



KM Mental Health Certification Program

Specialization in Mental Health Treatment with Korean Medicine(KM=Modernized East Asian Medicine)

***From Interview to Clinical Psychotherapy
Providing Professional & Patient-centered Support***

Goals and Objectives

- To understand what patients with mental health conditions go through
- To learn important KM diagnosis methods for treating mental health conditions
- To understand important concepts provided in KM and to develop personalized counseling methods
- To learn practical meditation methods that practitioners can use for treatment
- To learn how to use psychotherapy methods within KM concepts
- To learn and utilize new fusion treatments of KM and conventional psychology

Target Disorders

- Anxiety disorder – Anxiety disorders are usually accompanied by several psychosomatic problems. These symptoms respond well to East-Asian Medicine treatment methods.
- Mood disorder – Mood disorders are one of the fastest growing mental health problem in the 21st century. It shows good treatment results with counseling and non-pharmaceutical therapies such as meditation.
- Stress disorder – People with stress disorders suffer from insomnia, dyspepsia, and built-in anger. Management in daily life is critical for improving long-term results.
- Addiction, drug abuse – Treatments should focus not only on alcohol and drug abuse, but also on the abusive use of psychotropic drugs that patients come across every day.

Course Description

In the 21st century, mental health conditions have become one of the world's most widespread health concerns. We are too easily exposed to raw emotions related to anxiety, depression, and anger, and the physical symptoms related to these emotions are ever increasing. These mind-body symptoms (heart palpitations, fatigue and lethargy, and sudden heat sensations) accompany the increasing psychiatric disorders, namely, anxiety disorders, mood disorders, and bouts of anger. When patients seek treatment, they acknowledge that they are leading exhausting lives, and seek to gain emotional stability and happiness through professional, sensitive, guiding support. The problem today, is that conventional medicine has only provided support using less than sensitive pharmaceuticals.

One of the most remarkable characteristic of KM treatment is that it emphasizes treatment that reflects on each person as an individual. It also promotes self-healing mechanism that is integral in the management of mental health. These approaches to health conditions have allowed East Asian Medicine to become a very popular complementary treatment method for those seeking mind-related health care.

Acupuncture and herbal medicine that are used with consultation methods based on KM can help provide many solutions to every day mental health conditions. This 'KM Mental Health Certification Program' will teach participants how to identify significant issues, conduct interviews, and provide medical consultations and treatment, along with other important treatment techniques. The lecture and workshop will help participants start incorporating these techniques in their clinics right away.

Characteristics of KM counseling

1. KM Counseling is performed in point of care and aimed to touch on patients' suffering and illness
2. KM Counseling is based on East Asian Medicine & religious principles, to deal with inner conflicts and to help patients embody their desired characters
3. KM Counseling is less focused on psychoanalysis or cognitive-behavioral coaching, and more focused on mindfulness and self-acceptance
4. KM Counseling is conducted alongside important East Asian Medicine treatment principles: developing and enhancing self-healing mechanisms

Course Outline (Total 16 hours)

16 hours NCCAOM PDA credits awarded

When: Oct 6~7(Sat~Sun), 9AM to 6PM

Where: Pacific College of Oriental Medicine-Chicago

Fee: \$

Session 1. Basic mental health lecture

Module 1: Case review of mental health conditions that are frequently seen in the clinic

- In-depth understanding of mental health conditions such as depression, anxiety, and anger issues, using real-life patient cases
- Analysis of patients suffering from mental health

Module 2: Treatment in the clinic

- Description of the most commonly used acupuncture, moxibustion, and herbal treatment
- Medical diagnosis and examination using recently developed clinical practice guidelines (for depression, anxiety disorder, insomnia, hwabyung, dementia)

Session 2. Psychotherapy workshop

Module 1: Meditation

MBSR technique

- Introduction of MBSR the most frequently used meditation-based stress relief program used in American integrative medicine
- Workshop: Breathing meditation, sitting meditation, eating meditation, walking meditation

15-minute meditation using your qi

- Introduction of East-Asian Medicine based qi exercise + meditation program
- Workshop: "Qi-full meditation": Feeling qi, storing qi, and applying qi

Module 2: M&L program

Mindfulness

- Learn to accurately identify what the patient is feeling and going through
- Learn how to teach your patients to confront and identify their physical and emotional conditions and to increase self-awareness of health
- Workshop: Find your pain, and assess your pain objectively

Loving presence

- Let patients identify their useful resources and learn to guide patients overcome their mental health conditions using their own tools
- Workshop: Identify your resources and use your self-healing mechanisms

Module 3: Mind Acupuncture and Interview

Mind Acupuncture

- Fusion acupuncture technique using psychology and traditional acupuncture theory
- Learn and practice mind acupuncture – a method to release inner tensions by tapping the body
- Workshop: EFT, Acupuncture meditation

Basics of KM consultation

- Learn how to use KM consultation methods based on the ideas of Buddhism and Confucianism
- Workshop: Learn to utilize wise teachings from religions and philosophies as themes for counseling in your clinic

Instructors

Prof. Jongwoo Kim

Prof. Jongwoo Kim is a board certified specialist, a popular professor and clinician at the Department of Korean Medicine Neuropsychiatry, Kyung Hee University. He is the author of numerous best-selling books, a prolific academic, and a leading authority in 'hwabyung' – a Korean somatization disorder. He says that his journey and life-long career in the field of Neuropsychiatry was a result of both destiny and endless effort.

His journey in the field of Korean Medicine Neuropsychiatry started with a stroke of fate – an unfortunate accident that happened during his infant years and left him traumatized throughout childhood. The accident happened when he was born with a rare congenital heart disorder that forced him to go through several surgeries in Japan and the USA. Although the surgery was successful, it came with a small sacrifice - a permanent scratch on his vocal cord and an indelible fear that grew bigger with time. During his journey, he learned that fear and anxiety could be overcome using medical advice but most important was the help of the humanities and psychology. East Asian Medicine had all that. It is a thousand-year-old integrated form of medicine that combines both East Asian religion, East Asian philosophy, and conventional medicine, allowing it to handle fear directly but also gently.

When he graduated from college, the department of Korean Medicine Neuropsychiatry was a relatively small department. However, in Korea, modern society has ignited fear and anxiety without providing a social safety net, and patients seeking Korean Medicine to solve their psychological, psychiatric problems continue to grow. The area that he focuses his treatment on is those related to 'hwabyung', and anger problems. He says that unresolved anger naturally leads to anxiety disorders and depression. Thus, as a clinician and academic working in the field of Neuropsychiatry, studying mental health problems related to anger, anxiety, and depression was his prime area of research. For treatment, his main therapeutic modalities were acupuncture and herbal medicine but he soon realized that it was not enough. He found the answer in psychotherapy. Meditation and qigong can be used to enhance the self-healing mechanism. Counseling can set the stage for problem-solving strategies. Developing an integrative treatment program using meditation, qigong, and counseling was a result of his lifelong research in this career.

His other area of research is helping patients find therapies outside of the hospital. As a specialist in East Asian Medicine, he believes nature is one of the best self-healing environments. So in his free time, he enjoys mountain trekking, and frequently provides community lectures on using trekking methods to de-stress from everyday life.

The Children's Memorial Hospital in Chicago, was the place that gave him the chance to live. It was the doctors there that successfully conducted his heart surgery in the 1970s and gave him the opportunity to live and dream to this day.

He is happy to come back to the place that gave him a second life, and to give back everything that he has learned during his journey.

Prof. Hyungwon Kang

Prof. Hyungwon Kang is a professor at the Department of Korean Medicine Neuropsychiatry, WonKwang University and a trainer of M&L (Mindfulness & Loving Presence) psychological therapy. He has great interest in utilizing psychosomatic therapy, an integral part of East Asian Medicine neuropsychiatry, and has been working to carefully untangle, re-interpret, and integrate the various psychological treatments by using East Asian medicine principles.

Today, there are literally thousands of different psychological therapy techniques. However, in order to reach out to patients most effectively, it is important for a therapist to first discover the different strengths (resources) that each patient has. Dr. Kang values using M&L psychoactive treatments because it emphasizes just that - the attitude of the therapist to actively reach out to the patients - and he is using it in his daily clinical practice.

In the clinic, M&L psychotherapeutic treatments combine modern psychology with East Asian Medicine in two ways. One is by making a clinic-friendly program with a manual that has been re-interpreted from the one bequeathed down for thousands of years, and the other is psychotherapy, where the therapist as well as the patient work together to continuously develop and improve the current treatment methods.

In the name M & L (Mindfulness & Loving Presence), "Loving" means literally "to love" and "Presence" means "Presence, Existence, Being, Now, Gift (Present)". "Loving Presence" together can be interpreted as 'being together with love' and 'to actively love the human being that has existed since the very moment of birth'. It is a concept that can be applied widely in psychotherapy clinics based on the important premise that 'people live by love'. This is the attitude that the therapist deliberately tries to see the patient with - the attitude of love, rather than seeing him/her as the object of a problem or a defect. In this relationship, the patient feels a sense of safety and has the courage and strength to open up.

In addition, the field of Loving Presence allows the client to enter a state of mindfulness that will help one reflect on oneself. After self-reflection, the patient is able to confront rising conflicts and existing oppressions that was deeply submerged in unconsciousness, and go on to integrate them harmoniously within consciousness.

Korean Medicine Psychotherapy is not merely a counseling therapy. It is a therapy that maintains the basic framework of psychotherapy and sympathetic treatment using East Asian Medicine approaches (medicine treatment, acupuncture, herbal treatment such as depression). Treatments are focused on working with the patient's internal regularity and encouraging the body to maintain psychological balance.

This lecture will definitely provide a valuable time for participants who want to learn using the neuropsychological approach, which is the key to the healing attitude of the therapist.