



**Michael Mayer, Ph.D.** is a licensed Psychologist, Hypnotherapist and Qigong teacher who specializes in self-healing methods for psychological and health problems. He presents his approach to bodymind healing at professional conferences, universities and hospitals. He co-founded and worked as a psychologist at a multidisciplinary medical center practicing integrative healthcare. The First World Symposium on Self-Healing gave him an award for outstanding research and contribution to the advancement of mind/body medicine. Dr. Mayer has authored twelve publications on bodymind healing, including books, audio tapes on cancer and chronic disease, and articles on chronic pain and anxiety. His peer-reviewed article on hypertension appeared in *The Journal of Alternative and Complimentary Medicine*. His DVD, *Bodymind Healing Qigong*, synthesizes ten Qigong systems for a lifetime of preventative medicine practice.

For more information about workshops, books, booklets, audio and video tapes with self healing secrets visit:

[www.bodymindhealing.com](http://www.bodymindhealing.com)

## What Leaders in the Field are Saying about the Book — *Bodymind Healing Psychotherapy:*

*...a seminal contribution to the field of mind-body interventions for a wide range of common disorders... profound in its scope, evidence based, bridges Eastern and Western traditions, and provides practical insights and skills that can be of enormous value to individuals seeking to attain optimal health.*

— Dr. Kenneth R. Pelletier, Clinical Professor of Medicine, UCSF and University of Arizona School of Medicine, Author of *The Best Alternative Medicine: What Works? What Does Not?*

*...a dazzling accomplishment...a thrilling blueprint for the integration of body, mind, and spirit.*

— Larry Dossey, M.D.,  
Author of *Reinventing Medicine*

*This scholarly and eminently readable book... hopefully foreshadows the shape of body-mind approaches for years to come.*

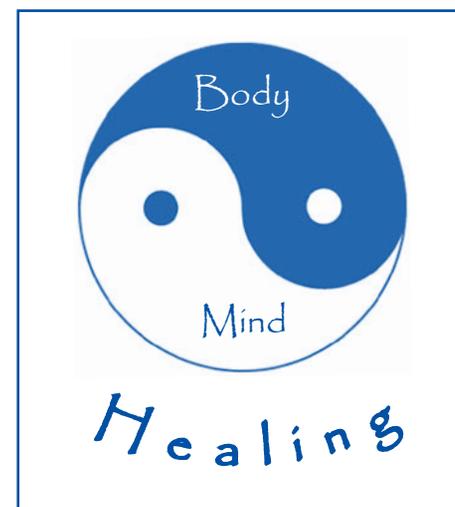
— Bessel van der Kolk, M.D., Medical Director, The Trauma Center, Boston University School of Medicine, Past Professor of Psychiatry, Harvard University

*My philosophy is that psychological issues and bodily disease are divina afflictios (divine afflictions) giving us opportunities for psycho-spiritual growth, soul-making, and finding the source of healing.*

— Michael Mayer

To order **Bodymind Healing Psychotherapy: Ancient Pathways to Modern Health** and other bodymind healing publications please go to [www.bodymindhealing.com](http://www.bodymindhealing.com)

## Bodymind Healing Psychotherapy



**Michael Mayer, Ph.D.**

**510-849-2878**

**Self-Healing Methods for Physical  
and Mental Health**

## *Feeling Stuck? Transformation Is Possible!*

Are you ready to get unstuck, and actualize the potential of your life's journey? Whether it's a psychological or physical health issue, a connection with your inner healer and a skilled practitioner are key. Over the past two decades numerous individuals have commented that their inner work with our Bodymind Healing process has been one of the most valuable investments of their lives. In addition to working with individuals, I enjoy working with couples and helping love to flourish as seen in my book *Trials of the Heart* (Celestial Arts). A smile comes to my face when self-healing tools from Eastern and Western traditions reduce or eliminate medications and empowers a client's inner healer in the following areas:

### *Specialities and Areas of Focus:*

- ◆ Anxiety, Panic and Phobias
- ◆ Depression and Low Energy
- ◆ Hypertension and Stress
- ◆ Addictions
- ◆ Chronic Pain and Sports Injuries
- ◆ Insomnia
- ◆ Life Transitions
- ◆ Pre and Post Surgical Hypnosis
- ◆ Relationship Difficulties — Constructive communication of negative feelings
- ◆ Transforming your Inner Critic into a Helpful Coach

## *Methods Utilized in "Bodymind Healing Psychotherapy:"*

- ◆ Western forms of psychotherapy, including psychodynamic self-psychology, cognitive/behavioral, Jungian/archetypal.
- ◆ Tap into the wisdom of the body/mind and find the felt meaning of your issues with Dr. Eugene Gendlin's "Focusing" method.
- ◆ Deepen your inner life with imagery, dream-work, and storytelling.
- ◆ Enhance your ability to relax and increase vital energy with: Acupressure self-touch and *Qigong*, a many thousand year old method of cultivating the energy of life.

## *What is Bodymind Healing Psychotherapy?*

When a person needs help with problems of everyday living, a therapist must be able to weave together psychological theories and healing methods that fit the unique person and moment. The art of psychotherapy also requires transcending methodologies in order to meet a person in that place of raw humanness where contact is made with the deep source of one's Being. In this spirit, "Bodymind Healing Psychotherapy" draws from traditional forms of psychotherapy, bodymind and symbolic approaches to healing, hypnosis, energy psychology, psycho-neuroimmunological research, and ancient sacred wisdom traditions. Specifically selected treatments are mutually agreed upon and individually adapted to each person's unique needs.



### *A Healing Journey* **Michael Mayer, Ph.D.**

My healing journey began when as a child I sat on a rock and listened to two streams come together as one. Native Americans believe that the places that draw us in our youth hold a symbolic key to our destinies. I now enjoy bringing together the streams of Eastern and Western methods of bodymind healing in my psychotherapy work. I have been in practice for 30 years as a psychotherapist and have training in Acupressure and Qigong.

### **For Appointments or Information:**

#### **Conveniently located offices in**

Berkeley • San Francisco  
Contra Costa County

**510-849-2878 or 415-931-4888**

**Bodymind Health Coaching**  
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