Title of lecture:
“Shen and the treatment of psychological disorders"
With some points on effective one needle treatment

Dr. Yair Maimon PhD, O.M.D
Dr. Maimon has been studying, teaching and researching Chinese medicine over the last 25 years. He combines a vast background of TCM styles with a wide clinical and teaching experience. His teaching is clear and inspiring.

He was privileged to study personally with the best teachers, all around the world. Graduated from schools in England, Holland, U.S.A and China. Dr. Maimon practices different approaches of Chinese medicine such as: “5 Elements”, TCM, Stems and Branches, Japanese Acupuncture, Chinese Herbal medicine, and studies of ancient texts. Including postgraduate specialization in: Pediatrics, gynecology and oncology.

Former dean and Co-founder of the largest TCM collage in Israel: “Medi-Cin”, And director of a program in Chinese medicine for medical doctors at Bar Ilan University. Currently, dean of “Broshim Campus” situated at Tel Aviv University. Head of the complementary Medicine unit at the Sourasky Medical Center, Tel Aviv (2nd largest Hospital in Israel), where he is involved in research and the treatments of hospitalized and out patients.

Dr. Maimon has developed a special insight in diagnosis and treatment of variety of psychological disorders, which is coming from a deep understanding of how the Shen influences suffering and healing.

About the course:
“The acupuncturist goes all the way to the origin of the patient’s life, to the place where the spirit is rooted, to ben shen.” (Rooted in the spirit)

This presentation deals primarily with something which we often see in the clinic, that is, psychological problems, such as depression, anxiety, and phobia. Patients come to us with various manifestations of their suffering which are not only physical.

In Chinese medicine there is an inherent understanding of the body mind and spirit as a single unit, which is directed by the heart and the shen.

All psychological disorders are rooted in the shen or in some aspects of the shen. Traumas, and especially childhood traumas, are affecting the ability of the heart to connect to our inner most.
If we want to help the patient to see his inner strength, we need carefully, to find the hidden places, using Chinese medical diagnosis tools such as: observing the patients eyes and complexion. Listening carefully to his wishes, identifying his strength, and then we see the pain and suffering, too. For example a person that is angry all the time and blames every one for his depression, has at the same time the inner beauty of the Hun’s capacity to create, imagine and be full of compassion.

Many acupuncture points and old texts give us a clear idea of how to turn liver’s stagnation and depression to hope and creative powers.

In Ling Shu Chapter 8 it says: “For every needling, the method is above all, not to miss the rooting of the spirit”. This is a vital message for every practitioner of TCM but what is the best way to “root the spirit”?

The 7 emotions, 5 wills, 3 Hun. Shen and Po give us clues to diagnose and treat what we define as psychological disorders.

In this workshop there will be presentation of clinical cases, new approach to diagnosis and a clinical decision making process which helps analyzing the “Rooting of the Spirit” and successfully treat psychological disorders.

**Acupuncture for treatment of the Shen and psychological problems:**

There are few types of treatment that have an outstanding effect on this type of disorders:

- Ancient point prescription, such as treating aggressive energy (Xie Qi).
- Special approach, using special points such as windows of the sky.
- Points which are directed to treat the patient core and strength.
- Using a single point will bring about a fast and dramatic cure and allow the patient’s Shen to shine through.

**Issues in the presentation:**

- New Chinese medical approach to psychological traumas and how to treat them.
- More accurate understanding of the patients constitution which will help to arrive at a more concise and precise therapeutic plan.
- Better understanding of the spirits role in: past experience, prenatal experiences, parents influence, traumas from childhood and other traumas.
- Detailed presentation of clinical cases which illustrate a diagnosis and treatment plan that can be easily understood and applied in the clinic.
- Actual cases with visual presentation including pictures. In addition live demonstration with audience participation will be employed.
- Clear approach to treatment of trauma and understanding of GUI.
- The role of the Shen, Hun and Po and the emotions as seen in depression, phobia, anxiety attack, O.C.D (obsessive compulsive disorders).
- Deeper understanding of function of points (e.g. GB 13 “ben Shen” root of the spirit)
- The usage of: 13 ghost points of Sun Si-Miao, windows of the sky, aggressive energy treatment, dragon points and more.
- Special one needle technique.
- Ancient Chinese medical texts dealing with psychological disorders.

**Course structure:**

Day 1 – theory and presentation of clinical cases.
  - discussion on diagnosis and treatment of psychological problems
Day 2 – choice of acupuncture points, treatment plan
  - Live clinical cases to be diagnosed in class. Live hands on experience.

**Final note:**

This workshop provides effective clinical tools to any practitioner of TCM allowing faster and better cure. It will make you see your patients in a completely different way.