

BERNHARD TRENKLE

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Workshop (1h30) **Title: The Chinese Chest**

AFFILIATIONS : Institut Milton Erickson à Rottweil ; ISH, Milton Erickson Gesellschaft für klinische Hypnose MEG

OBJECTIFS : presentation of an intercultural therapeutic tool that has been developed in collaboration between Chinese and German therapists

Title: The Chinese chest

Western and Chinese psychotherapists are in active contact with each other. In China, rapid social change and the traumatic wounds of the Cultural Revolution created a great need for professional help. In turn, traditional Chinese approaches fertilize western psychotherapy with valuable concepts.

Tianjun Liu, director of the Qigong Research Laboratory at Peking University, recognized the therapeutic potential of a traditional Chinese relaxation technique. Bernhard Trenkle was also surprised by its high effectiveness. Both developed this technique further and combined it with other approaches.

The Chinese Chest can be used for a variety of problems and goals, including stress and burnout prophylaxis, pain, psychosomatic complaints, concentration problems, sleep and trauma sequelae.

In this workshop you will learn the original chinese version and the modified version of Bernhard Trenkle using additionally bifocal-multisensory techniques. The techniques will be demonstrated, explained by case examples and trained in an experiential part of the workshop.

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KEY WORDS : Chinese relaxation technique, contribution of other techniques such as bifocal and multisensory techniques

CV:

Bernhard Trenkle, Dipl.Psych., Dipl.Wi.-Ing.;

Director of the Milton Erickson Institute in Rottweil, President of the International Society of Hypnosis 2018-2021 and 1996-2003 1st Chairman of the Milton Erickson Society for Clinical Hypnosis MEG.

Member of the Board of Directors of the Milton Erickson Foundation USA. 1999 Live Time Achievement Award from the Milton Erickson Foundation and many other awards.

Organizer of several international psychotherapy conferences, including the Evolution of Psychotherapy Conference 1994 in Hamburg with 6000 participants.

Author of the HaHandbook of Psychotherapy, a bestselling joke book that has been translated into several languages.

Author and editor of several other books on hypnotherapy including the 6-volume German edition of Milton Erickson's Collected Writings.