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Traditional Chinese Medicine and Its Application in Psychotherapy

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Traditional Chinese medicine (“TCM”) is deeply rooted in Chinese culture, tradition and philosophy. Because of the combination of culture, tradition and philosophy, TCM is inherently integrative providing patients’ comfort, acceptance and, most important, compliance with the TCM therapy. Treating the target health concern in concert with the patient’s mental state expands the TCM integrative approach. Psychotherapy affords the healthcare practitioner the means to treat the mental state of the patient. Treating the health concern in combination with the patient’s mental state may offer successful outcomes or, perhaps, increase the likelihood for success. Given the well documented ‘placebo effect,’ one cannot ignore the benefits of addressing the mental state of patients for successful treatment outcomes. The challenge arises in acceptance of the foregoing approach for several reasons and this poster presentation also considers how to implement an approach.

Biography

Maryam is pursuing advanced studies at Shanghai University of Traditional Chinese Medicine. She is a licensed psychotherapist. She holds a Doctorate in public administration with emphasis in healthcare administration from University of La Verne. She holds three master’s degrees from National University: Master of Arts in counseling psychology, in human behavior, and in healthcare administration. She was National University’s lead faculty member managing the public administration undergraduate and graduate programs. She was chief executive officer for a San Diego community clinic. Maryam is executive director and founder of the Cancer Coping Center. She has published articles in peer-reviewed journals and was keynote speaker at various international conferences.

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