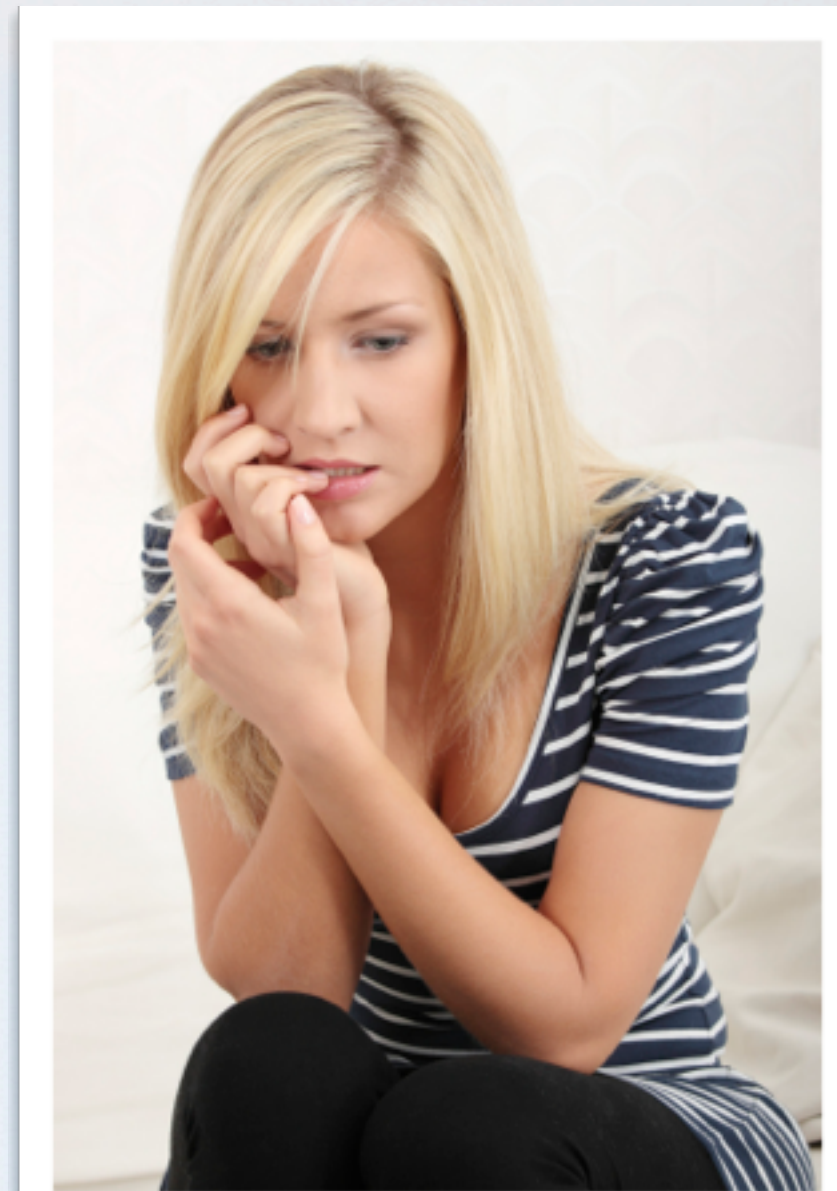


# MENTAL DISORDERS & TCM

On line course provided by



Taught by Clara Cohen





# INTRODUCTION TO MENTAL DISORDERS

- 5 PERSONALITY IN TCM
- COMPARING YIN & YANG ORGANS



# Introduction to Mental Disorders

## The 5 personalities - Yin Organs

### Wood

- Type A
- Likes to be in control
- Over-achiever
- Perfectionist
- Planner

- Prone to headaches
- High BP
- Shoulder tension
- Joints issues





# Introduction to Mental Disorders

## The 5 personalities - Yin Organs

### Fire

- Passionate
- Loving & Generous
- Intuitive
- Leadership
- Easily Bored

- Prone to insomnia
- High BP
- Panic Attacks
- Blood Circulation



# Introduction to Mental Disorders

## The 5 personalities - Yin Organs

### Earth

- Nurturer
- Compassionate
- Sensitive
- Kind
- Reliable

- Prone to fatigue
- Digestive issues
- Cravings
- Water retention





# Introduction to Mental Disorders

## The 5 personalities - Yin Organs

### Metal

- Dependable
- Independent
- Follow through
- Focused
- Strong

- Prone to skin issues
- Colds & Flus
- Breathing difficulties
- Constipation



# Introduction to Mental Disorders

## The 5 personalities - Yin Organs

### Water

- Strong will
- Creative
- Sense of Family
- Receptive
- Reflective

- Prone to edema
- Dark eye circles
- Fatigue (due to people)





# Introduction to Mental Disorders

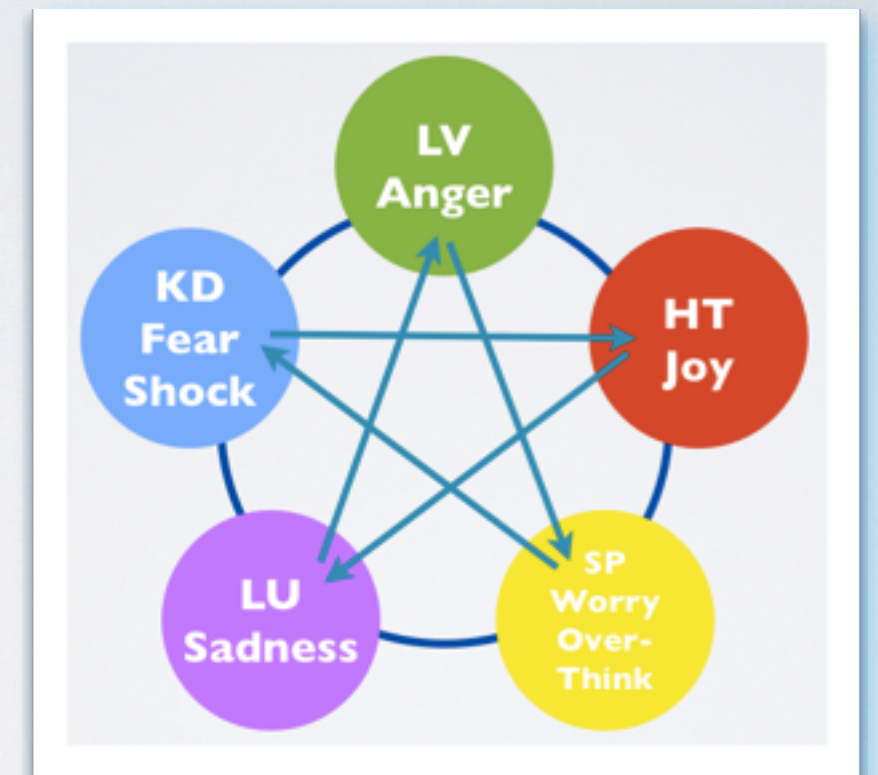
## The 5 personalities - Yin & Yang Organs

### Liver

- Type A
- Likes to be in control
- Over-achiever
- Perfectionist
- Planner

### Gallbladder

- Goes with the flow
- Easy going
- Low self-esteem
- Self doubt
- Cannot make decision





# Introduction to Mental Disorders

## The 5 personalities - Yin & Yang Organs

### Heart

- Passionate
- Loving & Generous
- Intuitive
- Leadership
- Easily Bored

### Small Intestine

- Passionate



# Introduction to Mental Disorders

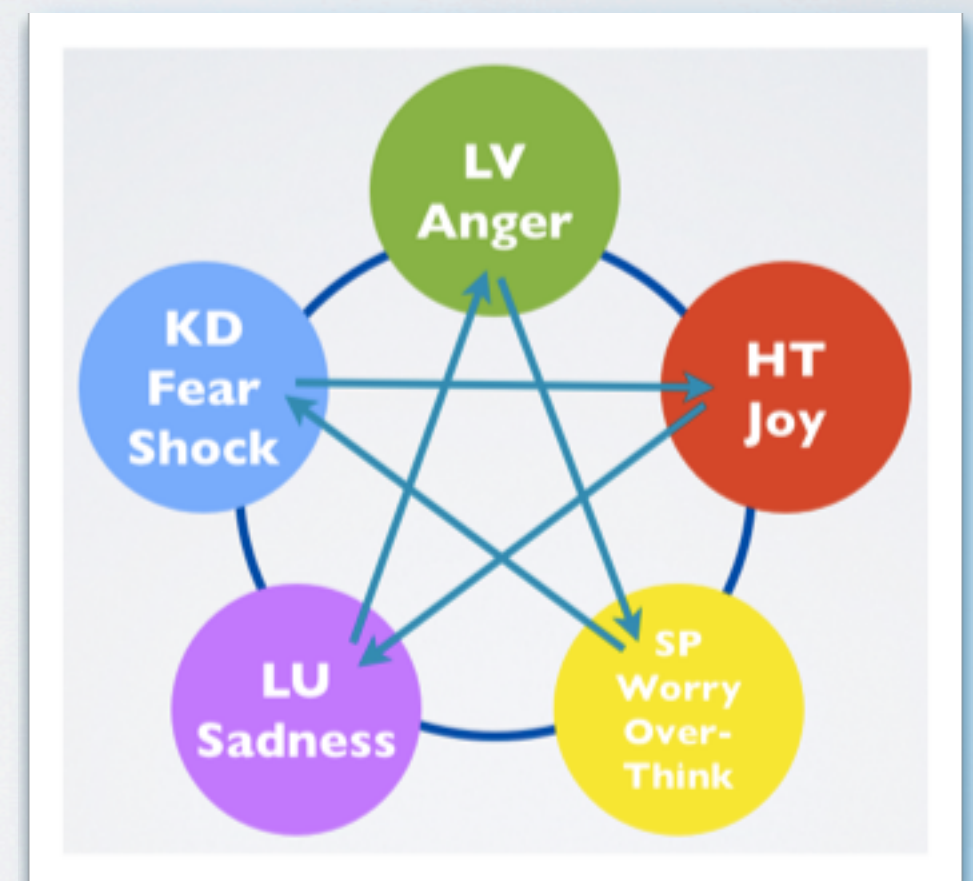
## The 5 personalities - Yin & Yang Organs

### Spleen

- Nurturer
- Compassionate
- Sensitive
- Kind
- Reliable

### Stomach

- Nurturer
- Feels like he/she is at the centre of everything
- Grounded





# Introduction to Mental Disorders

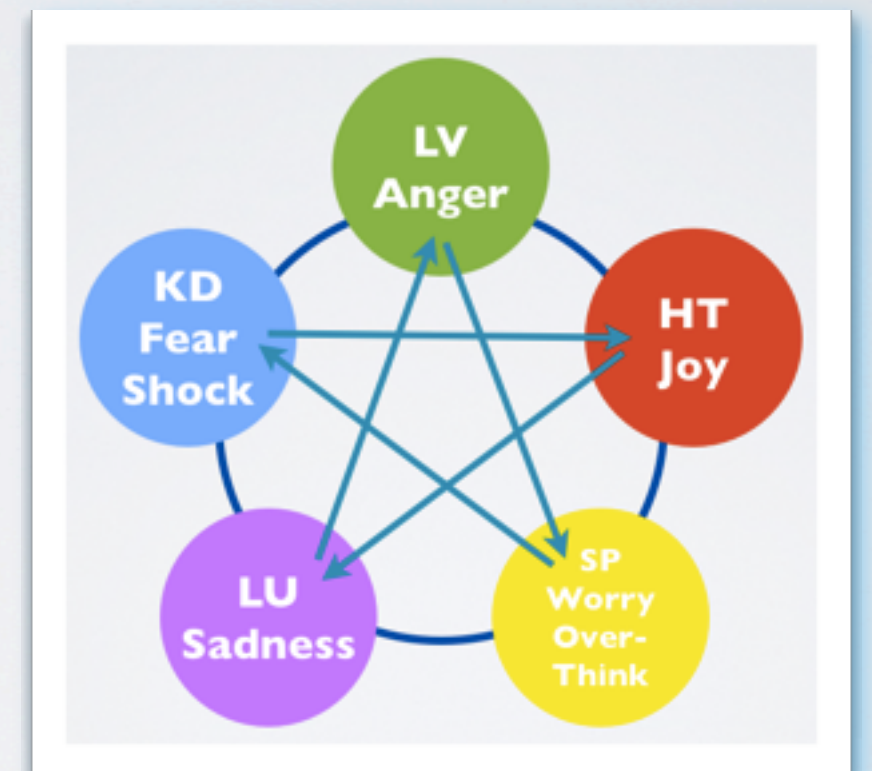
## The 5 personalities - Yin & Yang Organs

### Lung

- Dependable
- Independent
- Follow through
- Focused
- Strong

### Large Intestine

- Organ that lets go!



# Introduction to Mental Disorders

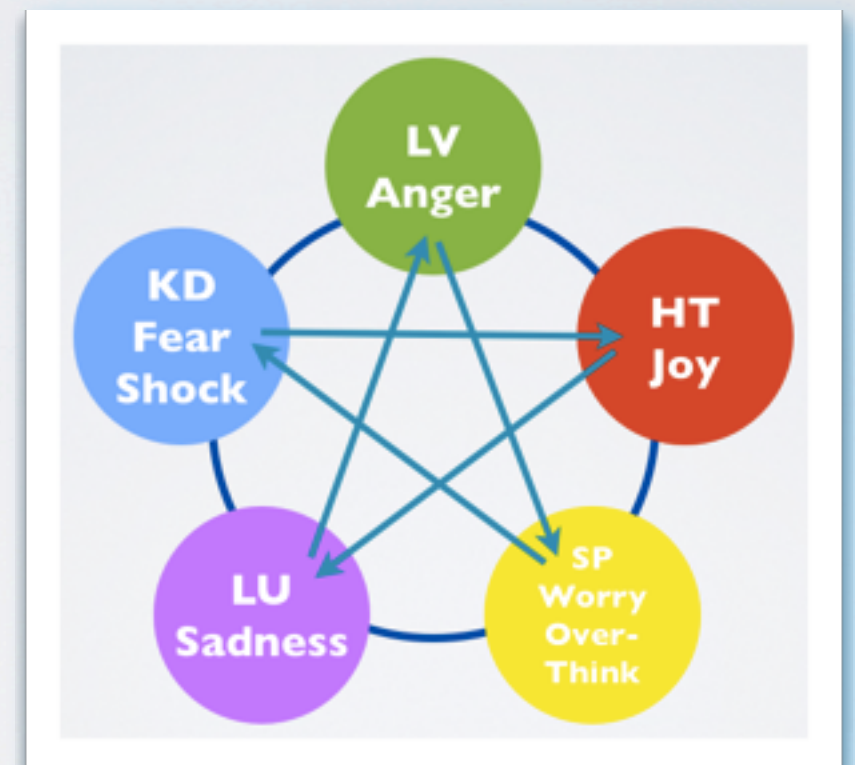
## The 5 personalities - Yin & Yang Organs

### Kidney

- Strong will
- Creative
- Sense of Family
- Receptive
- Reflective

### Bladder

- Jealousy
- Hold a grudge







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