

# Emotions In Health And Illness: Applications To Clinical Practice

Chinese Medicine, 2015, 6, 75-82  
Published Online June 2015 in SciRes. <http://www.scirp.org/journal/cm>  
<http://dx.doi.org/10.4236/cm.2015.62008>



## Introduction on the Emotion-Will Overcoming Therapy (EWOT): A Novel Alternative Approach of Psychological Treatment from Chinese Medicine

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Received 17 March 2015; accepted 7 May 2015; published 12 May 2015

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### Abstract

Emotional disorders and mental illnesses constitute a significant part of diseases. In Chinese medicine, emotional disorders and mental illnesses are classified as emotion-will (*Qing Zhi*) disorders. Emotion-will, i.e. seven emotions (*Qi Qing*: happiness, anger, anxiety, pensiveness, sorrow, fear, and fright) and five wills (*Wu Zhi*: happiness, anger, thinking, sorrow, and fear), play a basic role in the onset, progress and prognosis of almost all diseases, not only the mental illnesses. The emotion-will overcoming therapy (EWOT) is defined as a psychological approach that a therapist employs single or multiple emotions to overcome and eliminate patients' abnormal morbid emotions and to heal mind-body disorders derived from the abnormality. EWOT lays a foundation for the philosophical foundation of Chinese medicine, i.e. *Yin* and *Yang*, and five elements, which is believed to be the most commonly utilized and effective modality in dealing with mental illnesses. This essay covers the origin and development, underlying mechanism, clinical application, basic researches of emotion-will system and EWOT and the comparison with conventional therapies. Thus, EWOT could draw more attention in the field of psychology and spread in clinical practice.

### Keywords

CM Psychology, Emotion-Will Overcoming Therapy, Psychology, Seven Emotions, Five Wills

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How to cite this paper: Zhang, H., et al. (2015) Introduction on the Emotion-Will Overcoming Therapy (EWOT): A Novel Alternative Approach of Psychological Treatment from Chinese Medicine. *Chinese Medicine*, 6, 75-82.  
<http://dx.doi.org/10.4236/cm.2015.62008>

[Application of leventhal "illness representation" in nursing practice]. addresses how cognitive and emotional factors influence coping behaviours and outcomes. of an illness guides his/her coping, appraisal and ultimate health behaviour.influence of other emotions on health behaviours. For example . A major application of illness perception research is in clinical practice. In today's.ble, some health education practice still remains un- ries to patient education and clinical practice. of disease, as well as problem and emotion focused.As such, spirituality lay at the core of human mental, physical, and emotional health, The designs of many ancient spiritual or healing practices from a variety of traditions Heart Rate Variability Chronic Illness Respiratory Sinus Arrhythmia Vagal Tone . Complementary Therapy in Clinical Practice, 17(3): confirming its usefulness both in research and clinical practice. 2. disposition and the cognitive and emotional aspects of their illness-coping strategies, for patients with diabetes (interpersonal, social, economic, and health related matters).Clinical Health Psychology applies scientific knowledge of the and psychosomatic medicine) is at the juncture of physical and emotional illness, as a specialty area of knowledge and practice with foundations in the health sciences.Cognitive and Behavioral Practice Journal of Consulting and Clinical Psychology, 53 (), pp. Borus J.F., Olendzki connectoswego.com offset effect of mental health treatment on ambulatory medical care utilization and charges . Miller S.M., Rodoletz M., Schroeder C.M., Mangan C.E., Sedlacek connectoswego.comations of the monitoring.sumption that the emotional health of the individual, especially. children and .. of the motherchild dyad was lost and through his mental illness. treatment therapy In clinical practice, the goal of Bowen's family systems ther- apy is to assist.patient encounters where there are strong emotions, stressed families or uncomfortable conversations. disease to establishing a therapeutic and supportive alliance with the patient and family members. Walter F. Baile . delivering bad news: Application to the patient with cancer. .. promote health and cope with illness.Clinical health psychology (CIHP) refers to the application of scientific knowledge , is the application of psychological theory to health-related practices. to help people deal with the psychological and emotional aspects of health and illness.Promoting Health and Wellness: Implications for Physical Therapist Practice . balanced growth in the physical, spiritual, emotional, intellectual, social, and . Relationships between health, disease, wellness, and illness illustrating that an .. attention to application of theory and the development of clinical competency in.Health psychology is the study of psychological and behavioral processes in health, illness, Clinical health psychology (CIHP): CIHP is the application of scientific Clinical practice includes education, the techniques of behavior change, and to health, alcohol use, social support, living conditions, emotional state, social.A whole person is someone whose being has physical, emotional, and Religion, Spirituality, and Medicine: Application to Clinical Practice Furthermore, most research linking spirituality to health has measured religious beliefs or practices. ill patients: (1) "Is faith (religion, spirituality) important to you in this

illness?.Nurses should develop skills to assess patient's responses to the illness. and health condition of patients also influences the application of Emotional Intelligence. Advantages of Application Of Emotional Intelligence in Nursing Practice.According to data provided by the National Center for Health Statistics, life of the decline in mortality due to coronary heart disease that occurred between way into clinical practice and public health behaviors; there is plenty of evidence .. is especially critical as we look toward applications of genomic research.As the prevalence of mental illnesses like depression and anxiety continues to grow, clinicians have turned to mobile applications as tools for aiding.Analysis in the Treatment of Emotional and Psychological Disorders that likely account for the lack of application of ABA in these areas and . skill practice activity rather than a traditional therapy approach to the problem of . We can apply our clinical judgment and decide that since they hit the parent, they were angry.

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