

## PRAISE FOR CHINESE MEDICAL PSYCHIATRY

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Bob Flaws and James Lake have produced a masterpiece. While maintaining integrity to the paradigm of TCM, the authors provide an abundance of clinically relevant Western medical information on the diagnosis and treatment of mental-emotional disease. Of even greater importance is their presentation of pattern discriminations, treatment principles, and treatment protocols for Western psychiatric disorders. This text represents a landmark contribution to the professional literature of TCM.

—**Steve Erickson**, Lic. Ac., Dipl. Ac.  
Assistant Professor, Northwestern Health Sciences University

*Chinese Medical Psychiatry* is an excellent addition to the textbook sources on the treatment of diseases with traditional Chinese medicine. This book advances the high standards that Blue Poppy Press has established over the last decade for publication of top quality clinically oriented books on TCM. The book's authors, Bob Flaws and James Lake, have made a significant contribution in writing this fine work on an area of Chinese medicine that, heretofore, has received too little attention. *Chinese Medical Psychiatry* establishes a new high standard for clinical texts on the often challenging and vitally important speciality of psychiatry from the perspective of Chinese medicine. I welcome the publication of this book and look forward to utilizing it in my clinical practice.

—**Charles May**, M.D., D.O.M., Dipl. Ac. & C.H.  
Diplomate, American Boards of Family Practice & Emergency Medicine  
Instructor & former Board Member, American Academy of Medical Acupuncture

Psychiatric diseases are among the most commonly encountered illnesses in the American practice of Chinese medicine. Finally, there is a book that comprehensively details the Chinese medical treatment of psychiatric illnesses. Thoroughly researched in the Chinese medical literature, based on Bob Flaws's many years of clinical experience, augmented by research references and case histories, and enhanced by psychiatrist James Lake's succinct and practical Western medical information, this book sets new standards in the understanding and treatment of psychiatric diseases with Chinese medicine.

—**Simon Becker**, Dipl. Ac. & C.H.  
Author of *A Handbook of Chinese Hematology*

It is refreshing to see authors courageous enough to take on this subject. The treatment of mental illness by TCM is a topic long overdue for discussion. It is also a topic historically much avoided by TCM schools and practitioners. This is a gem of a book! It is all here – from frequent joy and lily disease to schizophrenia and bipolar disorder. The chapter on depression and the abundance of abstracts and case histories accompanying each disorder are reasons enough to have this book in your library.

—**Lynn Kuchinski**, M.I.M., Lic. Ac., Dipl. Ac. & C.H.  
Author of *Controlling Diabetes Naturally with Chinese Medicine*

Finally! This invaluable comprehensive resource on the TCM treatment of mental-emotional conditions has been needed in our libraries for too long. This book is sure to help bridge the gap between Western psychiatry and Chinese medicine and become an essential contribution to the treatment of these difficult conditions. A must for any practitioner of Chinese medicine interested in understanding the TCM treatment of psychiatric disorders as well as for every Western psychiatrist eager to gain insight into Chinese medicine.

—**Rosa Schnyer**, L. Ac.  
Research specialist, University of Arizona Department of Psychology  
Author of *Curing Depression Naturally with Chinese Medicine*

*Chinese Medical Psychiatry* fills a nagging void in the English language literature on both the treatment of mental disorders and the nature of the psyche in TCM. Despite the popularity of these subjects within our field, there has been a dearth of rigorously translated information on this topic. This has led to many uninformed attempts to draw parallels between Western psychoanalytic models and TCM theories which have no basis in actual Chinese texts. Bob Flaws and James Lake cut through to the crux of this issue when they explain the evolution of and confusion surrounding the different historical usages of the same terms by shamans, religious philosophers, and naturalistic physicians. In addition, this book, like all Blue Poppy clinical manuals, exhaustively covers diagnosis, pattern differentiation, selection of treatment principles, and formulas and their modifications. However, unlike most other currently available TCM textbooks, it goes a step further by also including research abstracts and case studies. Finally, we have a foundation upon which scholarly discussion of this subject can proceed. This book will form the basis for an entire generation of books on TCM psychiatry.

—**Todd Luger**, B.S., M.Ac.O.M.  
Director of the Chinese Herb Academy

This is a book in which Chinese and Western medicine find common ground. It is a major step in that process. Recent Western research in the fields of child development, neurology, and personality are fostering a much clearer understanding of the neurological and physiological aspects of mental and emotional pathology. With these developments, the level of clarity and specificity of Chinese medicine is slowly being matched by Western theories, thereby making a general theory possible. This fine collaboration is surely one of the books that will pave the way.

—**Ron Kurtz**  
Founder of the Hakomi School of Body-centered Psychotherapy  
Author of *The Body Reveals* (with Hector Presteria, MD)

Finally, a true textbook explaining the relationships of mind/body medicine in Chinese medical terms that is practical and useful for both the serious practitioner and student.

—**Stuart Watts**, L.Ac., D.O.M., N.D.  
President of the Academy of Oriental Medicine at Austin (AOMA)  
President of the American Association for Teachers of Oriental Medicine (AATOM)  
Board Member of the American Oriental Bodywork Therapy Association (AOBTA)

The authors of *Chinese Medical Psychiatry* have produced a seminal text for both students and practitioners of Chinese medicine who desire to treat mental-emotional disorders. Finally we have a truly holistic clinical manual that encompasses both Chinese medical pattern differentiation and contemporary Western psychiatric theory and practice. This work definitely advances our understanding of how to address the non-duality of psyche and soma.

—**Liz Bernstein**, D.C., Lic. Ac.

*Chinese Medical Psychiatry* is a very practical book. I particularly liked the integration of Chinese and Western medicines and the tone with which these elements were presented. Although the treatment of mental-emotional disorders has received considerable attention from Western practitioners, *Chinese Medical Psychiatry* probably contains well more than the sum of everything else on this matter currently in print.

—**Bob Felt**  
Coauthor of *Understanding Acupuncture*  
Editor of *Redwing Reviews*