4 Locations for 2006 Classes!

A Workshop
For Psychotherapists

BREATHEING LIFE INTO
PSYCHOTHERAPY:

Integrating an
Eastern Mind/Body
Approach to
Western
Psychotherapy

Patrick Dougherty, M.A., L.P.

Carondelet Center, St. Paul, MN
Saturday April 1, 8:30am - 4:45pm

Comfort Inn and Conference Center,
Rochester, MN
Friday April 7, 8:30am - 4:45pm

Spring Forest Healing Center,
Minneapolis, MN
Friday April 14, 8:30am - 4:45pm

www.breathingqigong.com

CEU's approved by the MN Boards of Psychology, Social Work, and Licensed Marriage and Family Therapy
The Ancient Chinese Tradition of Qigong

While the research on stress and its neurological and physiological implications is relatively recent, some interventions for them, at least the simplest and most immediate, have been used for centuries -- breathing and imagery. Many of the traditions of the East have prescribed natural breathing, a slow, deep, quiet breathing, as the simplest and most direct way to help people relax their body and quiet their mind. It is believed that in just one breath a person who knows natural breathing can begin to redirect their body and mind. Then using imagination to visualize positive or healing images increases the benefit of natural breathing.

Qigong, (pronounced chi-gong) comes out of China and the Taoist philosophy and is one of the oldest of these traditions. Spring Forest Qigong (SFQ), which has three central components, breathing, imagery and a few simple body postures, is one of the simplest to learn. Learning the practice of SFQ enables a therapist to teach the use of these breathing and imagery skills to clients. The client then can use these skills to respond to their acute therapeutic issues and also to have better coping skills they can use in their entire life. Practicing SFQ also helps the therapist to stay balanced, both mentally and physically, and consequently to know better when and how to use breathing and imagery as interventions.

Instructor:

Patrick Dougherty, M.A., L.P., is a licensed psychologist with nearly 30 years of experience. Coming from a tradition that focused on the mind, he has spent the past 15 years learning about the connection between mind and body, coming to understand how physical and mental health are intrinsically linked. He has studied and practiced forms of energy work (meditation, tai chi, and others) before becoming a qigong practitioner. He has studied with Master Lin since 1996 and has been teaching Spring Forest Qigong since 1997.

Workshop Objectives:

♦ to be able to describe the physiology related to breathing and how stress effects it.
♦ to be able to demonstrate four simple breathing techniques well enough to teach clients.
♦ to be able to describe the research on breathing and imagery and its efficacy with mental health problems.
♦ to be able to prescribe client specific uses of imagery and visualizations.
♦ to be able to compare a Chinese mind/body approach to mental health problems with approaches from our Western culture.
♦ to be able to define how the therapist can use their breath as a therapeutic tool.
♦ to know the seven exercises of Spring Forest Qigong well enough to practice them on your own.

For more information and directions visit our website at: www.breathingqigong.com, or call Patrick at 651-646-9638
Directions to Classes:

Minneapolis Class:

Spring Forest Healing Center, (www.breathingqigong.com)
6311 Wayzata Blvd., St. Louis Park. On the South side of 394 on the frontage road.
From everywhere: Get off on the Louisiana Ave. exit of 394 (about 2 miles West of Hwy. 100). On the South side of the bridge there is a frontage road (Wayzata Blvd.) Go East (left). Building about three blocks from there.

St. Paul Class:

Carondelet Center, (www.carondeletcenter.org)
1890 Randolph Ave., St. Paul, just East of St. Catherine’s College, driveway entrance marked “CSJ - Sisters of St. Joseph of Carondelet.”
From Mpls on I-94. Take Cretin-Vandalia exit. Go South (right) about two miles to Randolph Ave. Go East (left) on Randolph Ave. After crossing Cleveland Ave. take first driveway on right after one marked “Gate 5.”
From Mpls on 494: Go East on Hwy. 5 to Edgecumbe exit. Follow Edgecumbe and it becomes Fairview Ave. Follow Fairview to Randolph Ave. Go West (left) on Randolph and take second driveway on left.
From St. Paul on I-94: Take Snelling Ave. exit and go South (left) about 2 miles to Randolph Ave. Go West (right) on Randolph. After crossing Fairview Ave. take second driveway on left.

Rochester Class

La Quinta Inn (Formerly Comfort Inn and Conference Center)
1625 So. Broadway
From 52 on West side of Rochester exit at 16th St. So., go East to Broadway, turn right.
From I-90 exit at 63 North, that turns into Broadway, turn left on 16th street to driveway.
From 52 on South side of Rochester exit at Broadway and go north to 16th Street, turn left to driveway.

Duluth Class

St. Luke's Hospital, 915 E. 1st St (www.slhduluth.com)
On 1st Street, between 9th and 10 Ave East, 1 mile east of downtown

Cost and Registration

Cost
Cost is $150, except for all day St. Paul class which is $157 (vegetarian lunch is included.). Early registration is $130 (or $137 for St. Paul all day) if mailed 10 days before a class.

Sorry, but we cannot accept credit cards.

There is an optional but very helpful booklet, which you are encouraged to purchase, available at the class for $16.

Make checks payable to: Patrick Dougherty and mail to Breathing Life Workshop, 5900 Ridgewood Rd., Mound, MN 55364

☐ Check which workshop you wish to attend
   All classes will be from 8:30 am - 4:45 pm

☐ St Paul, MN Saturday April 1
   Classes at the Carondelet Center, 1890 Randolph Ave.

☐ Rochester, MN Friday April 7
   Classes at the Comfort Inn and Conference Center, 1625 So. Broadway

☐ St. Louis Park, MN Friday April 14
   Classes at the Spring Forest Healing Center, 6311 Wayzata Blvd.

☐ Duluth, MN Saturday April 22
   Classes at St. Luke’s Hospital, 915 E. 1st St.

Name:
Address
City/State/Zip
Phone # E-Mail

To contact you in case class is full

CEU’s: Social Workers; 7 for all day classes, Marriage and Family Therapists; 7 for all day classes, Psychologists: 6.5 for all day classes.