

## **WORKSHOP**

### **Chinese Traditional Five Elements Doctrine Theory and Its Inspiration Psychotherapy**

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For thousand years Chinese people apply the “five elements doctrine” in Yijing (易经) and Chinese medical system. The fact that it became a part of Chinese philosophy reveals its significance in Chinese culture. Although not scientifically-based the evidence that supports the efficacy of Traditional Chinese Medicine (TCM) is slowly accumulating, thus also validating five elements doctrine.

TCM aims a holistic treatment that targets both emotional and physical healing, since it resides on the assumption that the emotions count for the majority of illnesses.

In this workshop;

- ☐ I will introduce the five elements doctrine,
- ☐ offer possible applications for psychotherapy.