

# WORKSHOP 7

**DATE: 20/09/2023**

**TIME: 11.00 AM**



**SINOSOMATICS**

## **In the borderland between body and mind – exploring the science of sinosomatics**

105 minutes

*Sinosomatics is a therapeutic method blending Traditional East Asian medicine and Western psychotherapy. It combines acupuncture and related techniques with elements from hypnotherapy, mindfulness and body psychotherapy. Sinosomatics uses targeted somatosensory stimulation to affect symptoms, sensations or mental images that emerge during the session, making it a crucial treatment for trauma-related and psychosomatic disorders. Sinosomatics takes a phenomenological approach, combining ancient and modern knowledge for an intuitive understanding of traditional concepts. Scientific studies have demonstrated its effectiveness for endometriosis and fertility issues. The workshop includes an introduction, self-awareness exercises, and a review of published and ongoing research studies on sinosomatics.*

1. Introduction - The past, present and future of sinosomatics (Schweizer-Arau, Beissner, 15 min)
2. Working with the felt body - A tribute to Hermann Schmitz (Beissner, 20 min)
3. Self-awareness exercise: 'Placing into hands' (Schweizer-Arau, Beissner, 10 min)
4. Voices of healing - Insights from qualitative studies on sinosomatics (Beissner, 20 min)
5. The neuroscience of sinosomatics - Results from a brain imaging study (Beissner, 20 min)
6. Questions, answers and dialogue with the speakers (Schweizer-Arau, Beissner, 20 min)

## Speakers



**Prof. Dr. Florian Beissner**, Insula Institute for Integrative Therapy Research, Aronstabweg 2, 30559 Hannover, Germany

**Dr. Annemarie Schweizer-Arau**, MSc. TCM, Insula Institute for Integrative Therapy Research, Aronstabweg 2, 30559 Hannover, Germany