QIGONG / TAI CHI FOR EMOTIONAL REGULATION
An approach to adolescent treatment for anxiety, depression, ADHD, aggression and explosive behavior.
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FIRST PRACTICE
• GATHERING QI TO THE DANTIAN (CORE)
  • Stance: front foot forward a step and turned in 3°, back foot to the side ½ step and turned in 30°.
  • Reach out, extending arms and hands, shifting wt. forward (exhale).
  • Rotate hands, making a fist as you bring hands back to your center, shifting wt. to the back foot (inhale).
  • Pause and repeat, while having the intention of bringing the Qi into your core.

MY JOURNEY (quick!)
• Borderline Diabetic, 1988 to Borderline Diabetic, 2015
• School Social Worker – Public Schools
  • Students struggling with regulation and getting expelled
• School Social Worker – Covenant House Academy
  • Students embraced at school but in and out of incarceration
  • Students embraced at school but not maintaining employment
  • Students struggling to maintain focus and make progress
• Teen retreat with iBme
• Mindfulness, Qigong and Taiji class for at risk youth
SECOND PRACTICE

- GRAND OPENING AND CLOSING
  - Stance: feet are parallel and slightly more than shoulder width apart, toes pointed out slightly.
  - Raise the body up as the arms open up and out to the sides as if you are pushing the water away from the body. Chest opens as far as comfortable. (Inhale as you imagine yourself getting larger.)
  - Lower the arms, making a fist as the arms come in toward the body, closing the chest. Arms cross. (Exhale as you imagine yourself getting smaller.)
  - Repeat, rotating the wrists out as you prepare to open the arms and chest, raising your body.

DEFINITION OF QIGONG and TAIJI

- Qi = energy or vital life force
- Gong = to work or cultivate
- Qigong = to work the energy
- Taiji or Tai Chi = Grand fist or an internal martial art designed as a choreographed series of Qigong movements.

QIGONG

<table>
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<th>Static</th>
<th>Dynamic</th>
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<td>Standing Meditation</td>
<td>Tai Chi form</td>
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THIRD PRACTICE

- CIRCULATING THE QI
  - Stance: front foot forward a step and turned in 3°; back foot to the side ½ step and turned in 30°.
  - Reach out, extending arms, shifting wt. forward (inhale).
  - Circle arms back and down, shifting wt. to the back foot.
  - Inhale as you have the intention of pulling the energy from the earth up through your body.
  - Arms pull up until they reach the shoulders, rotating hands extending out from the shoulders.
STRUCTURING THE GROUP

Prepare:
- Start with meditation practice demo – Jus Tme Youtube
  - https://youtu.be/cpEaYOxKIA0
- Slow to Smooth * Smooth to Fast * Fast to Power
  - Share the concept of not a quick fix or magic
  - Internal martial art
- Self-report Survey

STRUCTURING THE GROUP

The Start:
- Definitions of Qigong and Tai Chi
  - Energy stick demonstration of the circular nature of energy - Amazon.com
- Talk a little about the brain –
  - Sympathetic – Fight/Flight (get ready for the attack)
  - Parasympathetic – Rest/Rebuild (process and plan)

STRUCTURING THE GROUP

Sequence or order:
- 10 Minutes of Qigong
- 15 Minutes of Mindfulness instruction and practice
- 10 Minutes of Qigong/Taiji
Some Important Principles

- The flow of Qi:
  - Rooted in the feet
  - Energized in the legs
  - Controlled by the center
  - Expressed by the hands

- Cultivation and filtering of Qi:
  - (Re)store energy in Dantian or Core
  - Energy released from the Core is more effective/efficient

- Body Alignment:
  - Head lifted up, shoulders relaxed, hips neutral, maintain 5 bows
  - Upper body, light/ lower, body heavy
  - Work to sink the breath (and Qi) to the Dantian

FORTH PRACTICE

- ORGAN OR ENERGY WASH
  - Stance: feet are parallel and slightly more than shoulder width apart, toes pointed out slightly.
  - Arms open up and out to the sides as if you are gathering energy up in your arms. Chest opens as far as comfortable. (Inhale as you open and raise your body.)
  - Arms go up and over your head as you raise up.
  - Palms rotate into a downward motion coming together in front of your body as you start to sink. (Exhale as you have the intention of pushing the energy through your body, washing all or your organs.)
  - Repeat several times.

QIGONG PRACTICES

- Collecting Qi to the Dantian (core)
- Grand Opening and Closing
- Circulating the Qi
- Wash the Organs or Energy Wash (end with)
- **Seal the Energy** – placing hands on the core, rotate hands in a circular motion one directions and then the other direction.
OTHER TOOLS

- TAI CHI STICK OR BANG

- Jesse Tsao DVD

RECOMMENDED RESOURCES


- Center for Taiji and Qigong Studies – http://centerfortaiji.com

- Taijiquan: The Art of Nurturing, The Science of Power, Dr. Yang Yang, 2005

- Evidence-based Taiji and Qigong Program DVD
  - Dr. Yang Yang

RESEARCH!


- Stress management in children: a pilot study in 7-9 year olds, J Dev Behavioral Pediatrics. 2014 Feb-Mar; 35(2): 144-7 (“Our research illustrates how children can incorporate techniques that help them cope with stressful moments and reveals the effectiveness of this experience in reducing cortisol levels. This study contributes to the understanding of how mind-body integration practices and social connectedness can be helpful in reducing chronic stress...”)
The physical activity and life healing in psychiatric patients: Taijiqun as an example, Hu Li Za Zhu. 2014 Aug; 61(4): 46-55 ("...Taijiqun facilitated body relaxation, heightened perception, and postural balance. Consequently, this exercise stabilized the mood, disease status, and capacity for handling interpersonal relationships of participants and consequently may enhance their long-term life quality and disease recovery status. Results of this study recommend strongly that Taijiqun be included as a therapeutic activity for psychiatric patients to improve their health, healing, and recovery.")