

Energy Therapies Teaching Workshop

Energy Therapies as Innovative Interventions

By

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Needs and Problems:

Lack of preventive interventions and less self care systems led to individual health risk factors and sky high medical costs. Many diseases are the issue of lifestyle.

What are Energy Therapies?

They are energy management and transformation technology to develop human potential for human well-being. They are innovative interventions with preventive, therapeutic and developmental functioning.

Objectives:

To promote human strength through energy systems management and engage in self care interventions for lifestyle changes and well-being promotion

Workshop Content:

Qigong Therapies along other different integrated energy therapies will be introduced for various applications.

Measurements:

Energy sensation, energy level, energy symptoms, strengths, energy systems' harmony are examined and can be recorded as a self-care measurement tools.

Characteristics of Energy Therapies (Advanced Generalist Approach):

Energy therapies have the following characteristics: multi-systemic, multi-model, multi-level, multi-role, multi-theory, strength based, and culturally competency.

Different Energy Therapies with Different Functions:

There are eight different energy therapies and their combination therapy for you and your client's choice. Meditation Therapy, Clapping Hands Therapy, Water Therapy, Diet Therapy, Sound Therapy, Qigong Therapy, Meridian Therapy, Moving Tai Chi and Combination Therapy. These energy therapies have preventive, therapeutic and developmental functioning.

What target individuals and groups are suitable for energy therapies?

During the last twelve years, these energy therapies had been applied to different individuals and fields. These include: couple therapy, family therapy, youth, adults, crime victims, smoking/addiction cessation, depression, anger management, stress management, day camp, trainers' training, ever green (elderly) group, employee assistance programs, strength based practice, and others

Who should participate:

Any social workers or helping professionals who are interested in managing and teaching energy systems for strength and well-being development through self-care approaches. Brand new preventive social work interventions are available for your adoption and application with evidence-based and culturally competent practice.

Douglas K. Chung, MSW, MA, Ph.D., LMSW, is a professor in the School of Social Work at Grand Valley State University in Michigan since 1989. He is the first social work scholar to introduce ancient Chinese Qigong Technologies into human services. He has taught Qigong Therapies courses to graduate students and served as Qigong therapist and master since 1995. Trained as a researcher in mental health, community organization, and family therapy, he has extensive practice and teaching experience and has publications in cross-cultural social work education and practice. He is engaged in building culturally competent models for personal and social transformation through the integration of Energy Therapies in human services. He was one of the editors and authors of *Social Work with Asian Americans*. He is a Qigong Practitioner (since the age of 17), researcher, workshop designer, and conductor for human services. He is the Executive Director of the Asian Center. He has published many books and articles including: Qigong Therapies: A Self Care Approach, and Chinese Social Work in the 21st Century, and is currently writing *Energy Therapies and Meridian Therapies: A Self Care Approach*. He offers various workshops of energy therapies, including Qigong Therapies, Sound Therapies, Meditation, Tai Chi Therapies, Water Therapies, and Group Energy Therapies.