



# Emotion-Based Disorders

## *Five Elements Acupuncture & TCM Herbal Treatment Protocols*

An important dimension of health, disease, healing and recovery, our patients' emotions are either working for or against us in the clinic. As practitioners, we need to continually address this aspect of each patient – in the initial assessment and subsequently throughout the treatment.

In TCM, the emotions are key factors in the causation of illness. In addition, they provide essential support during recovery. A healthy emotional life is seen as key to overall well-being and resilience. However, both Western medicine (i.e. psychiatry) and TCM have distanced themselves from the historical traditions that provided practitioners with the understanding and tools with which to effectively deal with our patients' emotional life.



# What You Will Learn

In this three-hour presentation, a set of unique acupuncture protocols, based on the Five Elements, together with herbal formulas based on Yu (Stagnation) Syndrome will be discussed in detail. In addition, we will explore and 'cherry pick' the early Western approaches of Freud, Adler and Jung, together with the insights that once infused the psychology of TCM, from Daoism, Buddhism and Confucianism.

### Course Summary:

- How to understand your patients' emotional problems within our social context, incorporating the Western understanding of the neuroses, together with a classical TCM approach
- The specific pathways, along which emotion-based injury develops as the condition worsens over time, affecting the zang-fu, qi, blood and body-fluids
- How to select suitable acupuncture points for each type of emotion-based disorder, according to the Five Elements
- Effective treatment strategies using prepared Chinese herbal formulas, according to the stages of Yu (Stagnation) Syndrome
- How to approach the psychological dimension of practitioner-patient interaction in dealing with a patient's emotional life

# About Tony Reid

Master Acupuncture, Master TCM (Dist.); Sun Herbal co-founder and director.

Tony Reid is a popular and sought-after lecturer and has spoken at seminars, conferences and tertiary institutions in Australia, New Zealand, China and the U.K. He has been actively involved in Chinese medicine as practitioner, educator, lecturer, author and consultant since 1980.



He contributes articles and academic papers to various journals, including 'The Natural Therapist', 'The Lantern', 'The Journal of Chinese Medicine (JCM)' and the 'European Journal of Oriental Medicine (EJOM)'.

Tony's passion for clarity of expression in Chinese medicine shines through in both his lectures as well as written material.