

# The Gold Method: Mental Health Through Movement



**FALL MODULE:** Trauma, anxiety and worry into balance, stability and support

Within the contexts of **Jungian psychology**, **Chinese medical psychology**, and **interpersonal and affective neurobiology** you will learn how the psyche and body complement each other in the process of **psychological healing and development**. You will gain **14 mind/body tools** to address **trauma, anxiety, worry, instability** and related symptoms.

Through lecture, demonstration, clinical examples and group practice you will receive a **practical and readily applicable method for working with the psyche through the body**. This method consists of a **psychologically oriented form of qigong** called Five Element Archetypal Qigong (FEAQ). Together we will explore a variety of qigong forms and apply them to personal and professional work.

I will emphasize how **trauma work** can be informed and enhanced by FEAQ. Specifically, I will discuss the works of Porges (polyvagal theory), Levine (Somatic Experiencing), van der Kolk and Schore as they relate to and support FEAQ.

## **You will:**

- 1- Acquire embodied **tools for working with the psyche through the body**
- 2- Learn a powerful **method for healing trauma and facilitating psychological development**
- 3- Receive **tools that can supplement or replace psycho-pharmaceutical treatments**
- 4- **Explore the underlying dynamics of psychological symptoms** through the body
- 5- **Ground the work of talk therapy in the body** to enhance and solidify changes
- 6- **Gain self-care tools** apt for therapists, acupuncturists, massage therapists and healers

**Where:** 407 NE 12<sup>th</sup> Avenue, upstairs studio, Portland, OR 97232

**When:** Friday 10/26/18 7-8:30 p.m.; Saturday 10/27/18 10 a.m. - 4:30 p.m.

**Cost:** Friday: \$10; Saturday: \$140; Friday & Saturday: \$145; 8 total CEU's available

**Register:** peter@petergoldtherapy.com, 503-806-9680, space is limited

**Who:** This workshop is appropriate for therapists, people in therapy, acupuncturists, naturopaths, massage therapists, healers and anyone interested in supplementing and enhancing self-care and psychological work with structured movement



**Dr. Peter M. Gold, Ph.D.** is the founder of The Gold Method© and supplements traditional counseling with qigong in his private practice. His forthcoming book *The Gold Method in Counseling* will be published next year.