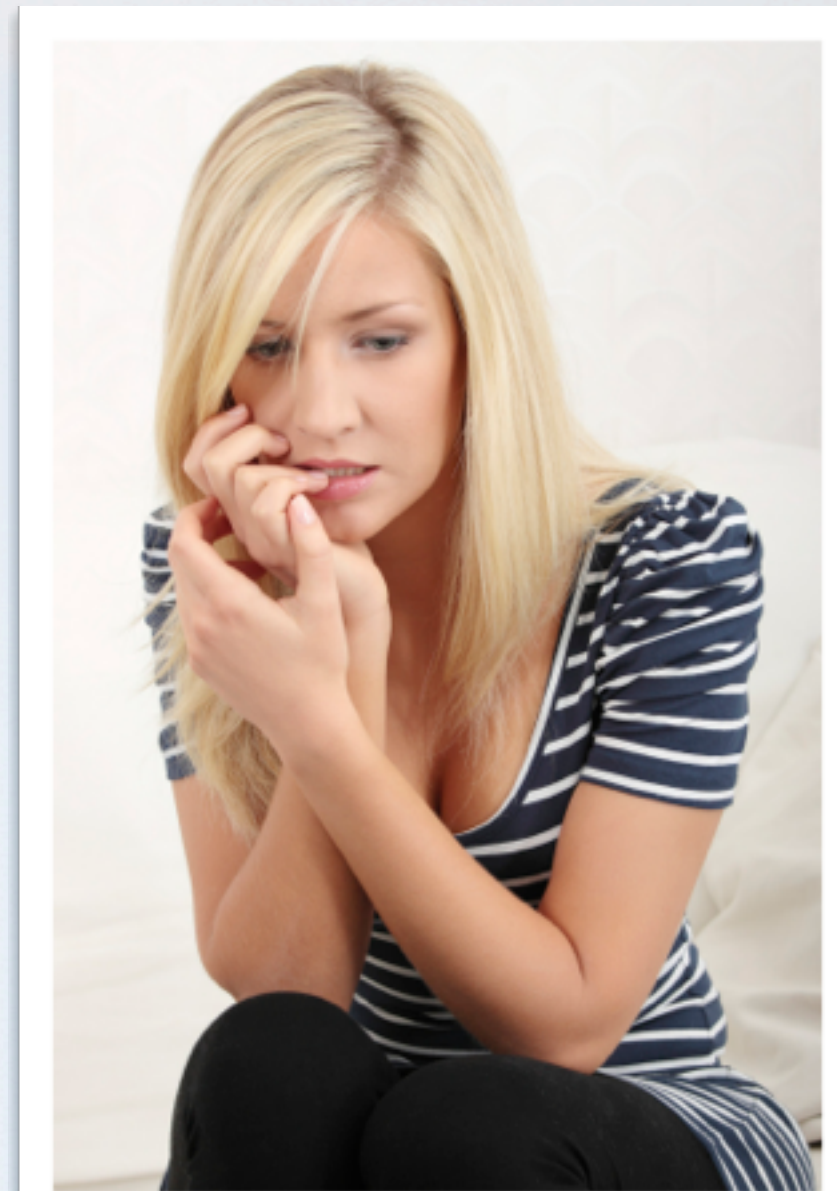


MENTAL DISORDERS & TCM

On line course provided by



Taught by Clara Cohen



INTRODUCTION TO MENTAL DISORDERS

- ORGANS AND THEIR EMOTIONS
- 5 ELEMENTS THEORY
- CAUSES
- CONSIDERATIONS
- 5 PERSONALITY IN TCM
COMPARING YIN & YANG ORGANS



Introduction to Mental Disorders

Definition

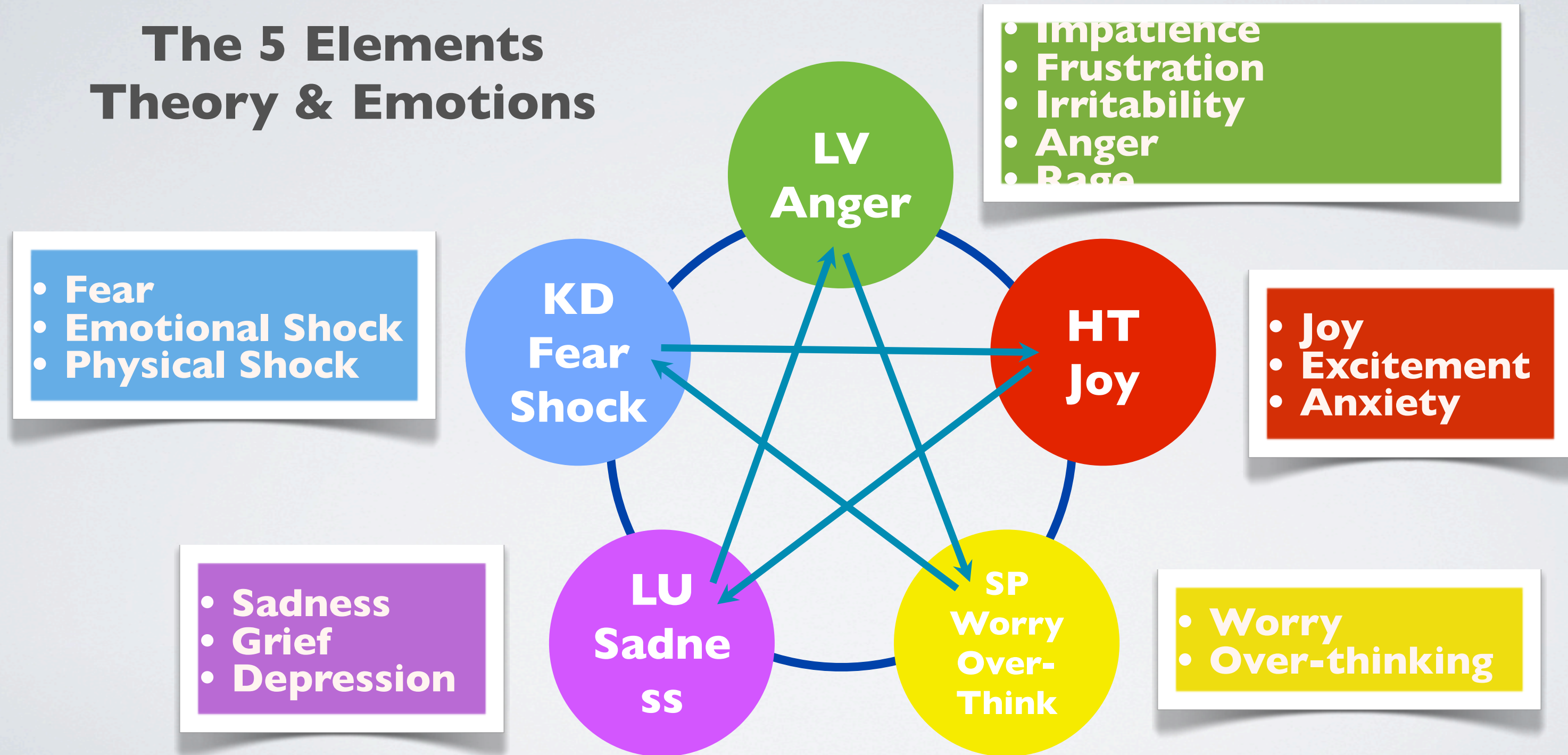
- Shen
- Essence
- Blood
- Body Fluids
- Mind & body

Organs & Emotions

- Too much Anger damage LV
- Too much Excitement damage HT
- Too much Worry damage SP
- Too much Over-Thinking damage SP
- Too much Sadness damage LU
- Too much Fear & Shocks damage KD
- All emotions, if often experienced and for a long period of time, will eventually damage HT

Introduction to Mental Disorders

The 5 Elements Theory & Emotions



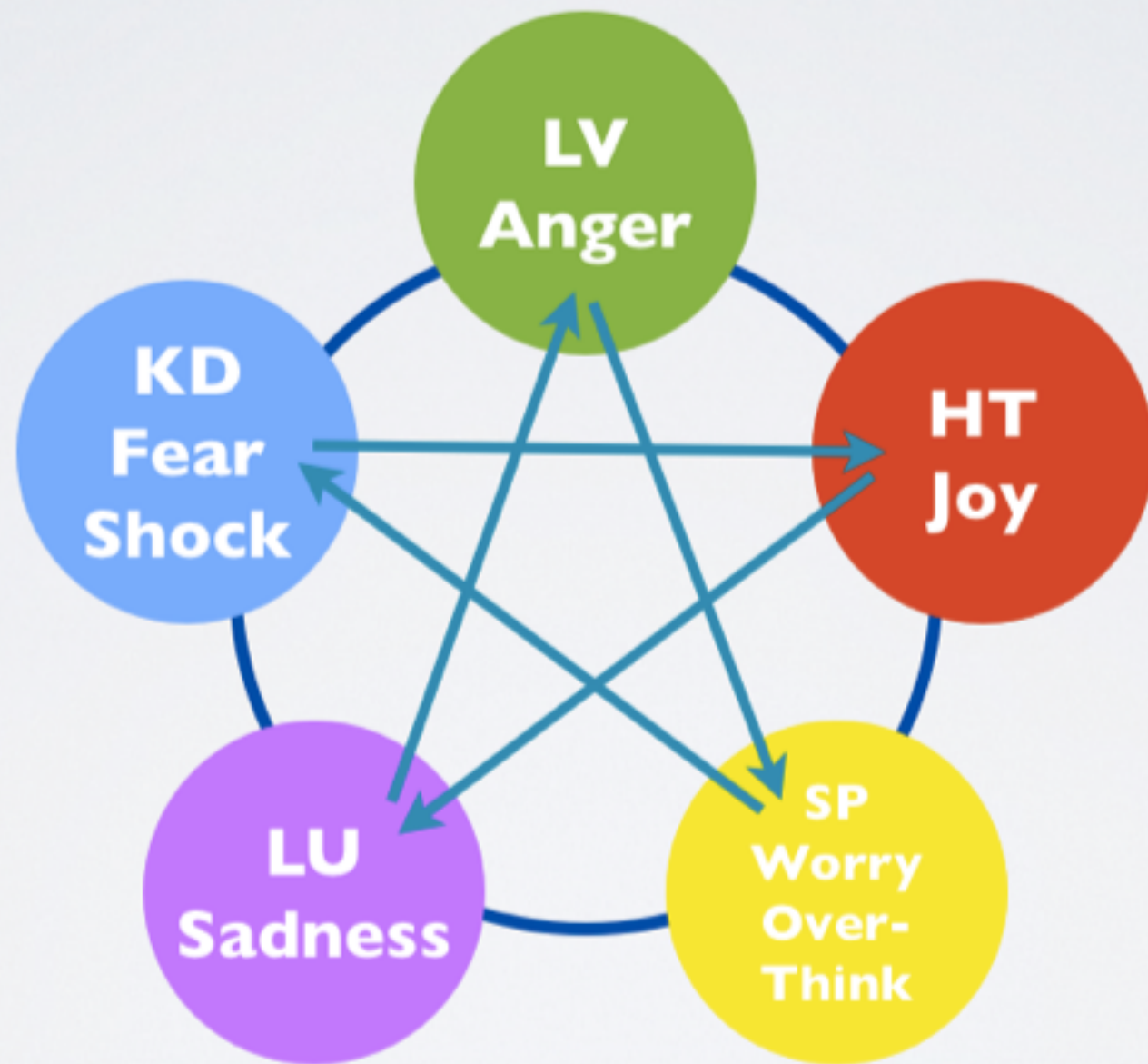
Introduction to Mental Disorders

The Generating Sequence

- **Fear Generates Anger**
- **Worry Generates Depression**

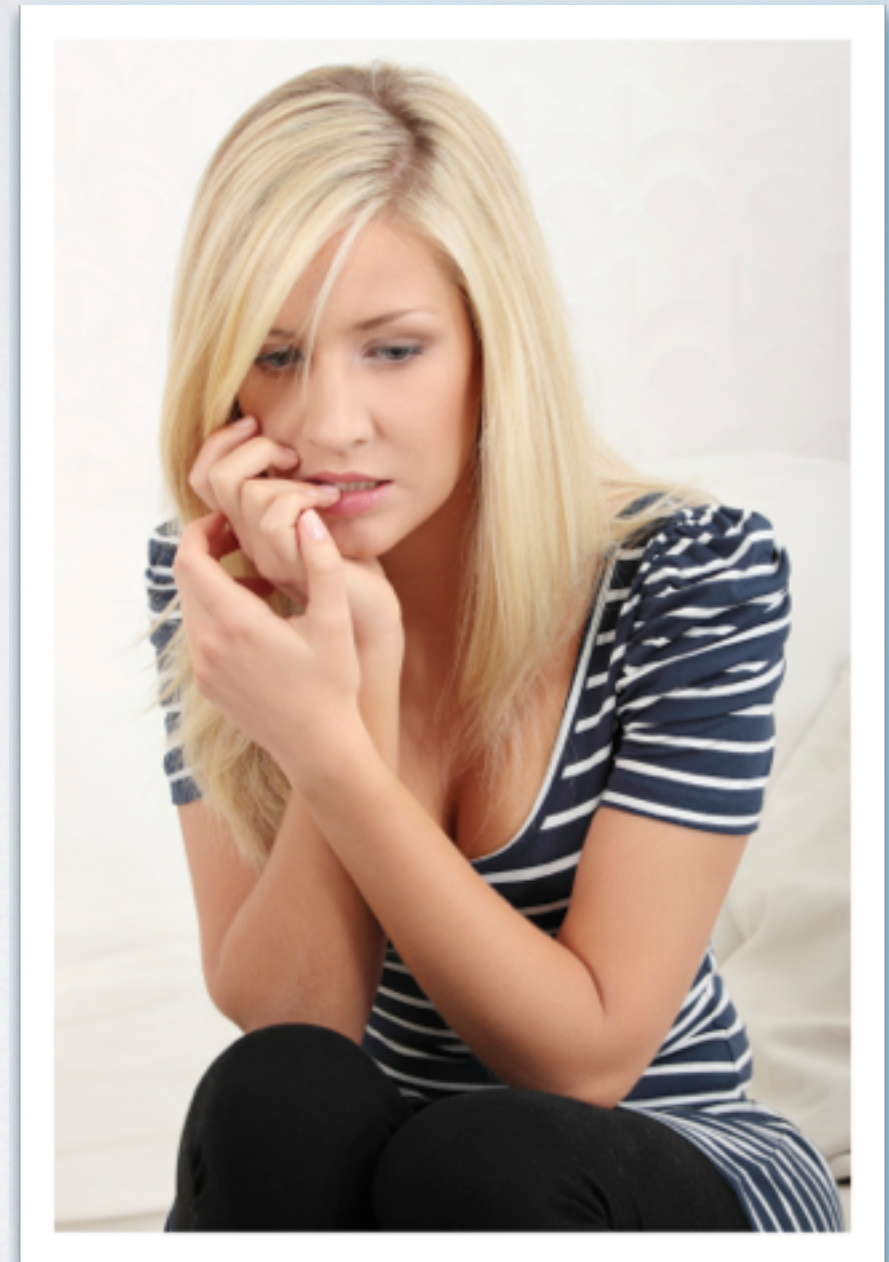
The Controlling Sequence

- **Sadness Creates Anger**
- **Worry Creates Fear**
- **Fear Creates Anxiety**



CAUSES OF MENTAL DISORDERS IN TCM

- ESSENCE: CONSTITUTION
- DIET: SUGAR & ALCOHOL
- STRESS: EMOTIONAL
- TRAUMA
- MEDICATIONS & DRUGS
- CHRONIC ILLNESS
- PHLEGM



CAUSES OF MENTAL DISORDERS IN TCM

Phlegm in TCM

Any TCM causes can lead to Phlegm

Visible Phlegm:

- Coughing Phlegm
- Fatty tissue
- Plaque in arteries
- Cystic acne
- Hard nodules

Invisible Phlegm:

- Foggy head
- Poor Focus
- Memory Loss
- Irrational behavior
- Incoherent
- Catatonic

Symptoms:

- Coughing Phlegm
- Obesity
- Nausea
- Sticky stools
- Greasy tongue coat
- Slippery pulse

Introduction to Mental Disorders

Considerations

- We're not psychologists
- We can provide a sense of hope
- Educate, listen, be compassionate
- Recommend counselling

- Use your observation skills
- Look at the patient's behavior
- The way the patient is talking
- Do not take anything personal

- Use Electro-Acupuncture when appropriate
- Herbal Fx may be given in high dosage
- Watch for interactions with western drugs



AcuPro Academy

AcuPro Academy is owned by Natural Health Sense Inc.

Terms And Conditions Of Use

All content provided on this online course is for informational purposes only. This on line video is not to be used as a substitute for medical advice, diagnosis or treatment of any health condition or problem. Users should not rely on information provided on this web site for their own health problems. Any questions regarding your own health should be addressed to your own physician or other health care provider. Natural Health Sense Inc. and AcuPro Academy make no warranties nor express or implied representations whatsoever regarding the accuracy, completeness, timeliness, comparative or controversial nature, or usefulness of any information contained or referenced on this online course; and does not assume any risk or liability whatsoever for your use of the information contained herein.

Statements made about products (including herbal formulae) may have not been evaluated by the Food and Drug Administration or Health Canada. Use of this web site does not create an expressed or implied physician-patient relationship. You are hereby advised to consult with a physician or other professional health-care provider prior to making any decisions, or undertaking any actions or not undertaking any actions related to any health care problem or issue you might have at any time, now or in the future.

In using this course you agree that neither acuproacademy.com, natural health sense inc., nor any other party is or will be liable or otherwise responsible for any decision made or any action taken or any action not taken due to your use of any information presented at this course.

The owner of acuproacademy.com will not be liable for any errors or omissions in this information nor for the availability of this information.

Natural Health Sense Inc. will not be liable for any losses, injuries, or damages from the display or use of this information. This terms and conditions is subject to change at anytime with or without notice.

AcuProAcademy.com