

### **Mary Garvey - Abstract:**

In the Chinese medicine clinic, our consultations frequently touch on, or focus on, the client's 'psychological' state. As the study of the conscious and unconscious mind, its functions, behaviours, feelings and thoughts, psychology in the West is a fairly recent discipline, just over 100 years old. Similarly in Chinese medicine, psychology has only recently been recognized as an important branch of practice, although its roots – its classical terms, concepts, categories and treatments – are very old indeed. This talk is based on our book, *Chinese Medicine Psychology*, where Professor Qu and I present a comprehensive introduction to the theory and practice of Chinese medicine psychology.

Every person's life story and current health conditions will include information not only on their physical and physiological state, but also signs and symptoms reflecting their mental activities and emotional responses. Whether the client's priority is physical or psychological wellness, a deep understanding of Chinese medicine theory allows us to navigate and interpret these sometimes complex presentations. Our clinical interpretations guide diagnosis, and accurate diagnosis is the key to successful treatment. The talk will begin with an overview of Chinese medicine psychology theory, and include a discussion of cases to illustrate appropriate treatment strategies.