

Cecilia Chan / Lai Ping Yuen

Empowerment Exercises for Grief

Bereaved persons often report symptoms of insomnia, fatigue, pain, loss of appetite, easily in tears and feeling anxious all the time. These symptoms would subside given time to heal and recover. However, grief symptoms are distressing. It would be desirable if there can be alternative methods to cope with losses and grief. This workshop will share evidence-based practices with the origin of Traditional Chinese Medicine, meridian concepts and Daoism.

Daoism promotes meditation and qigong practices, healthy lifestyle and diet as well as a relaxed and easy going mental attitude towards ups and downs in life. The search for balance and harmony is through a deep appreciation of nature and the forces in the universe. Health practices can be translated into five aspects of healthy diet in line with the seasons, physical exercises through daily qigong practices, Daoist meditation in the morning and the evening, healthy lifestyle and diet, as well as harmonious relationships with men and the universe.

Systematic review of the literature on Chinese qigong exercises and grief issues will be shared. By a ten movement qigong exercise and meditation practice, Dr. Yuen and her team conducted a randomized control clinical trial on qigong and found that this Daoist exercise qigong can significantly reduce fatigue and pain, improved sleep and emotional wellbeing of patients of chronic fatigue syndrome as well as cancer. Participants will be able to join in experiential activities during this one day workshop. Please put on comfortable sportswear and sports shoes to the workshop.



Professor Cecilia Chan is Si Yuan Chair Professor of Health and Social Work, Department of Social Work and Social Administration, the University of Hong Kong. Professor Chan is a world expert in integrative body-mind-spirit intervention to empower persons through bodily exercises, movement, meaning-focused reflections and search through meaning of suffering and pain. She develops innovative practices for coping with grief and loss. Her intervention can bring about improvements in physiological markers in the body.



Dr. Lai Ping Yuen is Director of the Traditional Chinese Medical Centre, Chairman of International Association for Health and Yangsheng, President of International Association of Chinese Medicine. She is also Honorary Clinical Consultant of the Hong Kong Oncology Center as well as Honorary Clinical Consultant of the Centre on Behavioral Health, the University of Hong Kong. Being trained as a Daoist Medicine healer, Dr. Yuen developed exercises and meditative practices that have been proven to enhance the immune system and resolve grief.