

# Shen: emotional disorders and our clinical practice



**Sat 22 Jan 2011**

Explore the treatment of psychic aspects of health disorders with **Elisa Rossi**

Emotions as movements of *qi* • How the disorder of *qi* influences the denser and thinner forms of *qi* (body, *zangfu*, *shen*) • The clinical presentation of disturbed states (anxiety, depression, panic attacks, food disorders and psychotic outbursts) from the Chinese medicine viewpoint • Treatment hypothesis, doubts and successes – considering questions arising from real cases • Recognising emotions and the movement of *qi* in patients and in the patient–practitioner relationship • Key points from classical texts, such as constraint (*yu*), internal Heat (*neire*), agitation and restlessness (*fanzao*) and their relationship to common clinical manifestations (depression, anxiety, panic attacks and insomnia)

**Elisa Rossi** has been a practising acupuncturist since 1983, holds a PhD in clinical psychology, a BA in philosophy, and is a Jungian psychotherapist. She is also the author of *Shen – Psycho-Emotional Aspects of Chinese Medicine*, Churchill Livingstone, 2007.