

THE ROLE OF PSYCHE AND EMOTIONS IN CHINESE MEDICINE:
A CONTENT ANALYSIS OF ENGLISH LANGUAGE TEXTS

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by
Jaime Rabin, L.Ac.

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ABSTRACT

Problem: Currently in Chinese medicine, theoretical plurality exists regarding the role of the psyche and emotions in Chinese medicine and is not clearly discussed. English language Chinese medical literature on the topic lacks a comprehensive theoretical overview of major theories and theorists. Due to this lack of a comprehensive theoretical overview and the resulting lack of transparency, potential misinterpretation of theoretical meaning is more likely.

Purpose: The purpose of this study was a content analysis of easily accessible and readily available English language texts that discuss the role of the psyche and emotions in Chinese medicine. This study began the process of developing a comprehensive theoretical overview by systematically placing each easily accessible and readily available English language text discussing the role of the psyche and emotions in Chinese medicine into one of three categories: Pre-TCM, TCM, and Post-TCM.

Results: The study revealed the majority of the 15 texts fall in the Post-TCM category. Specifically, 11 texts were categorized as Post-TCM, 2 texts were categorized as Pre-TCM, 1 text was categorized as TCM, and 1 text was deemed indeterminable. A categorical summary chart provides an overview of the findings.

Conclusion: The results support the need for a comprehensive overview and a summarized reference of English language texts discussing the psyche and emotions in Chinese medicine as is found for Western psychology.