SESSION INFORMATION:

ENERGY (KI) MEDITATIONS FOR PROFESSIONAL SELF-CARE

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Session Description (brief, 100 -150 word summary):
There is increasing recognition that health professionals experience burn-out, compassion fatigue, and vicarious suffering. Practical energy meditations, based traditionally in Taoism and modernized in kiology (the study of human energy, ki, also referred to as chi and qi) are restorative practices for both your self-care and to teach to your patients. The therapeutic applications of human energy have been delineated in the practices of Tai Chi, QiGong and acupuncture. In this session, you experience two seasoned masters as they guide you through energy and awareness practices to take home with you and to bring to your work setting.

Learning Objectives (Please note: a minimum of three learning objectives is required):

1. Participants will understand and experience how an awareness practice restores mental energy.

2. Participants will understand and experience how external energy meditation practices, in particular, (1) a breathing energy practice restores physical energy through improving lung function and oxygen intake, and (2) a spinning energy practice releases body tension and strengthens bones.

3. Participants will understand and experience how internal energy meditation exercises, in particular, (1) a standing energy practice restores physical energy and increases intrinsic energy (ki) and (2) a sitting energy practice increases alpha-brainwave neural state, restores emotional energy, and increases intrinsic energy (ki).

Conflict of Interest: There is no commercial interest on the part of either presenter.
References:


