

Counselor Education *Wellness Works* presents:

# *Qigong for Healing*



Qigong (or chi kung) refers to a traditional Chinese practice that involves working with the Qi or energy within the body. Learn about a proven self-healing method that is good for emotional and physical problems as well as maintaining wellness. You can also visit [flowingzen.com](http://flowingzen.com) for local classes or participate in free weekly qigong sessions at the Student Health Care Center on Thursdays at 4 pm.

**Wednesday, February 4, 2009**

11:45 – 12:45 pm

Norman 1327B

Presented by

*Dr. Barbara Welsch*

Dr. Welsch is a certified Chilel Qigong instructor and Reiki master. Her therapy practice is multimodal and includes Depth Oriented Brief Therapy, EMDR (Eye Movement Desensitization and Reprocessing Therapy), hypnosis, biofeedback, neurofeedback, energy psychology (Thought Field Therapy) and group therapy. Her involvements in include: Advisor for the Center for Health and Spirituality, Adjunct professor Psychology Department, Courtesy associate professor College of Veterinary Medicine and counselor for the College of Veterinary Medicine. She is also a counselor for the University Athletic Association.

If you have any comments, questions or suggestions for future wellness activities, please contact:

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