

# What is Traditional Chinese Medicine?

With Dr. Weidong Yu

Commentary by Dr. Arden Henley

October 23, 2015; 7:00-9:30 pm

CityU Canada in Vancouver

Classroom #350

3<sup>rd</sup> floor – 789 West Pender Street,

## The Seminar

Over 5000 years old, Traditional Chinese Medicine is an 'energetic medicine' based on Yin-Yang and Five Element theories. These theories apply the phenomena and laws of nature to the study of the physiological activities and pathological changes of the human body and their interrelationships. Typical TCM therapies include acupuncture, herbal medicine, and Qi-gong exercises.

Dr. Yu will introduce the basic philosophy and principles governing TCM, discuss what treatment looks like and do a demonstration. In his commentary, Dr. Henley will address some of the commonalities between TCM and Psychotherapy in relation to such as issues as the doctor/patient relationship and feedback guided treatment.

Join us for this informative and groundbreaking evening.

## Presenter



A graduate of Shandong College of Traditional Chinese Medicine in TCM and western medicine, Dr. Weidong Yu also earned a Master's degree in Public Health from the School of Public Health, Free University of Brussels, Belgium. He practiced both Traditional Chinese Medicine and western medicine at Binzhou Medical College Hospital as a resident physician and worked as an Assistant Research Fellow at the China Academy of Traditional Chinese Medicine in Beijing. Dr. Yu has practiced Traditional Chinese Medicine in Belgium, the United States and Canada and is the author of more than 30 publications in both Chinese and English medical literature. A Registered Doctor of Traditional Chinese Medicine in the Province of British Columbia, Canada, Dr. Yu practices locally and lectures internationally.

## Commentary

Vice President and Principal of CityU Programs in Canada, Dr. Arden Henley has a longstanding interest in TCM based on his 16 years of study of Qigong and Chairmanship of the College of Traditional Chinese Medicine and Acupuncturists in BC for over 5 years. He is an honorary Doctor of Traditional Chinese Medicine, an ex-officio member of the Kwantlen Polytechnic University Program Advisory Panel on TCM and in 2010 published a groundbreaking article in the *Journal of Complementary and Integrative Medicine* with psychotherapy researcher Scott Miller on the relationship of TCM and psychotherapy.



## Registration and Cost

Free to CityU students, alumni and faculty  
\$25 all others

Register by contacting Amy Huang  
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