

A Qualitative Case Study Research of Application of Saam Five Element Acupuncture in Psychiatry -the Field Study of a Clinic-

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Abstract

Objectives: To investigate validity and effectiveness of Saam five element acupuncture treatment in psychological problems.

Methods: We selected a Korean medicine doctor known to apply Saam five element acupuncture treatment to the psychiatry field. An investigator visited the doctor's clinic to observe the cases and interview patients. Duration of each interview was 30 minutes to one hour. A semi-structured questionnaire was used for in-depth interviews. All interviews were recorded and converted into texts. Converted texts were then summarized and analyzed qualitatively.

Results and Discussion: Treatment process of Saam five element acupuncture designed for psychiatric use is divided into four stages: qi transformation (氣化), acupuncture treatment, deep breathing, and acupressure. In the first stage, patients are asked to express their feelings and emotions in a physical sense; to imagine their feelings have colors, weight, and physical form, and to describe those characteristics. Next, the doctor evaluates each patient's qi according to the six qi (六氣), and then determines protocol of Saam five element acupuncture treatment. This treatment is focused on suffering of the patient and specific symptoms or emotions. The treatment duration is brief and changes in symptoms are frequently checked during treatment sessions. Without discussing details of stressful events, the doctor enables patients to express physical aspects of their feelings. He also provides them with psychoeducational resources. As a result, patients experienced immediate changes in body sensation, emotions and thinking, decreased response to triggers, and increased self-control after treatment.

Conclusions: The Saam five element acupuncture treatment has the potential to be used as a treatment for psychiatric disorders. Treatment can be effective in managing psychiatric disorders when applied by primary Korean medicine clinics.

Key Words: Saam five element acupuncture, Psychotherapy, Neuropsychiatry, Traditional Korean medicine, Qualitative research.

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I. Introduction

Saam acupuncture is a method that controls the qi of organs and meridians by the combination of five transport points assigned to the five elements. They are composed according to the rule of 'engendering and restraining' and 'If deficiency, tonify the mother qi and purge the qi that restrains. If excess, purge the child qi and tonify the qi that restrains'.¹ It is known that the monk Saamdoin developed Saam acupuncture in the middle of the 17th century. In the 'Saam's Introduction', the Saamdoin said, "It is necessary to find the body's deficiency and excess, and to examine the rising and sinking of seven emotions." With this he made it clear that the instability of seven emotions is the cause of disease.² Recently an academic society has stated that for the principle of Saam acupuncture, not only the five elements but also the six qi are important.^{3,4} Furthermore, they associate meridians with human desires. Greater yin(Tae yin) and Yang brightness(Yang ming) are linking to the desire for food, clothing and shelter, Lesser yin(Shao yin) and Greater yang(Tae yang) are related to sexual, aesthetic, and artistic Desires, and Reverting yin(Jue yin) and Lesser yang(Shao yang) are related to the desire for fame, power and knowledge. These laid the theoretical foundation for active application of the Saam acupuncture to psychiatry.

In this study, a doctor of Korean medicine was selected who approaches the psychiatric problem with applying the Saam acupuncture. By observing his treatment and conducting in-

depth interview with patients, it was intended to examine the feasibility and effectiveness of the psychiatric application of Saam acupuncture.

II. Recruiting and Methods

1. Participants

A doctor of Korean medicine has been selected to observe the applicated cases of Saam acupuncture to the field of psychiatry. His treatments were observed, and In-depth interviews were conducted with patients who received treatments.

The selected doctor of Korean medicine has been involved in Saam non-profit acupuncture service for 20 years and is currently serving as president of the society of Saam acupuncture. He has devised a unique psychological treatment method that combines the theory of Saam acupuncture and energy psychology theory and presented it with 'Meridian based Psychotherapy with SAAM acupuncture therapy' at ICTAM (International Congress on Traditional Asian Medicine) in 2013. He is the founder of 'the association of mind acupuncture' and teaches self-treatment methods to the general public and educates his professional applications of Saam acupuncture treatment methods to Korean medicine doctors.

On the other hand, the study subjects who were in-depth interviewed and treated were total nine patients who visited his clinic for psychiatric problems for two months from June to July 2018 and voluntarily agreed to this study.

Before the start of the study, the patients were fully informed about the study's background, purpose and the contents. They were also informed that they have the freedom not to participate in the research, and could stop at any time, even after participating in the study. In addition, patients were informed that the interview would be recorded, and only the ones who voluntarily signed the informed consent were included.

2. Collecting data

In this study, data were collected through participatory observation and in-depth interviews. In-depth interviews with patients were treated among them as most important. Participatory observation and in-depth interview were carried out by an oriental neuropsychiatrist who has completed in education for qualitative research study. The duration of the interview was set to be between 30 minutes and 1 hour. Data on treatment experience were collected according to a semi-structured questionnaire format (Table 1).

Table 1. Semi-structured questionnaire

1. What is differences between this treatment and other psychotherapy or acupuncture treatment?
2. Do you experience improvement after treatment? If yes, what is improved?
3. What did you feel every step?
4. Why do you think this treatment have an effect?
5. Does it have the long-term effect?

3. Data analysis

The collected data from participatory observation were analyzed through the researcher's interpretations, emotions, and impressions with reference to on-site notes as primary important, and auxiliary records such as recorded files.⁵ In particular, the treatment process established primarily through participatory observation in this study was finally corrected through an interview with the doctor of Korean medicine who is the subject of the study.

The interview contents are recorded for in-depth interview data, and the content is made into a word transcript for analysis. First, to understand the overall meaning, the entire material (word transcript) was read several times to understand the approximate meaning of the entire material. And then the semantic units were distinguished from the participants' statements by carefully re-reading the entire data. If there are overlapping identical semantic units combine them into one semantic unit and were changed to the academic language.⁶

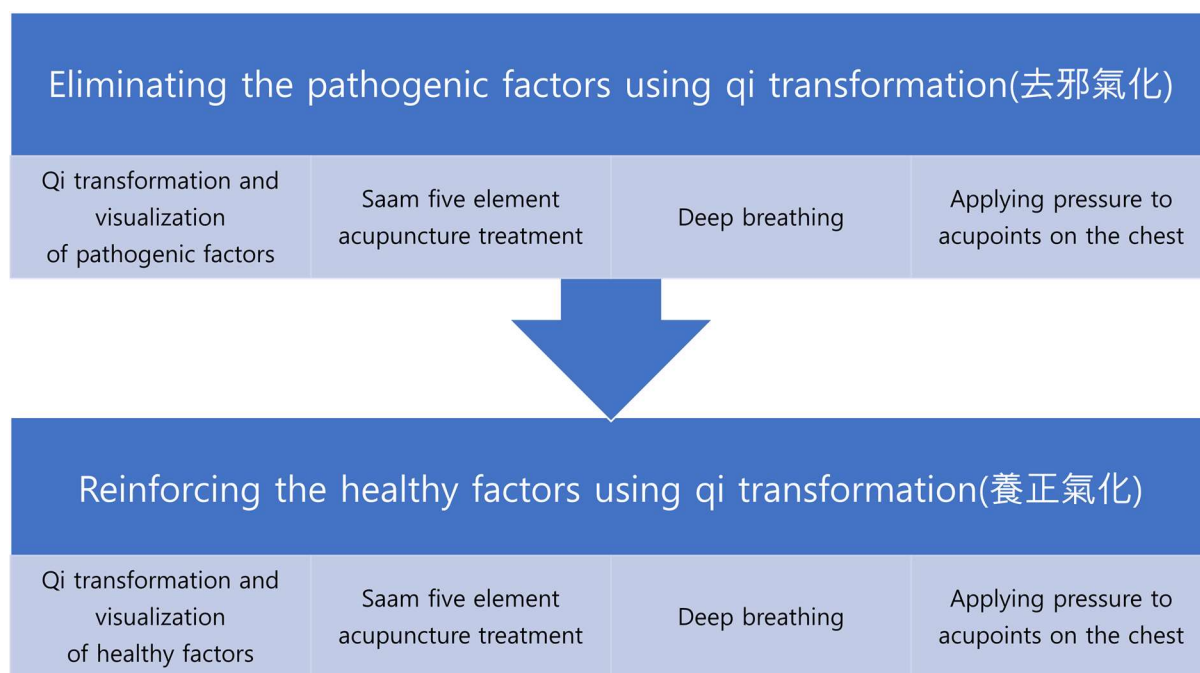
III. Result

1. Treatment Process

Through participatory observation, the treatment method of the practitioner was observed and the following treatment process was derived.

Depends on the intention of the practitioner, treatment can be divided into two

Figure 1. An overview of the treatment process



techniques, that is “Eliminating the pathogenic factors using Qi Transformation”(去邪氣化) and “Reinforcing the healthy factors using Qi Transformation” (養正氣化). The both Techniques include the process of Qi Transformation and Visualization(氣化取象), Saam acupuncture, deep breathing, and chest acupressure. In actual clinical practice, sometimes only the Eliminating the pathogenic factors technique is used depending on the patient. Or after removing the negative energy with the Eliminating the pathogenic factors technique, the positive energy was strengthened through the Reinforcing the healthy factors technique(Fig. 1).

1) Qi Transformation and Visualization

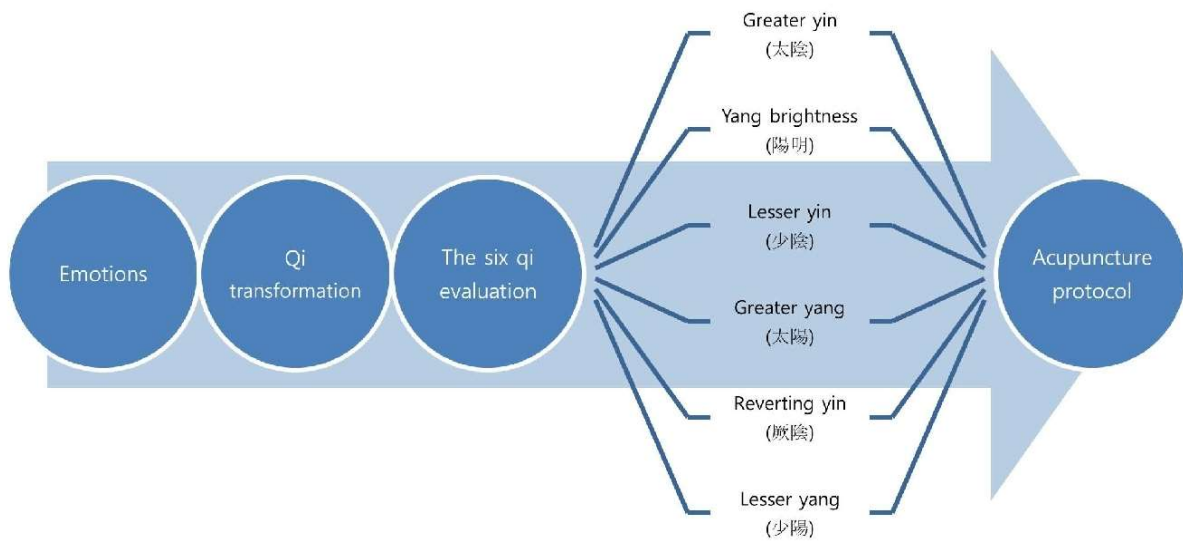
When treating psychiatric problems, the practitioner considers it as being more manageable and changeable in the order of [belief → thought → emotion (feeling) → energy]. Hence he converted the issues of the

patients into the dimension of qi, this was used as the basis for the analysis of six qi to determine the treatment with Saam acupuncture.

Qi Transformation generally refers to the various changes caused by the activity of qi, mainly the mutual adaptation of essence, qi and spirit. But here it refers to the process of converting patient's problems into energy that the senses can feel. Visualization refers to the process of recognizing the invisible as a tangible object through symbols or metaphors.

In the phase of Qi Transformation for Eliminating the pathogenic factors technique, the patients are asked to express the unpleasant emotions that occur when they recall a stressful event or physical symptom through physical properties such as color, shape, temperature, and touch. For example, the current discomfort emotion is to be shaped like a 'red, hot, hard ball'. On the other hand, in

Figure 2. The process of the Saam five element acupuncture treatment



Reinforcing the healthy factors technique the patients are asked to Qi Transform the positive emotions they felt when they consider such a uncomfortable feeling to be absent. Once the patients have completed creating a particular image, they are asked where such an object is if it is on the body, and to feel it, in order to better focus on the sense.

2) Saam acupuncture

When applying the Saam acupuncture, at first the body type and pulse of the patient are analyzed with six qi. Secondary, treated meridians and acupoints were selected by classifying the physical properties expressed by the patient in Qi Transformation and Visualization technique into six qi(Fig. 2). The basic properties of six qi are Greater yin(Tae yin) moist ground, Yang brightness(Yang ming) dry metal, Lesser yin(Shao yin) king fire, Greater yang(Tae yang) cold water, Reverting yin(Jue yin) wind tree, Lesser yang(Shao yang) minister fire. To explain it, Greater yin(Tae yin) energy is moist

and bulky, Yang brightness(Yang ming) energy means dry and shrinking energy, Lesser yin(Shao yin) energy works hot and means fast-moving, Greater yang(Tae yang) energy means cold and slow-moving, Reverting yin(Jue yin) energy means tense energy and Lesser yang(Shao yang) energy means relaxation energy.

Based on these setting, it was selected one of six qi that needs to be supplemented according to the patients body type, pulse and Qi Transformation and Visualization. First, bulky Geater yin is necessary to skinny patient and obese patient needs Yang brightness(Yang ming), which becomes smaller in volume. Second, according to the pulse rate it needs Lesser yin(Shao yin) if it is slow, or it needs Greater yang(Tae yang) if it is fast, and according to the pulse strength it needs Lesser yang(Shao yang) if it is tense, or it needs Reverting yin(Jue yin) if it is relax. At last in Qi Transformation and Visualization, for example, if a patient embodied his unpleasant emotion

as water-soaked cotton, regarded Greater yin(Tae yin) to negative energy, and then treated imbalance by replenishing the opposing energy Yang brightness(Yang ming). The selection of the hand and foot meridian is made in consideration of the properties of organs and composition of acupoints. The practitioner was aware that not only the patient's emotion and thoughts, but also the symptoms are improved, if the patient's temperament changes by Saam acupuncture removing negative energy and reinforcing positive energy.

3) deep breathing

After acupuncture treatment, the patient was instructed to breathe deeply three times while feeling his/her own energy.

4) Chest acupressure(opening the six organ energy)

Chest acupressure is rubbing or pressing LR14, CV14, CV17, SP21, LU01 and KI27, the end point or alarm point of six yin meridians. When the practitioner explained to his patients, he has named it "Opening the six organ energy". In actual practice, he applied stimulation on the acupoint by using an electric massager rather than acupressure by hand. When he stimulated each acupoint, he explained "opening the Liver energy, opening the heart energy...", letting the patient know what current therapy means.

5) Patient counseling

Patient counseling was challenging to see as a specific stage and was conducted throughout treatment. It was observed that the practitioner gave cognitive education to the

patients by explaining such a concept 'automatic reaction', 'transparent belief', 'good intention', 'self-image', etc.(Table 2) Moreover because many patient visited the clinic after listening to the lecture of The association of mind acupuncture, he used to use these express directly instead of explaining them.

Table 2. Common Terms Frequently Mentioned During the Treatment

Terms	Explanation
Automatic response	An emotional response automatically triggered by an event or thought. The emotional problem is solved when automatic responses are decreased.
Transparent belief	An unconscious belief, especially related to attitude toward circumstances. The misbelief results in false interpretation.
Good intention	To think that there is a reason for negative emotions to occur, and to give insight into purpose and intention.
Self-image	The way a person feels about his or her personality, achievements and value to society:

2. Cases

The details of the 9 cases are as follows. The information on the patient's somatotype, pulse, and Qi Transformation and Visualization, and the treatment with Saam acupuncture, which are essential for the analysis of the six qi, were rearranged in a separate table(Table 3).

1) Case 1

- ① Age / Sex : 35y / female
- ② Main symptom : Anxiety persists for no reason after receiving a phone call from a friend with panic disorder
- ③ Somatotype / pulse: thin / rapid tight
- ④ Qi Transformation and Visualization : For eliminating the pathogenic factors technique, when the patient was asked to feel the anxiety which always had through

the visual and tactile sense, he said that the color was red, the temperature was hot, if he could touch it, it would sting and be sharp, and it was light in weight. As the object, he thought of a lighter that caused a spark, and replied that the object seemed to be in his head and chest. For Reinforcing the healthy factors technique when the patient imagined that the object had disappeared, the emotion he felt was a cool, soft feeling of green, and reminiscent of a lawn.

Table 3. The Six Qi Evaluation and Saam Five Element Acupuncture Treatment of Participants

	Somato-type	Pulse diagnosis	Qi transformation and visualization		Six qi evaluation*	Acupuncture protocol
			Eliminating the pathogenic factors using qi transformation (去邪氣化)	Reinforcing the healthy factors using qi transformation (養精氣化)		
1	Thin	Rapid and tight pulse	<ul style="list-style-type: none"> • Qi transformation: Red, hot, stinging, pointed sharp and light • Visualization: Sparkling cigarette lighter 	<ul style="list-style-type: none"> • Qi transformation: Green, cool, and soft • Visualization: Lawn 	(+) Greater yin	Lung Jeonggyeok
2	Thin	-	<ul style="list-style-type: none"> • Qi transformation: Dark red, unpleasantly warm, and sticky 	<ul style="list-style-type: none"> • Qi transformation: Transparent sky blue, cool, soft, and light • Visualization: Water vapor 	(+) Greater yin	Lung Jeonggyeok
3	Fat	Rapid and tight pulse	<ul style="list-style-type: none"> • Qi transformation: Metallic color, hot, and sharp as a blade 	<ul style="list-style-type: none"> • Qi transformation: Light black (grey) and empty 	(+) Yang brightness (-) Reverting yin	Large intestine Jeonggyeok and Pericardium Seunggyeok
4	Fat	Slow and tight pulse	<ul style="list-style-type: none"> • Qi transformation: Dark blue, cold, sharp, and hard 	<ul style="list-style-type: none"> • Qi transformation: Green, warm, and soft • Visualization: Spring breeze from the bamboo grove 	(+) Lesser yang	Tripple energizers Jeonggyeok
5	Fat	Rapid and tight pulse	<ul style="list-style-type: none"> • Qi transformation: Dark red, hot, and squashy 	<ul style="list-style-type: none"> • Qi transformation: Sky blue, soft, and light • Visualization: Sky 	(+) Yang brightness	Large intestine Jeonggyeok
6	Thin	Slow and weak pulse	<ul style="list-style-type: none"> • Qi transformation: Transparent, cold, and hard • Visualization: Plastic or glass box 	<ul style="list-style-type: none"> • Qi transformation: Warm, especially in stomach • Visualization: Peaceful seashore 	(+) Greater yin	Spleen Jeonggyeok
7	Thin	Rapid, tight,	<ul style="list-style-type: none"> • Qi transformation: Black, hot, smooth, hard, and heavy 	<ul style="list-style-type: none"> • Qi transformation: Sky blue and baby pink, soft like silk, 	(+) Greater yin	Lung Jeonggyeok

		and weak pulse	• Visualization: Round stone	and light • Visualization: Spring breeze		
8	Fat	Rapid and tight pulse	• Qi transformation: Cold, rough and hard • Visualization: Ice cube	• Qi transformation: White, comfortable temperature, and soft • Visualization: Peaceful lake and cloud	(+) Yang brightness	Stomach Jeonggyeok
9	Fat	Rapid and tight pulse	• Qi transformation: Hot, boiling, high pressure, and rough • Visualization: Ball going to explode	• Qi transformation: Cool, light, and airy	(+) Yang brightness	Large intestine Jeonggyeok

*Six qi evaluation is based on the somatotype, pulse diagnosis, qi transformation, and visualization. (+) Indicates required six qi; (-) indicates six qi to reduce because it

⑤ Six qi evaluation and treatment : : The patient's body type is rather thin and the pulse is rapid and slightly tight, so when looking at the overall temperament, it is in a state that requires moist and relaxing energy of Greater yin(Tae yin) moist ground. In addition, it was diagnosed that a cool and soft Greater yin(Tae yin) energy was necessary because it appeared as a hot, stinging, and sharp aura when negative emotions were Qi Transformed. Therefore, the Lung Jeonggyeok with cool energy among the Greater yin(Tae yin) energy was selected as a treatment protocol.

⑥ After treatment : Anxiety does not arise when thinking of the problematic situation

2) Case 2

① Age / Sex : 27y / female

② Main symptom : Feeling fever in her chest, heart is pounding, anxious and nervous as before the exam.

③ Somatotype : thin

④ Qi Transformation and Visualization : In eliminating the pathogenic factors technique the patient said that dark red energy is unpleasantly warm, and a sticky and slimy energy is felt in the chest. In Reinforcing the healthy factors technique she stated that she felt a cool, soft and light energy of transparent color in her chest.

⑤ Six qi evaluation and treatment : The patient has a thin body type, so she needs basically Greater yin(Tae yin) energy. An unpleasantly warm feeling during eliminating the pathogenic factors technique can be diagnosed as a state that requires cool energy. The sticky and slimy energy was interpreted as the mix of dry Yang brightness(Yang ming) and wet Greater yin(Tae yin). Therefore Lung Jeonggyeok with the cool Greater yin(Tae yin) energy was selected as a treatment protocol.

⑥ After treatment : The slimy feeling changed to a vapor-like feeling. If the degree of discomfort before treatment were 10 points, it was reduced to 4 points after treatment.

3) Case 3

① Age / Sex : 61y / male

② Main symptom : Concerned about other people's attention and behavior

③ Somatotype / pulse: fat / rapid tight

④ Qi Transformation and Visualization : The patients had on his head the feeling of a hot, slash-like blade as he conducted Qi Transforming his irritable, frustrated, nervous, and anxious feeling. In Reinforcing the healthy factors technique as he imagined that the feeling was gone, he felt a sense of emptiness and stillness, and a light black aura.

⑤ Six qi evaluation and treatment : Because of his obesity it was diagnosed that Greater yin(Tae yin) was dominant. In addition, as the pulse was rapid and tight, and he felt like a slash even in Qi Transformation, it can be diagnosed that the nervous energy, Reverting yin(Jue yin), is excessively strong state. Therefore, he was treated with Large intestine Jeonggyeok, the cooler one of Yang brightness(Yang ming) which reduces Greater yin(Tae yin) energy and with Pericardium Seunggyeok which reduces Reverting yin(Jue yin) energy.

⑥ After treatment : The patient felt nothing when imagining the same situation.

4) Case 4

① Age / Sex : 30y / female

② Main symptom : The patient is insecure and feels cold and strict.

③ Somatotype / pulse: fat / slow tight

④ Qi Transformation and Visualization : In eliminating the pathogenic factors technique the patient felt the cold, sharp, and hard energy of the dark blue color on her cheeks. In Reinforcing the healthy factors technique she felt the soft spring breeze of the warm green bamboo grove in her eyes and head.

⑤ Six qi evaluation and treatment : She has an obese body type and her pulse is slow and tight, so Greater yin(Tae yin), Greater yang(Tae yang) und Reverting yin(Jue yin) are basically dominant. Finally it was diagnosed that Greater yang(Tae yang) and Reverting yin(Jue yin) are dominant, because she felt in eliminating the pathogenic factors technique cold, sharp and solid energy. Therefore, it was thought that a warm and relaxing energy was needed, so the patient was treated with Triple energizers Jeonggyeok which has a typical Lesser yang(Shao yang) energy.

⑥ After treatment : She felt like a cool wind is blowing in her chest

5) Case 5

- ① Age / Sex : 42y / female
- ② Main symptom : Discomfort and burden on the family in-laws
- ③ Somatotype / pulse: fat / rapid tight
- ④ Qi Transformation and Visualization : As the patient conducted Qi Transforming she thought that it was like a wall and it would never change if she thought the family in-law. She felt the dark red color, hot and squashy energy. As she imagined that it was gone, she felt the refreshing, soft and light feeling of the sky blue and imagined the clear and blue sky.
- ⑤ Six qi evaluation and treatment : Because she was obese and her pulse was rapid and tight, it can be diagnosed that Greater yin(Tae yin), Lesser yin(Shao yin) and Reverting yin(Jue yin) are dominant. In addition, the hot, mushy and muddy energy can be diagnosed to moist heat. Therefore, the patient was treated with Large intestine Jeonggyeok which has dry and cool Yang brightness(Yang ming) energy.
- ⑥ After treatment : The Patient said the dark red thing that was in eliminating the pathogenic factors technique imagined, was converted to the pretty red, smaller and cooler.

6) Case 6

- ① Age / Sex : 40y / female
- ② Main symptom : Depressed by thoughts of comparing herself to others
- ③ Somatotype / pulse: thin / slow weak
- ④ Qi Transformation and Visualization : As the patient conducted Qi Transforming the negative thought, she imagined colorless and odorless, cold, hard and strong plastic or glass box. As she imagined it was gone, she imagined dry desert and complained the negative feeling. So the patient was instructed once more to imagine that these feeling were also gone. She imagined an oasis, a moist seashore, and felt peaceful and comfortable. Her stomach felt warm and reassuring.
- ⑤ Six qi evaluation and treatment : Because she has thin body type and her pulse was slow and weak, it was diagnosed that Yang brightness(Yang ming) and Greater yang(Tae yang) were dominant. In Qi Transformation and Visualization the cold, hard and square thing was considered to Reverting yin(Jue yin), Greater yang(Tae yang) and Yang brightness(Yang ming). And the desert was interpreted to Yang brightness(Yang ming). By referring to the image of the beach, an oasis, which is a positive Qi Transformation and Visualization, she was treated with warm Spleen Jeonggyeok which has moist Greater yin(Tae yin) energy
- ⑥ After treatment : She could not more

imagine the negative image more and felt distant from that.

7) Case 7

- ① Age / Sex : 39y / female
- ② Main symptom : The burden of roles in the family, including the relationship with the mother-in-law. After stopping social activity, her obsession with her family grew and she became anxious about her husband's business not going well.
- ③ Somatotype / pulse: thin / rapid tight weak
- ④ Qi Transformation and Visualization : As the patient carried out Qi Transformation and Visualization with anxiety as a treatment topic, she recalled a black, hot, smooth, hard and heavy round stone, and said that she felt it in her chest. As she thought it was gone, she felt soft and light, a mix of pale blue and baby pink, and reminded her of the spring breeze.
- ⑤ Six qi evaluation and treatment : She had thin body type and her pulse was rapid and tight, so there were Yang brightness(Yang ming), Lesser yin(Shao yin) and Reverting yin(Jue yin) dominant. From Qi Transformation and Visualization we could see that the patient needs soft and cool energy. She was treated with Lung Jeonggyeok which has cool Greater yin(Tae yin) energy.
- ⑥ After treatment : The patient felt relaxed, cool and open on the chest.

8) Case 8

- ① Age / Sex : 63y / female
- ② Main symptom : Airway bleeding. Uncomfortable feeling and anxiety about hemoptysis. This is similar to the feeling of seeing blood when her husband in the past hurt himself.
- ③ Somatotype / pulse: fat / rapid tight
- ④ Qi Transformation and Visualization : As the patient asked to conduct Qi Transformation and Visualization for negative emotion, it reminded her of an ice cube that feels cold, hard, and rough and frozen on xiphoid process. As she thought it was gone, She recalled the soft, fluffy clouds of white, pleasant temperatures, and the beautiful lake, free and peaceful, and she felt that on the sick lung.
- ⑤ Six qi evaluation and treatment : She has obese body type, and her pulse was rapid and tight, so there were Greater yin(Tae yin), Lesser yin(Shao yin) and Reverting yin(Jue yin) dominant. In Qi Transformation and Visualization we see that she needs warm and soft feeling. Therefore she was treated with Stomach Jeonggyeok which is relative warm and moist among the Yang brightness(Yang ming)es.
- ⑥ After treatment : Negative emotions did not arise even though she thought of blood and her husband's self-harm.

9) Case 9

- ① Age / Sex : 43y / female
- ② Main symptom : Because of father's bad saying the Patient was too sad. She was worried about what other people say.
- ③ Somatotype / pulse: fat / rapid tight
- ④ Qi Transformation and Visualization : As the patient conducted Qi Transformation and Visualization the feelings of sadness, frustration, heartbreaking and wanting to avoid, she imagined a boiling ball that is hot, full of pressure. She felt open, cool and airy as she thought it was gone.
- ⑤ Six qi evaluation and treatment : She has obese body type, and her pulse was rapid and tight, so there were Greater yin(Tae yin), Lesser yin(Shao yin) and Reverting yin(Jue yin) dominant. The hot and full of pressure felt tensity in Qi Transformation and Visualization was interpreted to Lesser yin(Shao yin) and Reverting yin(Jue yin). Which can reduce Greater yin(Tae yin), Lesser yin(Shao yin) and Reverting yin(Jue yin) energy, which is Yang brightness(Yang ming). So she was treated with Large intestine Jeonggyeok that has cool Yang brightness(Yang ming) energy.
- ⑥ After treatment : She feels like she's loosening up inside her mind, and her heart is getting colder.

3. Qualitative analysis of treatment experience

The results of in-depth interviews with patients were conducted, and the semantic units were extracted and synthesized from the word transcript. The following vital experiences were derived from the patient's statements (Table 4).

Table 4. Responses of Participants to the Treatment

Theme		Statements
Differences with other acupuncture treatment		A interview about inner feeling Mind-body therapy Fundamental treatment Self-management education
Therapeutic effects		Immediate change in body sensation Changes in emotions and thinking Decrease in response to triggers Increase self-regulation
Responses to every step	Qi transformation	Undergoing trial and error Feeling senses Occurring Insights
	Saam five element and deep breathing	Reduction of symptoms Change in qi transformation image
	Acupressure	Relaxation
Understanding of treatment principle		Elimination of pathogenic factors Discovery of psychological resources Understanding my pain

1) Differences with other acupuncture treatment

Because the participants did not have much experiences in psychotherapy in the past, comparing them with other psychotherapies was impossible. The following results were derived based on the comparison with other acupuncture treatment experience.

(1) Questionnaire about inner feelings

Unlike the general acupuncture treatment process that the patients have experienced so

far, they recognized that the process of asking and answering the inner feeling behind the symptoms was unique. When the treatment developed in a way that was different from the stereotypes held about acupuncture, it was found that some patients were curious, and sometimes treated with bewilderment or perplexity, and with caution.

"Normally acupuncture is a form of giving acupuncture immediately when I talk about the symptoms. In this case, I talked about the symptoms, and then I was treated acupuncture, and again based on those symptoms and how I felt, I was treated acupuncture again. I think that was a little different."

(2) Mind-body therapy

Most patients know the physiological and pathological interactions between the body and the mind. General acupuncture treatment works only on the 'body', but they recognized that this treatment works on both 'body' and 'mind'.

"That's what a disease is, isn't it? It's not just about the body, the effect of the mind also depends on it. It is impossible to separate the body and mind, and when basic acupuncture is only for the body, if you hold on to the emotions and you hold in your heart or the hard parts of the mind, you won't get better no matter how much you treat your body. But when my mind is relaxed and takes care of my body, I think that it is far superior and that the treatment of the cause and the treatment of the disease are at the same time."

(3) Fundamental treatment

In particular, the patients who visited this clinic for a long time and received treatment recognized that the goal of general acupuncture treatment was to relieve and improve symptoms temporarily, whereas Saam acupuncture treatment, including all of the above-described treatment processes, was a fundamental treatment.

"Anyway, in this treatment, I have indigestion and I feel uncomfortable, but the doctor thinks that the main cause is in my heart. He's trying to change that. I think it's a little different. (omitted) It seems that the focus is not on treating the symptoms themselves, but on the fundamental cause of the symptoms."

(4) Self-management education

The patients also recognized that the difference from other acupuncture treatments was that they could learn how to manage their symptoms on their own because the practitioner instructed them to take deep breaths and apply chest acupressure even after going home.

"When you feel stuffy, you can breathe on your own and tap the acupuncture points. There's a way"

2) therapeutic effect

(1) Immediate change in body sensation

Patients commonly stated that the effect appeared immediately after treatment and the problem was resolved within a short time. They experienced changes such as feeling lighter and

feeling refreshed as a specific reaction.

"I feel a cooling sensation in my body. indeed. (Omitted) I felt like the wind was blowing in my chest. cool sensation"

(2) Changes in emotions and thinking

As a long-term change, it was found that emotions and thoughts were positively changed. Patients stated that their feelings and emotions were positively changed, they expected recovery, and they positively interpreted themselves and their surroundings.

"The feeling changes first, then the frame and the thoughts that come to mind."

(3) Decrease in response to triggers

A decrease in response to a trigger means that, in the case of patients who have a causative stress factor, symptoms do not occur even when the stressful situation that the patient struggles with in daily life is repeated. Patients who experienced improvement did not develop negative emotions or uncomfortable physical symptoms even when exposed to existing triggers.

"Even though the same situation occurred, I no longer had the same emotions"

(4) Increase self-regulation

When the symptoms are severe, patients sometimes feel a loss of control that they can't do anything. However, they stated that control over symptoms and self-regulation were increased through this treatment acquiring additional self-management methods.

"Should I express that I can control my mind so well? Or that I can cope with the situation? I used to carry hand acupuncture needles when it wasn't good enough to have to get off the bus at the time. I think I'll be okay if I clear this blockage, or if that doesn't work, I'll have to go to the emergency room. But now, I learned this acupuncture method, I did it, and in such a situation, if I hold my breath while pressing Li4, it gets a little better."

3) Responses to every step

(1) Qi Transformation and Visualization

① Undergoing trial and error

Patients reported that they did not understand the method well or had difficulty answering the practitioner's questions when they first experienced Qi Transforming technique. But they became accustomed to it as they continued to receive treatment. Once the patients got used to it, it was found that Qi Transformation and Visualization occurred naturally.

"When I was asked to recall an image, it was difficult at first because I had never received such a treatment. But after he told me to keep thinking about it, it was okay to do it."

② Feeling senses

When Qi Transformation and Visualization performs, especially in the case of visual and tactile sensations, it was mainly reported that 'visible' or 'felt by bodily sensations'. In other words, it was identified that the patients directly

experienced the energy of Qi Transformation and Visualization through the senses during the treatment process.

"It feels hot, and sometimes I can see it. I should say I saw it in my head. I could concentrate better when I do this with a specific object"

③ Occurring Insights

It was reported that through treatment, the patient was able to objectively see his own needs and symptoms, and pain and that he experienced insight into himself.

"It makes an image. Then I feel more clear about my conditions. It's a feeling I don't know well either, but was asked, 'Express it with color, talk about temperature'. Then I think it becomes clear that 'this is how I feel'. And ask me what I want. Then so I perceive 'That's what I want.'"

(2) Saam acupuncture treatment and deep breathing

In the cases directly observed, it was found that the patients could not distinguish between the two stages because Saam acupuncture treatment and deep breathing were simultaneously applied. The patient's statements about this are as follows

① Reduction of symptoms

During treatment, the practitioner let the patients evaluate symptoms on scale of 0 to 10 using a Numerical Rating Scale(NRS). The patients reported that they experienced a decrease in the intensity of symptoms and an improvement in symptoms.

"After getting acupuncture, he asks me 'how are you?' is the time when the intensity falls the most."

② Change in Qi Transformation image

In eliminating the pathogenic factors technique the Qi Transformation and Visualization have the meaning of diagnosis and evaluation. It was also reported that after Saam acupuncture treatment, the Qi Transformation and Visualization changes.

"I saw uncomfortable emotions like a red flame, a lighter constantly burning. After taking a few acupunctures thinking about that, the red flame looked blue. That sharp thing was changed into a soft feeling that keeps blowing in the wind."

(3) Chest acupuncture(Opening the six organ energy)

There were many reports of experiencing relaxation when performing chest acupuncture. The patients underwent a feeling of stability, circulation and warmth when relaxed.

"I feel the circulation and warming up."

4) Understanding of treatment principle

(1) Patients' Statements

Some patients mentioned that they felt comfortable after receiving treatment, but did not know why they improved. However, most patients recognized that their symptoms improved as negative energy was resolved and cognition improved.

① Elimination of pathogenic factors

The patients came to understand that the negative image (energy), which they had grasped by Qi Transformation and Visualization the negative emotions and symptoms, works as the pathogen, and recognized that the symptoms improved when these pathogen was resolved.

"I felt like he had soothed my heart. In the past, it was like, if panic disorder, I could only take medication, but now I can understand why it occurs to me and the cause. And I realized that thinking, 'why am I suffering from this?' was a negative image. So when that negative image is replaced with a good image, this will also disappear. I think I've found the cause. (omitted) Negative things have piled up, so this has come. I had such thoughts."

② Discovery of psychological resources

There was also perception that healing can be achieved by finding a positive self-image that appears when negative emotions and feelings disappear through the Reinforcing the healthy factors technique, or by finding an image or energy that can provide positive energy to oneself.

"There is a solution to this treatment, and I can see what it will be like when I don't get sick like this. Thinking, 'There is a hill over there. Can you see the hill over there?' then 'Oh, I want to go to that hill.' So it makes you want to go there. Alternative to the mind. Who would want to live a hard and painful life? You didn't even think about it, 'What if it wasn't all that

hard?' 'If it's not all?' If you turn it upside down instantly and don't have it all, there are alternatives and hope, and then you think, 'I don't have to suffer and have a hard life'. I have a goal, and I have a will and aspiration to go there to do better. (omitted) Psychotherapy is complaining, rather than wanting to get out of it because I keep staying in the difficult, hard, and painful situation that I do not want to remember."

"What I was worried about was things like the gaze of others and social recognition. That's what I talked about. (Doctor) He told me that I was treating myself harshly because I thought that I would have this cool feeling if I got it. But no, you can have this comfortable state just by contemplating that image. He told me to think about that and remember to be comfortable with my body. It was a tip. (omitted) I experience what I ultimately want, and I give the energy to it so that it rolls better."

③ Understanding my pain

Understanding my pain involves acknowledging and accepting the pain, without avoiding or denying it, and realizing the cause of one's suffering. The following is a typical example.

"I think I cried a lot during the treatment. It's hard to think about death. But after the conversation, the doctor asked what if I died. About death. 'What if we could live forever?' He told me a lot of things. After that, I realized why it was hard for me to see such a death. Myself. It was sad that that person died, but I was like, 'I wish he had lived a leisurely life and died, but

why did he live such a busy life and die at such a young age?' But then, if I was dead, so would I. I wish I had lived a little more leisurely and died. I think he just touched it. (omitted) Now I don't think it will be so hard when I'm faced with death. So because now I know me. Because I know why I'm having such a hard time. Even if it's the same situation, it wouldn't be too hard... Of course, it's sad, but I don't think it makes me too hard on myself, or I'm still into it? (omitted) 'I recognized me, even though I didn't know me, I knew me. Oh, I am so. I had that kind of heart.' Even with that, it's ok."

5) Persistence of effect

One of the leading research questions was how long and how the effect lasts through these treatments. However, 7 out of 9 patients experienced treatment only once or twice, and only two patients experienced multiple treatments enough to evaluate the long-term effect. Although there are insufficient cases to derive significant results, both patients stated that the treatment maintained their symptoms in a state of remission for many years.

"Two years ago, when I heard about my friend with panic disorder, I became anxious, so I received treatment. From then on, even when I see people like that, I think I've been freed about it even now."

"Four years ago, I had a bit of panic disorder and anxiety disorder. So, I think the intensive treatment took about two months.

(omitted) What I was so anxious about at that time (in an improved state) was maintained."

IV. Discussion

This study is a qualitative case study in which the doctor of Korean medicine who uses Saam acupuncture psychically was selected, observed the treatment in his clinic, and interviewed him and his patients. Through participatory observation and interviews with him, the psychiatric application plan of Saam acupuncture was detailed. Based on the results of semi structured questionnaire with nine patients who participated in this study, it was found that Saam acupuncture has effect in the field of psychiatry.

In previous clinical studies, it was reported that the Saam acupuncture is effective for Hwabyung and insomnia. There is a study in which the core symptoms of Hwabyung and depressive scales were significantly improved by administering the Pericarium Jeonggyeok treatment to Hwabyung patients.⁷ There is a study that showed that when heart Jeonggyeok treatment was administered to Hwabyung patients, anger control was increased. The core symptoms of Hwabyung and the depressive scale were somewhat improved, especially in the case of upside fever or qi stagnation dialectics.⁸ For insomnia, a case report shows improvement in sleep by using acupuncture treatment, Jia Wei Wen Dan Tang (加味溫膽湯), and sleep restriction therapy in combination.⁹

In this study, the patients also experienced immediate changes in bodily sensations, changes in emotions and thoughts, decreased

responses to triggers, and increased self-regulation by resolving pathogens through treatment, finding psychological resources, and understanding their pain in depth. Among the treatment cases, some patients reported that their emotions changed first when they received treatment, and that their thoughts changed positively after that. From the perspective of cognitive therapy, thinking causes feelings,¹⁰ so the phenomenon of emotions changing thinking differs from the basic premise of cognitive therapy. However, from the perspective of Korean medicine psychopathology, which sees that excessive emotions affect the five spirits and impair thinking function, this statement is valid. It can be interpreted as a natural response to Korean medicine psychotherapy.¹¹ As such, the use of Saam acupuncture in psychiatry has a clear theoretical foundation that is different from modern psychotherapy, and the patient's response corresponding to it can be confirmed through observation.

The treatment process observed in this study was organized into four steps, and it was different from the conventional Saam acupuncture: Qi Transformation and Visualization, Saam acupuncture, deep breathing, and chest acupressure. Besides, it had the following psychiatric characteristics.

First, it focuses on the patient's suffering rather than classification by the psychiatric diagnosis system. Since the treatment does not vary according to the psychiatric diagnosis, when the patient complains of uncomfortable

events or symptoms, the patient's pain becomes the focus of therapy rather than the psychiatric diagnosis. Therefore, rather than approaching the characteristics of general psychiatric diseases, the symptoms were analyzed with the internal and psychological causes of the suffering patient or the individual's temperament.

Second, it treats with specific symptoms or emotions. As the practitioner starts treatment, he asks the patients, "Would you like to talk specifically about what you want to treat?" When asked, patients freely talk about symptoms or feelings that make them uncomfortable. The practitioner identifies the most critical symptoms and narrows down the problem, "Are you talking about this?" After that, setting the direction of treatment was carried out by asking about the feeling accompanying the symptom or the negative emotion itself. As suggested in "The diagram of the Supreme Ultimate", the differentiation of qi as follows: Supreme Ultimate -> Yin and Yang -> Five Elements,¹² and the more differentiated into Yin-Yang rather than Supreme Ultimate and into Five Elements rather than Yin-Yang, the clearer the nature and the easier it is to change. Therefore, when dealing with a patient's problem in the dimension of qi, the more detailed the object, the higher the response to treatment, the possibility of change.

Third, the treatment time is short, and changes are frequently checked during treatment. Although there was some difference in the time required for each patient, the

general treatment time was 15-20 minutes. After the treatment of Saam acupuncture, the practitioner asks the patient to focus only on Qi Transformation and Visualization sensation. Then, after repeating deep breathing and open six organ energy, and then asks again how the sensation of Qi Transformation and Visualization has changed. If the uncomfortable feelings were easily reduced, the Reinforcing the healthy factors technique was used to be continued by asking what it would be like if it had disappeared altogether. The Reinforcing the healthy factors method is a technique that encourages healthy energy by focusing on healthy energy self rather than pathogens, and its basis is the principle "the pathogen cannot invade into the body if the healthy energy is full" in "Plain Questions, Acupuncture in Epidemiology". In positive psychology, similarities can be found with enhancing psychological health by reinforcing strength.¹³

Fourth, do not talk about the specific details of the stressful event. It was not an appropriate place to talk about personal history in actual clinical settings, because consultation and acupuncture were not carried out in an independent one-on-one space between practitioner and patient, but in a multi-person room. In such a situation, the practitioner's refusal to ask personal stories has the advantage of making the patient feel less psychological resistance and has the effect of reducing the recall that prevents the patient from escaping from past events. However, in the case of patients who visited because they wanted to share their story, they felt that they

could not speak comfortably and freely.

Fifth, the practitioner helps patients express their emotions as physical attributes. The practitioner was playing the role of assisting and guiding the patients to get better Qi Transformation and Visualization. In order to set the goal of Saam acupuncture, the stage of Qi Transformation and Visualization is important, so the practitioner facilitated finding visual and tactile elements listening to the patients' complaints. On the one hand, the patients were guided not to get lost in their thoughts and moved away from their emotions.

Sixth, it has psychoeducational elements. During the course of treatment, the practitioner provided counseling with the patients centered on cognitive education and educated the patients on deep breathing and acupressure as self-management methods so develop their ability to control their symptoms on their own. Self-management is the ability to manage the symptoms, treatment, physical and psychosocial consequences, and lifestyle changes of a chronic disease.¹⁴ In chronic diseases, self-management and self-regulation is emphasized as much as professional treatment,¹⁵¹⁶¹⁷ and self-help is being used as an important intervention in psychiatric disorders such as panic disorder, which suddenly develops symptoms.¹⁸¹⁹ Therefore, psychological education and self-management training are clinically meaningful.

Finally, among the processes of applying Saam acupuncture to the psychiatric field, Qi Transformation and Visualization was observed

as the most characteristic process. The practitioner selected the protocol of Saam acupuncture method and led the patient to experience a change of emotions and thoughts through Qi Transformation and Visualization. The practitioner who led the treatment thought that the treatment effect was dramatic because the patient's temperament was changed through the Saam acupuncture. It was also recognized that the change in Qi Transformation and Visualization after Saam acupuncture treatment resulted from the shift in energy and resolution of the imbalance. In this study, through qualitative analysis, it was confirmed that the psychiatric application of Saam acupuncture was effective in improving symptoms caused by psychological problems, and the therapeutic characteristics differentiated from the conservative Saam acupuncture were derived. These research results are considered to help promote the psychiatric application of Saam acupuncture and managing psychiatric disorders in primary medical institutions. However, based on the results of this study alone, it is difficult to generalize the effect and confirm the continuity of the treatment effect. Therefore, it is considered that additional data collection is necessary through follow-up observations and studies.

V. Conclusions

As a result of conducting a qualitative case study of a medical institution on the psychiatric

application of Saam acupuncture, the following characteristics were summarized. Accordingly, saam acupuncture can be used as a treatment for psychiatric disorders. It has high potential, and it is thought that it can be actively applied to primary medical institutions.

1. The Saam acupuncture treatment process, designed for psychiatric use, is organized into four steps: Qi Transformation and Visualization, Saam acupuncture, deep breathing, and chest acupressure.
2. Through this treatment, patients experienced immediate changes in body sensations, changes in emotions and thoughts, decreased responses to triggers, and increased self-regulation.
3. The psychiatric characteristics of this treatment are: First, it focuses on the patient's suffering rather than classification by the psychiatric diagnosis system. Second, it treats with specific symptoms or emotions. Third, the treatment time is short, and changes are frequently checked during treatment. Fourth, do not talk about the specific details of the stressful event. Fifth, practitioner helps patients express their emotions as physical attributes. Sixth, it has psychoeducational elements. Finally, among the processes of applying Saam acupuncture to the psychiatric field, Qi Transformation and Visualization is the most characteristic process.

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