

TCQ-VET: Healing Trauma Through Tai Chi & Qi Gong (TCQ)



INFORMATION SHEET

(for Community organizations)

What is this about?

- Project TCQ-VET will investigate the role of Tai Chi and Qigong (TCQ) in addressing emotional, mental and physical challenges among Veterans with a history of childhood trauma.
- A growing body of research over the last 40 years suggests that a practice of movement meditation, including Tai Chi and Qigong, can improve quality of life for people with anxiety, depression, PTSD, and bipolar disorder.
- Women Veterans who have experienced psychological trauma while in the military coupled with earlier childhood trauma have increased risk for experiencing mental and physical health problems later in their lives.
- We are seeking to collaborate with organizations committed to the health and welfare of Veterans to provide access to evidence based and best practice TCQ programming.

Who we are:

- Emerging Gong, LLC, (<https://www.emerginggong.org>) is an integrative health organization start-up. Committed to addressing present and future population health endeavors, we focus on the areas of health problems from whole-person health approaches.
- Project TCQ-VET is spearheaded by integrative health practitioners and scientists:
 - R. Shawn Tucker, PT – Emerging Gong Co-Founder and Principal, physical therapist and Hun Yuan Open Heart Tai Chi & Qigong Grandmaster.
 - Rumi Kato Price, PhD – Emerging Gong Co-Founder, epidemiologist and mental health expert, and Emeritus Professor at Washington University School of Medicine.
 - Jared (Jian) He, PhD – Emerging Gong Consortium member, Senior Scientist, and Zhineng Qigong Master.
 - Susan Allison Taylor – Emerging Gong Consortium member, Co-lead for the Hun Yuan Open Heart Tai Chi & Qigong School, a certified Holden Qigong teacher, and Navy Veteran of Iraq War.
 - Curt Lox, PhD – Emerging Gong Consortium member, exercise & sports psychologist, Professor at University of North Florida.

Contact for more details:

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Yang
positive
sun
light
heaven
active
fire
above
heat
generation



Yin
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moon
dark
earth
passive
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growth

