manifest as excessive worry & rumination (over time can influence digestion)
- Governs healthy bonding
- Healthy attachment with mother affects/is affected by earth
- Balances wood element aggressiveness
- Spleen qi carries energy to brain, important for clear thinking, memory, concentration, attention
- Provides evenness, calm, peaceful, thoughtful reflection to balance wood repressed emotion, fire excitement, water fear and metal boundaries

BONDING & ATTACHMENT

- **METAL:** letting go of old bonds & taking in new
- **EARTH:** holding & maturing the bond (loyalty, dependable, faithful, committed)
- **FIRE:** passion, union, intimacy
- **WATER:** power, will & courage
- **WOOD:** purpose & assertion

SUMMARY

Emotional processing within the 5 elements	
LIVER	Try to contain or express emotional energy until it fails (Qi stagnation → irritability)
GALL BLADDER	Drain excess until overburdened (issues with decision making, poor judgement)
HEART	Attempt to balance liver/emotions until overburdened (resulting in anxiety, mania, depression)
KIDNEY	Try to nourish/soothe liver to help cope and eventually become exhausted (yin xu → fear, yang xu → loss of will)
LUNG	Exaggerate its natural tendencies and become rigid (OCD, bowel issues)
SPLEEN	Absorb the excess and affect digestion through worry/rumination

SUMMARY

WOOD	Intensity
FIRE	Excitement
WATER	Fear
METAL	Boundaries
EARTH	Calm/nurturing

WOOD	Gives direction
FIRE	Gives creativity
WATER	Gives drive
METAL	Organizes
EARTH	Nourishes

WOOD	Purpose
FIRE	Expression
WATER	Courage to face unknown
METAL	Boundaries
EARTH	Compassion

Anxiety & Depression

Anxiety

- A normal response to stress that helps us cope
- When it becomes excessive can cause irrational dread of everyday situations and can become disabling
- Potential associated symptoms: tension, sweating, nausea, cold/clammy hands, jumpiness, GI discomfort or diarrhea, irritability, on edge, tired, insomnia, chest constriction

ADDITIONAL CONTRIBUTING FACTORS

- Worse with stress (Liver)
- Fear or fear of unknown, guilt (Kidney)
- With bonding issues or excessive worry (Spleen)
- With grief, separation anxiety or phobias (Lung)
- Pretending to be something or someone other than one's true self, often due to low self esteem (Lung)

ANXIETY

Heart (Fire)

- All anxiety has roots in heart imbalance
- Palpitations
- Anxiety felt in chest
- Maybe a feeling of tightness, discomfort or oppression of the chest/heart
- Restless, fidgety

Lung (Metal)

- Ensues after sadness
- Prone to crying
- Sighing
- Anxiety often about spiritual matters (meaning of life, existential suffering)
- Anxiety due to guilt

Kidney (Water)

- Anxiety linked to fear
- Fear the worst in any situation
- Pessimistic

Spleen (Earth)

- Ruminating mind
- Worry, obsessive
- Anxiety about his/her own mental arguments
- Anxiety maybe related to nurturing earth issues (overprotective of one's children, ignoring one's own needs, putting others first, lack of self-care)

Liver (Wood)

- Tense
- Anxiety from high standards they set themselves or dissatisfaction with one's achievements
- Timid/lack of self assertion (GB)

COMMON ANXIETY PATHOLOGIES

1. HEART SHEN DISTURBANCE

- More mild anxiety, palpitations, restless, dream-disturbed sleep (no deficiency symptoms)

2. HEART BLOOD XU

- Palpitations, difficulty falling asleep, poor memory & concentration, pale, dizzy, vertigo, tired

3. HEART & KIDNEY YIN XU HEAT

- Palpitations, anxiety worse in the evening, mental restlessness, insomnia, wake up in the night, irritability, edgy, dizzy, malar flush, hot flashes, night sweating (deficiency symptoms & heat symptoms)

4. HEART YANG XU

- Palpitations, pale, feeling cold, cold hands, everything is an effort, exhaustion

5. PHLEGM FIRE (EXCESS)

- Often due to suppressed emotions or chemicals (alcohol, caffeine or drugs)
- Palpitations, irritability, quick temper, agitation, maybe slightly “manic” behavior, excessive dreaming, phlegm (no deficiency symptoms)

Depression

DEPRESSION IS LARGELY A RESTORATIVE SELF-HELP MANEUVER, AN EXPRESSION OF “BEING” ALTERNATIVE TO THE ONE THAT FAILED IN THE NORMAL COURSE OF GROWTH, A FORM OF MOURNING FOR PART OF THE SELF WHICH IS SPIRITUALLY AND PHYSICALLY DYING FROM REPRESSION
LEON HAMMER, MD
DRAGON RISES, RED BIRD FLIES

- Depression is a posture of withdrawal
- Depression can be constitutional, situational or may result anytime there is a profound loss of energy or blood (chronic illness, serious operation, postpartum)
- Loss of circulating blood affects the heart, which is associated with joy
- Chronic depression is one response to the persistent failure of any personality organization to fulfill its own expectations

POTENTIAL CONTRIBUTING FACTORS

- Lack of drive, initiative, momentum to break out of depression (Ki)
- Lack of plans, ideas, direction (Lv)
- Lack of courage leading to indecisiveness (GB)
- Angst, anxiety, despair leads to sadness (Ht)
- Obsessive thinking, pensiveness, worry (Sp)
- Problems in forming relationships, bonding, attachment (Sp, Lu)
- Excess anger (Lv), sadness/grief (Lu), worry (Sp), guilt (Ki) or lack of joy (Ht)

DEPRESSION

Kidney (Water)

A lifelong tendency to respond to stress with depression

- All sustained, profound or recurrent depression associated with Ki yang deficiency & a sense of exhaustion
- Ki yin endows us with the capacity for love needed to forgive ourselves and accept our humanness
- Depression tends to be more severe & constant with underlying Ki deficiency

Spleen (Earth)

Depression circulating around issues with maternal bonds

Liver (Wood)

Recurrent depression marked by irritation, anger & agitation or passive-aggressive personality

Heart (Fire)

Sadness, loss of interest in & guilt about pleasure/joy, withdrawal

- Interference in the development of creative expression affects fire
- Fire helps us find a balance of openness & caution indispensable to gratifying loving relationships, if not there is a lifelong yearning for intimacy and a deep well of loneliness
- This element helps us learn to stop bending to the will of our own ego and the egos of those around us to find fulfillment

Lung (Metal)

Responsible for the expansion of bonds from our family to our peers and beyond (ie-especially depression in teen years)

- A balance of water & metal takes us from the creative self (fire) to the divine self to contemplate our spiritual self, especially in our later years on earth

COMMON DEPRESSION PATHOLOGIES

1. LIVER QI STAGNATION

- Moodiness, worry, frustration, irritability, uptight/tense (especially neck & top of shoulders), irregular bowel movements &/or periods, PMS, prone to outburst of anger
- Stagnation from anger, frustration, sadness, grief, resentment, worry, guilt, anxiety may also involve those organs
- With heat: red face/eyes/tongue, short temper, mental restlessness, dry mouth, agitation, headache
- With phlegm: feeling of heaviness in head, oppression in chest, phlegm, thick coating on tongue

2. HEART & SPLEEN XU (QI & BLOOD XU)

- Always thinking, palpitations, timid, anxiety, difficulty falling asleep, pale complexion, poor appetite, dizzy, fatigue (deficiency symptoms)

3. HEART YANG XU

- Cold, not wanting to do anything, tired, easily startled, palpitations, desire to curl up, lack of drive (no anxiety or insomnia)
- Kidney yang xu- exhaustion, sore low back, lack will power, initiative, drive, determination

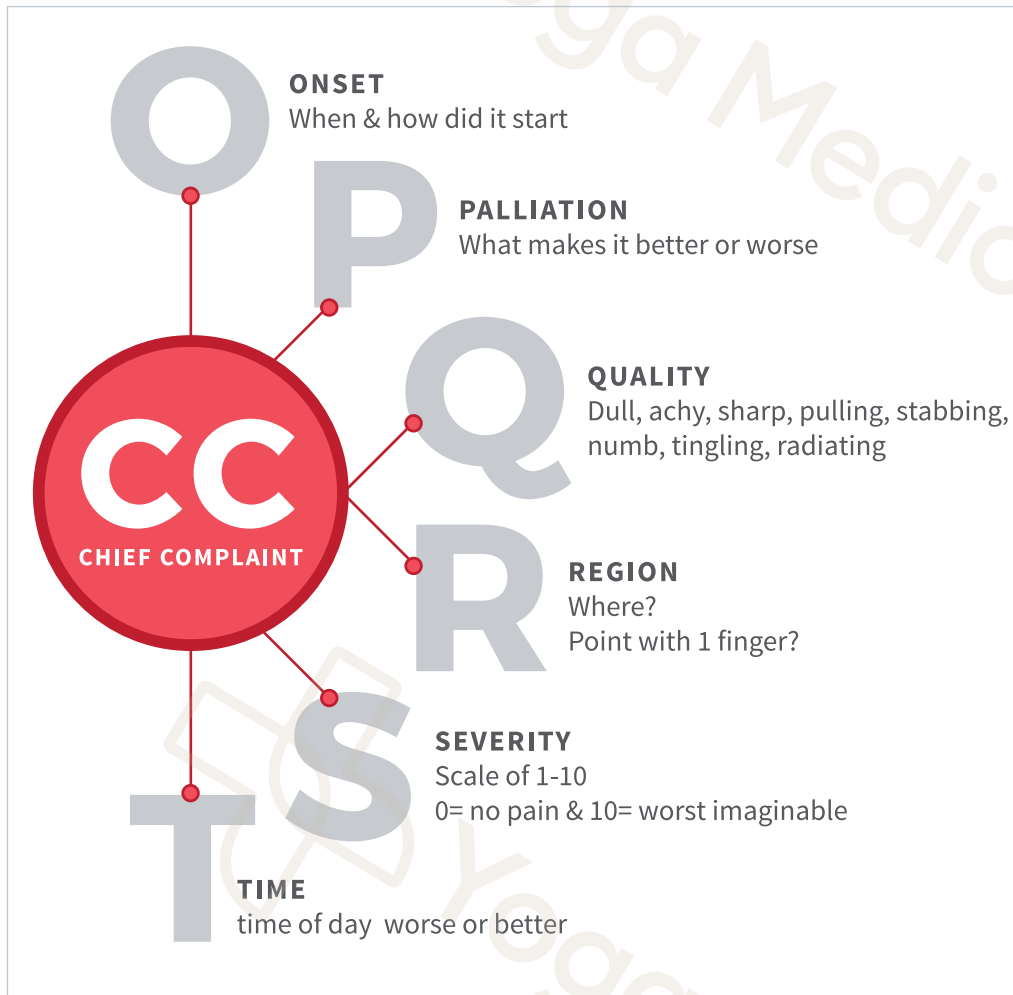
4. HEART & KIDNEY YIN XU HEAT

- Anxiety especially in the evening, runs hot, malar flush, palpitations, wakes up in the night, night sweating, mental restlessness, sore low back

Putting it all together

ASK: INITIAL INTAKE

Establish therapeutic relationship



Also

- Surgeries, Medications, Diagnosis (Dx), Treatments (Tx)
- Review of systems (heart, lungs, **digestion**, urine, reproductive, EENT)
- **Energy, sleep**, water, diet, **temperature**
- **Stress**, job, family, **emotions**

QUESTIONS TO ASK

- CC- their perception of the what/why/how/when
- Palliation- what makes it better or worse
- Energy level- tired vs exhausted vs heavy
- Temperature- night sweats, hot flashes, dryness/ water
- Sleep
- Stress/tension- symptoms worse with
- Prominent emotions, triggering emotions for CC
- Effects on their life, how do they modify life as a result, how are they handling it
- Goals
- Statement of empathy

Intake Evaluation - BATHE

B
A
T
H
E

BACKGROUND

OPQRST, diagnosis (Dx), treatments (Tx), surgery, medications, review of systems, energy, sleep, water, diet, stress, job, family, emotions

AFFECT

How does it make you feel

TROUBLE

What troubles you most

HANDLE

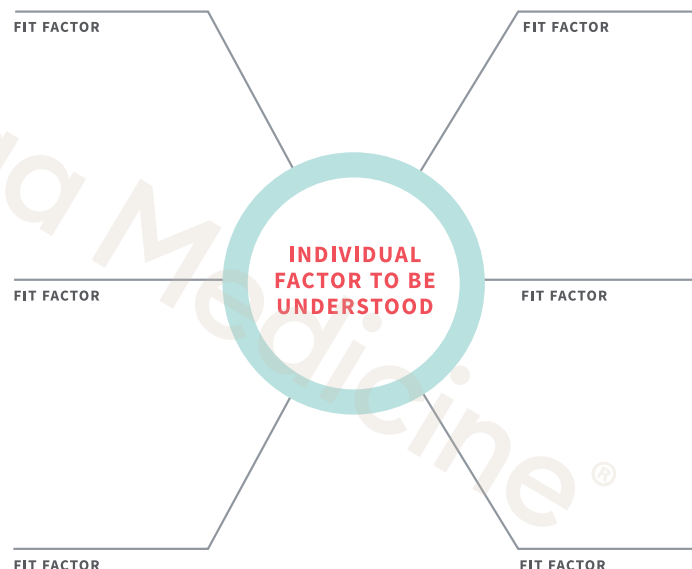
How are you handling it

EMPATHY

Statement of empathy

FIT CIRCLE

- Identify the target (what is it that you are trying to address?)
- Place the target (or difficulty) in the center of the circle
- Identify factors that drive or maintain the target
- Take into account individual factors and the tiers of the ecological system
- Note any additional stressors
- If possible identify potential barriers (what has not worked before?)



CREATING A PLAN

Tools

1. Create a Fit Circle
2. Brainstorm poses/approach
3. Organize/prioritize
4. Refine

First session

- Intake (ask questions)
- Yoga (watch & ask)
- Take notes along the way
- Use fit circle to get multi-dimensional view, brainstorm approach, prioritize

Follow up sessions

- Give home practice (2- 3 poses for that week)
- Clarity around how to (3 bullets for each pose: how to do it, critical point, how many or how long)
- Educate & monitor
- Re-examine fit circle or create new one

NEW STUDENTS

- Breath first= PSNS= relax muscles, ease chronic pain
- Body Awareness: key, point out difference so they can see/feel
- Find a comfortable positions to start with
- Begin supine
- Postural assessment: look at whole body
- Slow movement = target deeper, slow twitch muscles for stability
- Pay close attention to alignment

REMEMBER

- Always work with a mental health care professional and/or healthcare practitioner when possible, especially with disc or nerve issues, or ongoing and severe emotional or physical symptoms that interfere with normal activity
- Refer to doctor when numb, tingle, shooting/ radiating to arm or leg, electric, nerve pain, sudden or severe weakness or pain
- Refer out with anything that seems abnormal or out of the ordinary

PRIORITIZE

Keep in mind:

- Make it realistic
- Make it clear/handouts
- First session observe
- Establish trust
- Anticipate problems

Your Main Job!

1. Observe (look, listen, palpate)
2. Educate (explain purpose & how with clarity)
3. Empower (feedback, tracking, achievable)

PROCESSING EVALUATION

1. Collect info
 - In evaluation (ask, look)
 - Energy level (excess & deficiency)
 - Symptoms (subjective & objective)
 - Prominent emotions & character
2. 8 principles
 - Xu or Shi (of what: hot, cold, yin, yang, qi, blood)
 - Both (of what: hot, cold, yin, yang, qi, blood)
3. 5 Elements
 - Out of balance

APPLYING TO MENTAL HEALTH

Apply to practice

- Selection of poses
- Managing input/output of energy
- According to elements
- Meridians
- Balancing yin/yang
- Quality of poses, cues
- Mindset, outlook
- Lifestyle

APPLYING TO MENTAL HEALTH

1. **COLLECT INFO**
 - Main symptoms from evaluation (subjective & objective, physical & mental/emotional)
2. **8 PRINCIPLES**
 - What stands out
 - Xu or Shi
 - Yin or Yang
3. **5 ELEMENT(S)**
 - What stands out
4. **WRITE UP A PLAN**
 - Yoga or off the mat

REFERENCES

TCM & Mental Health

- Dragon Rises Red Bird Flies
LEON HAMMER
- The Psyche in Chinese Medicine
GIOVANNI MACIOCIA

TCM

- Voices of Qi
ALEX HOLLAND
- Web That Has No Weaver
TED KAPTCHUK
- Between Heaven & Earth
HARRIET BEINFELD
- The Practice of Chinese Medicine
GIOVANNI MACIOCIA