

**COURSE 3: Prevention
Medicine, Self Treatment &
Early Intervention with
Chinese Medicine**

**Student Interactive
Workbook**

**SESSION 5: Mental Health in
Chinese Medicine: Self
Treatment Strategies**

Learning Outcomes for SESSION 5: Mental Health in Chinese Medicine: Self-Treatment Strategies

By the end of this 3-hour class, participants will be able to:

1. **Review the foundational concepts of Chinese Medicine relating to the five elements, emotions and Spiritual resources:** Describe the Five Elements in the Generating (Sheng) and Controlling (Ke) cycles, their relationships to the 7 Emotions, and the spiritual resources (Five Shen) such as Shen, Hun, Po, Yi, and Zhi, including how imbalances affect mental health.
2. **Identify and apply key acupuncture points for emotional regulation with acupressure techniques:** Learn 12 primary acupuncture points used to address specific emotions like anxiety, grief, anger, and overthinking, including their mechanisms in calming the mind, moving Qi, or nourishing organs.
3. **Understand and utilize Sun Si Miao's Ghost Points for self-treatment:** Explain the concept of the Ghost Points, identify some points useful for self-treatment strategies.
4. **Develop targeted treatment strategies for common mental health issues:** Select and combine 2-5 acupuncture points to address conditions such as panic attacks, grief, Heart-Kidney disharmony (for sleep and mental health), depression, anger/resentment, and feelings of stagnation in life, while considering safe self-application methods.

References for this class:

(Rossi, 2007) (Ross, 1995) (Mojay, 2000) (Deadman, Al-Khafaji, & Baker, 2007)

REVISE : THE FIVE ELEMENTS

Draw the five elements in their generating and controlling cycle:

See if you can fill in this table without looking at the next page!

ELEMENT	Key Emotion(s)	Spiritual Resource
WOOD		
		Shen
	Pensiveness (Worry /Overthinking)	
METAL		
WATER		

Spiritual Resources of the Elements (Five Shen)

The Five Shen are ethereal aspects residing in organs, governing mental-spiritual health.

Shen (Fire/Heart):

Hun (Wood/Liver):

Po (Metal/Lungs):

Yi (Earth/Spleen):

Zhi (Water/Kidneys):

Acupuncture Points for Emotions

Present 12 key points (top from research), focusing on self-acupressure where applicable. Include diagrams. For each: Emotions helped, description/dot points on how/why it works (based on TCM theory: Calms Shen, moves Qi, etc.). Advise consulting a practitioner for needling.

1. **Yintang (EX-HN3, Third Eye):** Helps anxiety, stress, overthinking. - Calms the mind by clearing mental fog; promotes clarity and tranquility; often used for insomnia related to worry.

YINTANG (M-HN-3)

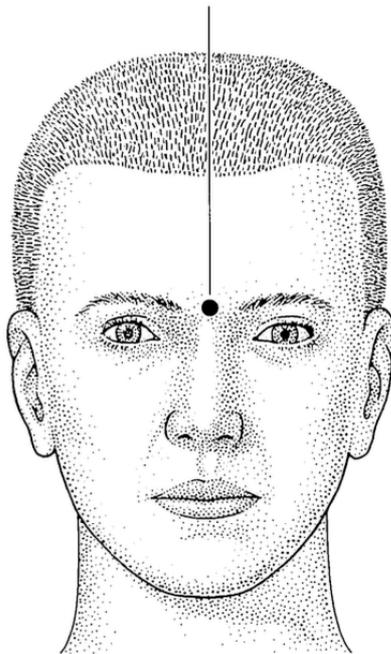
Hall of Impression

LOCATION

At the glabella, at the midpoint between the medial extremities of the eyebrows.

印堂

Yintang (M-HN-3)



(Deadman et al., 2007)

2. **Baihui (GV20, Hundred Meetings):** Helps anxiety, depression, mental fatigue. - Lifts Yang – for both physical yang deficiency and lack of yang -> Flat emotions (sadness, depression, lack of drive) . can also send floating yang down – helpful for overthinking/overwhelmed by thoughts

BAIHUI DU-20

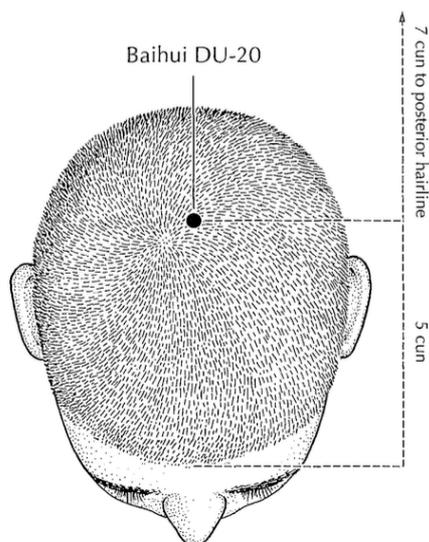
Hundred Meetings

百會

*Meeting point of the Governing vessel with the Bladder, Gall Bladder, Sanjiao and Liver channels
Point of the Sea of Marrow*

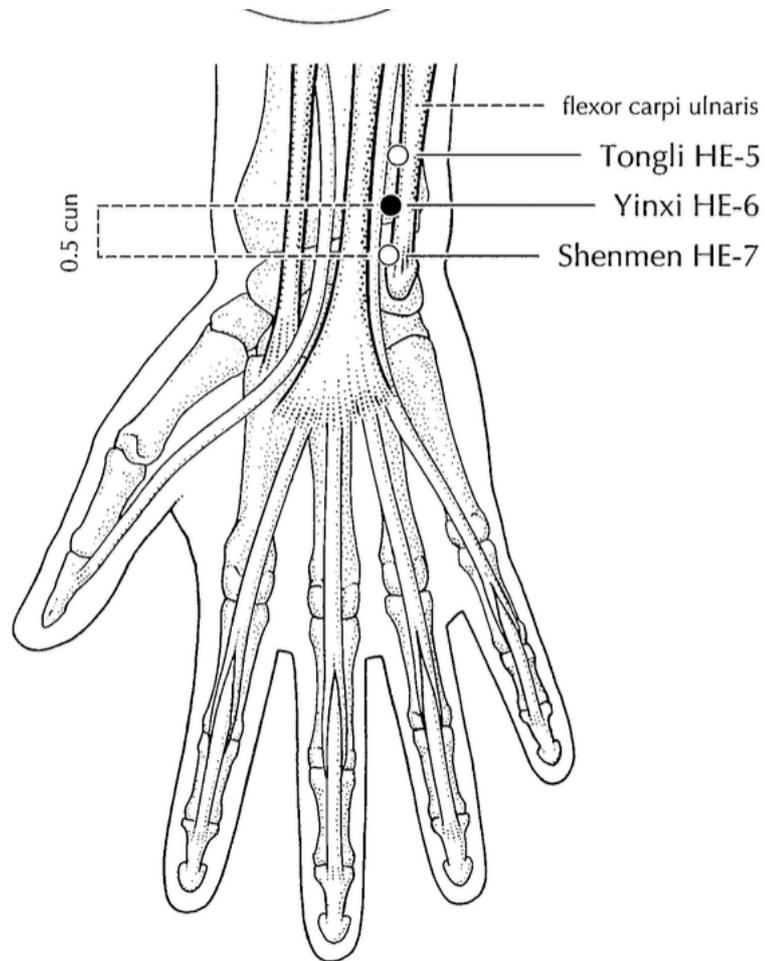
LOCATION

At the vertex on the midline, in the depression 5 cun posterior to the anterior hairline and 7 cun superior to the posterior hairline. This point may also be measured as 8 cun posterior to the glabella and 6 cun superior to the external occipital protuberance.



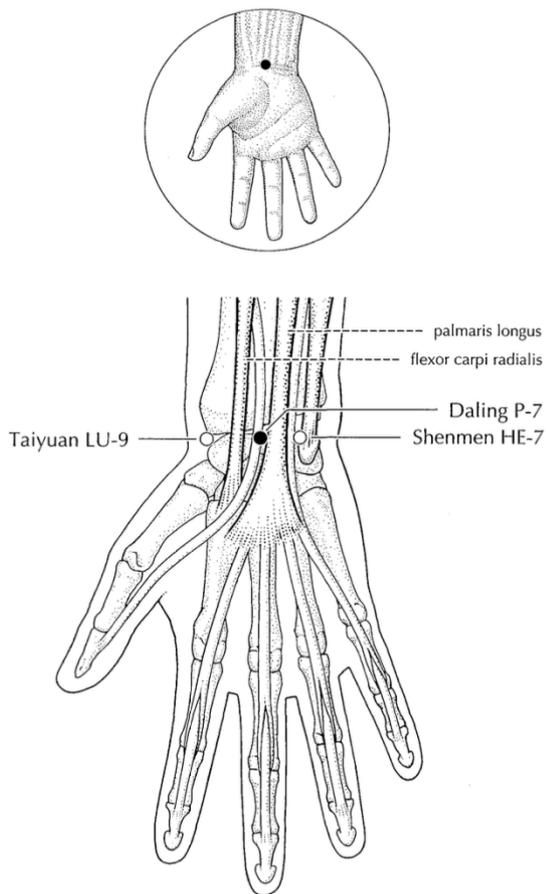
(Deadman et al., 2007)

3. **Shenmen (HT7, Spirit Gate):** Helps anxiety, heartbreak, insomnia. - Nourishes Heart Qi; calms Shen; relieves emotional stress like worry or grief.



(Deadman et al., 2007)

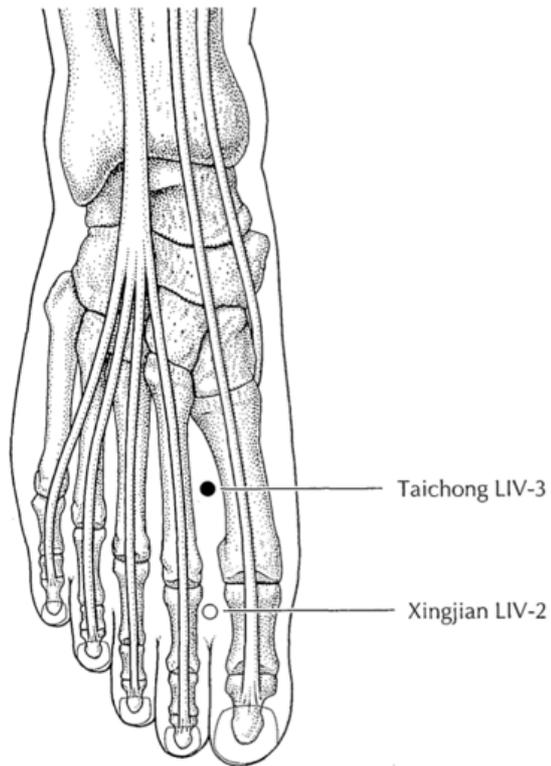
4. **Daling (PC7, Great Mound):** Helps heartbreak, anxiety, racing thoughts, vexation. - Clears heat from the Pericardium to alleviate Shen disturbances and emotional agitation; calms the mind by drawing the heat away from the pericardium, that leads to vexation and racing thoughts; specifically aids in healing a broken heart from relationship issues by restoring emotional balance and quieting psycho-emotional disorders.



(Deadman et al., 2007)

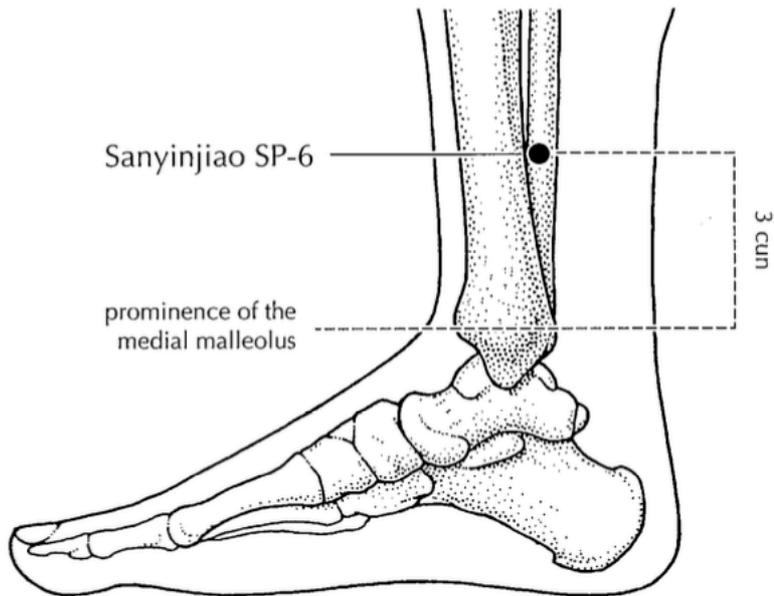
5. **Taichong (LV3, Great Surge):** Helps anger, resentment, mood swings. - Smooths Liver Qi; releases frustration; balances emotions tied to stagnation.

Particularly good for hormonal related anger (Wood Element /Liver connection to the Uterus/Women's menstrual cycle)



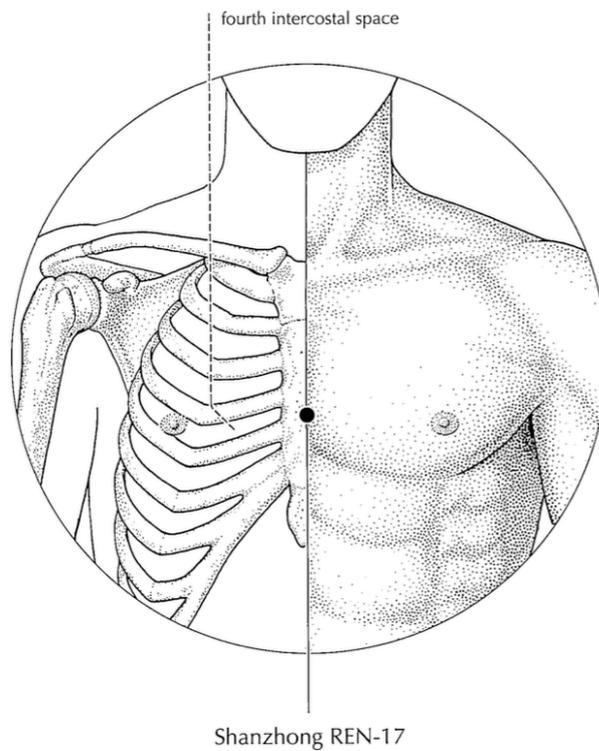
(Deadman et al., 2007)

6. **Sanyinjiao (SP6, Three Yin Intersection):** Helps worry, overthinking, anxiety. -
Tonifies Spleen/Kidney/Liver; calms mind; supports emotional resilience.
- **Any blood / yin / yang deficiency type of pattern that has an emotional aspect**



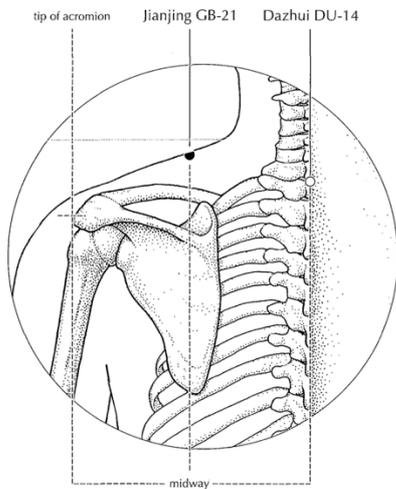
(Deadman et al., 2007)

7. **Shanzhong (CV17 or Ren 17 - Chest Center):** Helps grief, heartbreak, anxiety. -
Regulates emotions; opens chest Qi; promotes inner peace.
- **Can incorporate with Ren Channel downward massage towards Ren 12 and to Ren 8**



(Deadman et al., 2007)

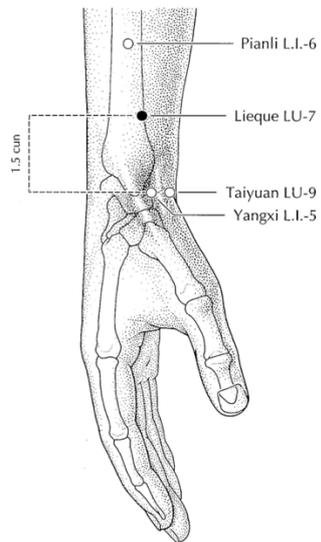
8. **Jianjing (GB21, Shoulder Well):** Helps anger, frustration, stress. - Descends stuck Qi; releases shoulder tension from resentment; calms irritability.



(Deadman et al., 2007)

- Note covered in previous week for pain

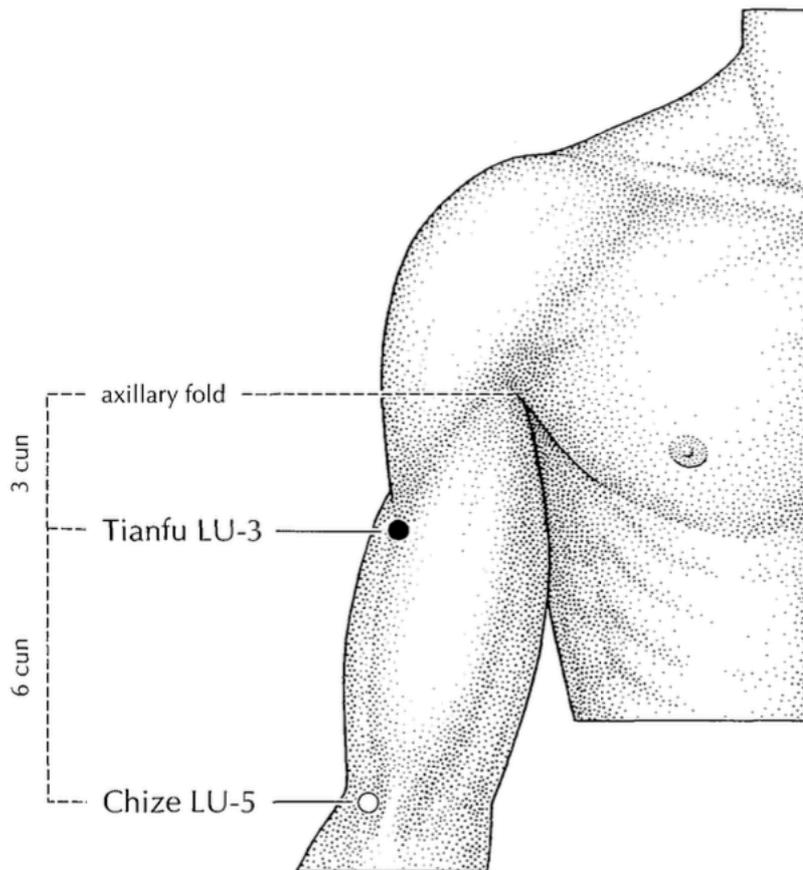
9. **Lieque (LU7, Broken Sequence):** Helps grief, sadness, despondency. - Strengthens Lung Qi; releases emotional heaviness; boosts defensive Qi for low energy.



(Deadman et al., 2007)

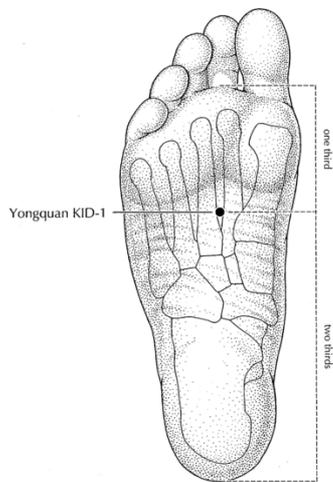
10. **Tianfu (LU3, Heavenly Palace):** Helps grief, loss. - Clears Lung stagnation; aids processing sadness; supports emotional release.

“Somnolence, insomnia, sadness, weeping, disorientation and forgetfulness, floating corpse ghost-talk, melancholy crying ghost talk” (Deadman et al., 2007)

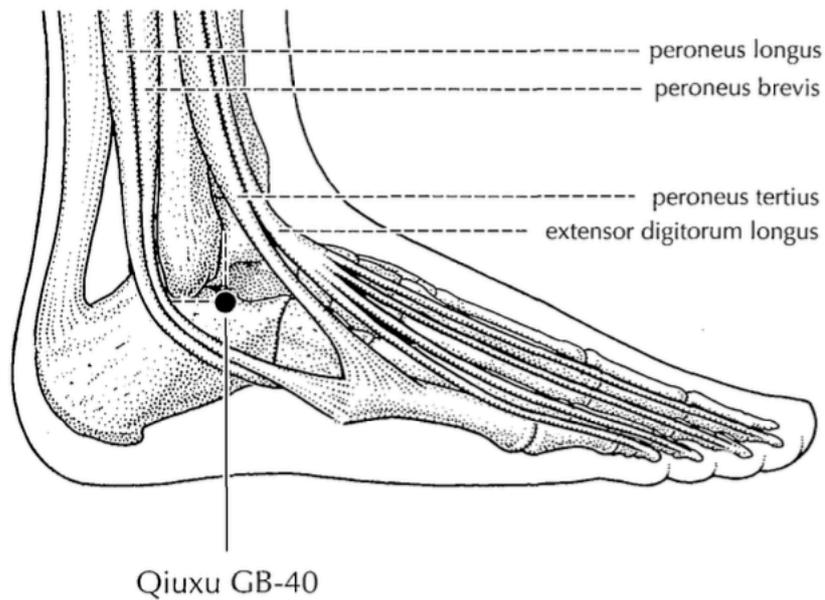


(Deadman et al., 2007)

11. **Yongquan (KD1, Bubbling Spring)**: Helps fear, anxiety, not moving forward. -
Grounds energy; nourishes Kidney essence; stabilizes for panic or stagnation.



12. **Qiuxu (GB40, Hill Ruins):** Helps indecisiveness, timidity, depression, lack of direction.
- As the Yuan-Source point of the Gallbladder, it directly strengthens and tonifies Gallbladder Qi to enhance courage, assertiveness, and decision-making abilities; resolves Liver Qi stagnation that contributes to moodiness, sighing, and emotional timidity; stimulates the Ethereal Soul (Hun) for greater mental clarity and purpose in life, particularly effective for Gallbladder deficiency manifesting as fearfulness, insecurity, or inability to initiate action.

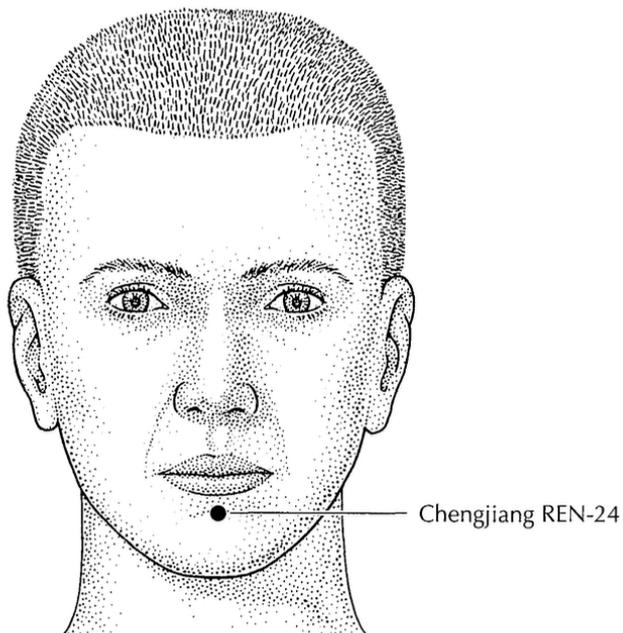


Ghost Points of Sun Si Miao

Possession vs obsession:

GHOST POINTS TO USE FOR SPECIFIC EMOTIONAL /TRAUMA /LIFE CHANGES:

Ghost Market – Ren 24 (CV24)



(Deadman et al., 2007)

Notes on how to use this point:

Ghost points used together:

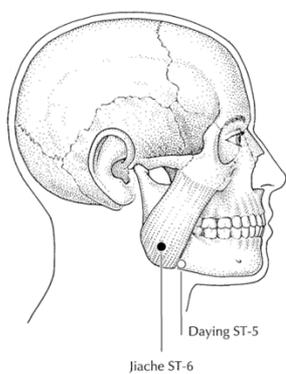
Trinity for substance addictions: Third Trinity (ST6 Ghost Bed, Ren24 Ghost Market, PC8 Ghost Cave).

- ST6: Self-destructive tendencies;

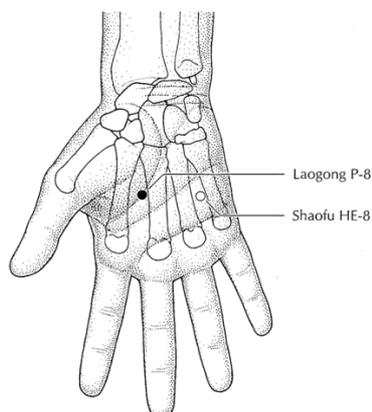
PC8: Acknowledging true self;

Ren24: Hidden addictions. Used for alcoholics/addicts to reignite inner fire without substances.

STOMACH 6:



Pericardium 8:



(Deadman et al., 2007)

Targeted Treatments

The following are some fo the combinations that can be used for self acupressure.

Can also Combine with breathwork /breathing exercises, meditation, potentially use of moxibustion or essential oils.

Panic Attacks:

Grief:

Heart and Kidney not communicating:

Depression/Despair:

Anger /Resentment /Frustration (Liver Qi stagnation → liver yang rising)

Feeling stuck, or unable to move forward:

Stimulate creativity when you are depleted (yang/qi/blood deficient)

Tonify Water to generate wood:

Tonify Earth to control water to generate wood:

HERBAL MEDICINE /FOOD HERBS:

Bai He – Lilly Bulb

References for this workbook and course content:

- Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.
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- Rossi, E. (2007). *Shen: Psycho-Emotional Aspects of Chinese Medicine* (first ed.): Elsevier Health Sciences.