

# New Ideas in Narrative Practice for Mind and Body Healing

LIU Ren<sup>1</sup>, ZHANG Xiaocong<sup>2</sup>, WANG Yiming<sup>3</sup>, OU Chengying<sup>4</sup>, XIE Shunyi<sup>4</sup>, WEN Baosen<sup>4</sup>, HAN Ying<sup>5,\*</sup>

## Abstract

To enrich the specific methods of narrative clinical practice in Chinese medicine and stimulate the innovation of narrative medicine practice in China, we advise that medical professionals should integrate theories and treatments related to acupuncture, massage and positive psychology into their narrative medicine practice, taking into account the current state of clinical practice of acupuncturists and the importance of positive emotions in the field of psychology. This paper elucidates the value of combining acupuncture, massage, and positive psychology from the perspectives of mechanisms and clinical correlations, highlighting their impacts on patients' physical and mental health. To promote the integration of positive psychology with acupuncture and massage, it is proposed to refine the understanding of the efficacy of acupuncture points and develop theories on stimulating positive psychology in acupuncture and massage further more.

**Keywords:** Positive psychology; Acupuncture; Development; Integration

## 1 Introduction

Acupuncture and massage therapy have the effect of activating the meridians and collaterals, regulating yin (阴) and yang (阳), supporting the positive, and dispelling the evil.<sup>1</sup> The theory of acupuncture and massage is suitable for improving the practice of contemporary mind-body healing. For example, acupoint pressing is helpful to the body and mind of patients with early stroke hemiplegia.<sup>2</sup>

Post World War II, psychology concentrated on human problems in its research and clinical therapy. In 1998, Martin Seligman, the chairperson of the American Psychological Association, put forward a novel field of psychology called positive psychology. The advent of

positive psychology has rectified the imbalance in the development of psychology and advocated for the exploration of human strengths and virtues, the emphasis on human resilience, the construction of a fine life, and the realization of the value of healthy individuals. As a new wave of psychological research, it perfects the established field of classical psychological researches. Currently, the theory and methods of positive psychology are relatively mature and well-developed. A practical framework that fosters well-being and research tools suitable for the Chinese people has been developed.

In 2001, Rita Charon from Columbia University systematically proposed "narrative medicine". Narrative medicine stipulates that healthcare practitioners should pay attention to the physical and mental well-being as well as the living conditions of patients, and aims to boost treatment efficiency, forge doctor-patient relationships and re-establish doctor-patient trust through narrative practices. After 2011, narrative medicine started to develop rapidly in China. Chinese scholars are devoted to the localization of narrative medicine practices and attach significant importance to integrating theories from multiple disciplines to form a narrative medicine clinical practice model that promotes the physical and mental health of patients. The essence of the construction of narrative medical practice mode in China is to construct an integrated medical communication model. In this process, acupuncture and moxibustion technology and positive psychology pay attention to the physical and mental health of patients, and can be integrated into the process of medical communication. Therefore, it is proposed to pay attention to and think about the integration of the three disciplines, so as to improve the practice mode of

<sup>1</sup> Medical Affairs Office, The Fifth Affiliated Hospital, Sun Yat-sen University, Zhuhai 519000, China; <sup>2</sup> School of Medicine-College of Integrative Medicine, Nanjing University of Traditional Chinese Medicine, Nanjing 210023, China; <sup>3</sup> The Third Affiliated Hospital of Beijing University of Chinese Medicine, Beijing 100029, China; <sup>4</sup> School of Medicine, Shenzhen Campus of Sun Yat-sen University, Shenzhen 518107, China; <sup>5</sup> Institute of Acupuncture and Moxibustion, China Academy of Chinese medical Sciences, Beijing 100700, China

\* HAN Ying, E-mail: hanyingtcm@163.com  
ORCID: 0009-0006-9411-7534

Copyright © 2024 Shanghai University of Traditional Chinese Medicine. This is an open access article distributed under the terms of the Creative Commons Attribution-Non Commercial-No Derivatives License 4.0 (CCBY-NC-ND), where it is permissible to download and share the work provided it is properly cited. The work cannot be changed in any way or used commercially without permission from the journal.

Chinese Medicine and Culture (2024)7:4

Received: 05 June 2024; accepted: 03 November 2024

First online publication: 06 November 2024

<http://dx.doi.org/10.1097/MC9.000000000000124>

narrative medicine and form a communication process with more physical and mental therapeutic effects.

## 2 The integration of acupuncture and massage techniques evoking a positive psychology in patients

Studies have indicated that acupoint stimulation can not only alleviate physical symptoms such as insomnia and vomiting, which are common in psychosomatic disorders, but also improve patients' emotional states. Stimulation of acupuncture points can generate bio-active compounds that promote the formation of positive emotions. Extensive researches by positive psychologists have revealed that increasing the levels of dopamine, serotonin, oxytocin, and endorphins, and inhibiting the activity of the amygdala, can regulate emotional states, resulting in positive emotions.<sup>3-5</sup> Acupuncture treatments have been shown to activate a wide range of neuroendocrine regulatory functions centered on the skin-brain-axis, increasing the levels of dopamine, serotonin, endorphins, and oxytocin in the body, suppresses the activity of the amygdala, thus modulating mental processes.<sup>6-8</sup> For example, in terms of increasing dopamine, some scholars found that acupuncture on Zusanli (ST36) and Shousanli (LI10) of mice can effectively increase the dopamine secretion of mice;<sup>9</sup> acupuncture on patients' Baihui (GV20), Yintang (GV24+), Shenmen (HT7), Sanyinjiao (SP6), Xinshu (BL13) and Shenshu (BL23) can raise the dopamine level of patients.<sup>10</sup> In terms of uplifting serotonin, some scholars have suggested that electroacupuncture on Guanyuan (CV4), Zhongji (CV3), Sanyinjiao (SP6) and Huiyang (BL35), or wheat grain moxibustion on Dazhui (GV14), Mingmen (GV4), Shenshu (BL23) and Pishu (BL20) can increase serotonin levels in rats.<sup>11,12</sup> Meanwhile, the results of some clinical studies argued that acupuncture on patients can carry patients' serotonin to a higher level.<sup>13,14</sup> It has been suggested that the mechanism by which acupuncture improves depression through increasing the patient's plasma levels of monoamine transmitters (serotonin levels and norepinephrine).<sup>15,16</sup> Acupuncture (which can be combined with other drugs) can reduce pain by increasing endorphin. Vietnamese scholars use Jianyu (LI15), Jugu (LI16), Jianliao (TE14), and Tianzong (SI11) as acupuncture points for treating humeroscapularis (PHS) with bee venom 0.0025 mg/kg, and proved that the treatment plan has better clinical effectiveness in reduced pain, improved motor function and normalized inflammatory cytokines than current therapy used in Vietnam.<sup>17</sup> Wei Li has demonstrated through research conducted in China that Wrist-ankle acupuncture-moxibustion and hot compression with Chinese herbal medicine could effectively alleviate the pain of cervical radiculopathy patients, affect endothelin-1 and calcitonin gene-related peptide concentrations, promote the

recovery of cervical function, and improve the quality of life.<sup>18</sup> As for increasing oxytocin levels, some scholars figured that the mechanism by which acupuncture at Neiguan (PC6) and Shenmen (HT7) improves anxiety in rats with chronic stress may be related to the fact that acupuncture up-regulates the expression of oxytocin in the hypothalamus;<sup>19</sup> some scholars reckoned that transcutaneous electrical acupoint stimulation can prevent the decline of oxytocin in children with autism.<sup>20</sup> In addition, scholars have found that acupuncture points such as Baihui (GV20), Shenting (GV24), and Shenshu (BL23) (bilateral) can modulate the expression of amygdala in rats with post-traumatic stress disorder.<sup>21</sup>

Rich experience of Mind-body treatment is contained in the practice of acupuncture and massage. In ancient times, there were cases of medical practitioners treating emotional disease by tonifying yang through moxibustion.<sup>22</sup> Domestic and foreign Clinical studies have found that treatments involving acupuncture can improve adverse psychological states such as depression and anxiety. In a study of acupuncture for fecal incontinence in Singapore, researchers found that acupuncture can reduce the incidence of depression.<sup>23</sup> In a study of acupuncture for postpartum depression (PPD) patients in China, researchers found that acupuncture could alleviate depressive symptoms of patients with PPD.<sup>24</sup> In a study of acupuncture for patients with frequent tension-type headache in Germany, researchers found that acupuncture and the combination of acupuncture and medical training therapy elicit positive effects on depression, anxiety, quality of life, and symptom intensity in patients with episodic and chronic tension-type headache, and Acupuncture appears to play a central role in mediating the therapeutic effects.<sup>25</sup> Zhao Jimin (赵吉民) began to increase measures that can make patients have positive emotions in the process of acupuncture and moxibustion in 1988. Before giving acupuncture treatment to patients with functional paralysis, he shares cured patients' photos and displaying photos and videos of the treatment process, which can enhance patients' sense of hope and meaning regarding the treatment.<sup>26</sup> In the current acupuncture operation requirements, before the treatment, the doctor should resolve the patient's doubts through thorough communication, dispel fears related to the disease and acupuncture, and enhance the proactivity and sense of hope for the treatment. During acupuncture remedy, the physician will relieve the patient's nervousness using the speculation points (with the hand near the acupuncture point to explore the pressure point). Finally, guidance will be given to the patients to close his eyes in order to rest his mind, advising them to focus on their treatment without distractions. Patients are encouraged to imagine themselves in a serene and beautiful environment to enhance the treatment's effectiveness. In the end of the treatment, the physician will help patients perceive the changes in their symptoms and

provide health education, further increasing patients' hope and confidence in the treatment.<sup>27</sup>

### 3 Positive psychology synergize with acupuncture and massage to achieve mind-body healing

#### 3.1 Stimulating patients' positive emotions with the theories and tools of positive psychology

Positive psychology can be used to establish the theoretical foundation for mind and body therapy, and can also guide acupuncture physician or narrative medicine practitioner think about patient's psychological adjustment goal. In contrast to traditional psychology, positive psychology enhances personal and life quality by enabling people to possess virtues, utilise their character strengths and achieve subjective well-being.<sup>28</sup> The school of positive psychology believes that people are born with certain strengths and virtues. And they summarise six core virtues and 24-character strengths which are common in all human beings and play an important role in improving personal quality and quality of life. The six core virtues comprise wisdom, humanity, temperance, courage, justice and transcendence.<sup>29</sup> The advantages of character are positive personality traits that are reflected in the individual's cognitive, emotional, and behavioral dimensions, which are the psychological processes and mechanisms through which individuals acquire virtues. Character strengths conducive to having wisdom are creativity, curiosity, thoughtfulness, studiousness, and insight; character strengths conducive to having courage are integrity, bravery, resilience, and vigour; character strengths conducive to having humanity are kindness, love, and interpersonal intelligence; character strengths conducive to having justice are fairness, leadership, and civic spirit; character strengths conducive to having temperance are tolerance, humility, prudence, and self-norms; character strengths conducive to having transcendence are appreciation, gratitude, hope, humour, spirituality. Scholars have explored the relationship between patients' personalities and their quality of life, and suggested that personalities such as enthusiasm, hope and gratitude can help patients have a better life.<sup>30</sup>

In addition, positive psychology not only clarifies the formative elements of subjective well-being (positive emotions, commitment, interpersonal relationships, meaning and achievement), but also forms a series of methods to improve people's subjective well-being which are based on the three levels, subjectivity, individual and group. It could be utilized for positive emotional experience such as positive emotional experience gratitude, heart flow experience, savoring, positive thinking, and meditation practice; for positive thinking intervention such as optimal self-imagination, hope therapy, happiness therapy; for positive relationship intervention such as positive relationships, positive communication,

kindness deeds, and positive response which are used to treat mental illness. A series of studies have proved that the therapies of positive psychology can effectively improve the physical and mental state of patients, as well as bringing positive emotions and state of mind, increasing the sense of well-being of patients, and even contributing to the improvement of neurological functioning and the enhancement of the ability to perform daily life.<sup>31-33</sup>

#### 3.2 Promoting the inheritance and development of traditions of TCM clinical service

Positive psychology and acupuncture have their own focus on the treatment of mind and body, but both of them emphasize the importance of tapping into and utilizing the potential positive forces of people. The combination of acupuncture and positive psychology can help acupuncturists to practice the concept of health medicine, and to improve and maintain people's health by harmonizing the mind and body.

The interventions of positive psychology for mental, physical, and psychological disorders can inspire doctors to improve their treatment plans. After understanding the results of positive psychology research, doctors will pay more attention to analyzing, grasping, and stimulating the positive elements of patients' body and mind in the therapeutic decision-making of physical and mental illnesses, and think more about it and adopt acupuncture theories and techniques that can increase the patients' sense of well-being in the treatment. For example, acupuncturists will pay more attention to maintaining the tranquility of the clinic, and will prompt or assist patients to meditate or fall asleep during acupuncture. Positive psychology research has found that meditation and getting enough slumber can increase vagal tone and positive emotions.<sup>34</sup>

In addition, positive psychology's approach to the generation of flow can help young acupuncturists "stabilize the mind" and "keep the mind on the needles". *Ling Shu Zhong Shi* (《灵枢·终始》 *The Spiritual Pivot: The End and Beginning*) requires that when needling, the acupuncturist should first "concentrate on one mind and one spirit, separate the essence from the qi, and do not listen to human voices in order to collect their essence, and must unite their minds to keep their minds on the needles". Sun Simiao (孙思邈) from the Tang dynasty emphasised in his book *Bei Ji Qian Jin Yao Fang* (《备急千金要方》 *Essential Prescriptions Worth a Thousand Gold Pieces for Emergencies*): "Whenever a great doctor treats a disease, he must stabilize the mind, have no desire and no demand, and first develop a heart of great kindness and compassion, vowing to save the sufferings of the souls in the world (凡大医治病, 必当安神定志, 无欲无求, 先发大慈恻隐之心。誓愿普求含灵之苦.....)." Acupuncturists were asked to hold their breath and concentrate on the patient's mental state, micro-expressions,

complexion, immediate results, and to appreciate the patient's emotions, flexibly increasing or decreasing the number of acupuncture points accordingly, to adjust the discomfort of the treatment process and to ensure the therapeutic effect. The state of "stabilizing the mind" and "keeping the mind on the needle" are similar to the state of "flow" in positive psychology. Flow is one of the core topics in the field of Positive Psychology, and refers to a state of complete physical and mental involvement in an activity or task, where time stops or a state of oblivion occurs. During this process, one develops a sense of well-being.<sup>35</sup> When the goal of the task is clear and meaningful, the person has a sense of control over the task. The feedback from the task can be immediate, the person's attention is focused and the difficulty of the task matches the individual's skills, it is easier for the person to be fully engaged in what is going on, to bring out his or her strengths, and to enter into a state of blissful flow.<sup>36</sup> Scholars believe that doctors entering the state of Flow can not only improve the successful rate of safeguarding operations, but also form a benign atmosphere, bringing positive emotions to doctors and avoiding slackness in work.<sup>37</sup> Acupuncturists can learn and understand the concept of "flow" and the way to generate it, which can help them to firmly believe the necessity of "concentrating on one's mind" during the acupuncture period, and to master the method of entering into the state of "concentrating on one's mind", so that they can consciously remove the obstacles to their flow.

In addition to refining acupuncture treatment protocols and improving practitioners' performance, positive psychology theories and methods can also refine the content and methods of communication between acupuncturists and patients with physical and mental illnesses. Stimulating a sense of meaning is one of the key concepts of positive psychology interventions. It has been found that allowing patients to regain meaning in their lives helps patients to reduce psychological trauma and inhibit health risk behaviors,<sup>38</sup> and is expected to increase medical compliance and reduce the rate of suicide due to illness. By incorporating positive psychology values and methods into medical communication, acupuncturists will place more emphasis on discussing with patients the impact of the current illness on their sense of meaning in life, and use meaning-making to increase the patient's sense of life, their sense of meaning in the current treatment, and to guide behaviors conducive to a healthy and harmonious relationship. For example, after emphasizing the clinical value of treatment for patients, acupuncturist can help patients realize that good and bad things are a part of life through stories, and combine the stories of role models to encourage patients to pursue dreams, to appreciate what they have, and to do their best to take care of the people around them (such as participating in volunteer activities in nursing homes, orphanages, etc.), thereby avoiding the impact of

the disease on the patient's sense of meaning in life.<sup>39-41</sup> In addition to exploring the sense of meaning in medical interactions, acupuncturists can also use positive emotional interventions (e.g. asking patients to recall happy events, thankful events, and successes in overcoming difficulties, etc.) to allow patients to construct a positive emotional experience and confidence in facing the current affliction and to improve their psychological resilience. Psychological resilience, also known as psychological adaptability, psychological toughness, or psychological resilience, refers to the ability of people to effectively cope with and maintain their psychological health in the face of setbacks, pain, or catastrophes, or the ability of people to grow after experiencing trauma.<sup>42</sup> People with lower levels of psychological resilience are prone to post-traumatic stress disorder, depression, anxiety, and somatic complaints when experiencing stress and trauma.

In addition, acupuncturists will place more emphasis on interactions with patients' families. With the emphasis of positive psychology on the value of positive interpersonal relationships, acupuncturists are more likely to create an environment that helps patients recover, by actively interacting with patients, their family and friends and increasing positive emotional feedback among them.

#### 4 Suggestions about "acupuncture and massage plus positive psychology"

Combining acupuncture with positive psychology can not only emphasize the importance of concepts like "Zheng Qi" (正气 healthy qi), "Yang Qi" (阳气 substances and energy in the human body that have functions such as dispersal, warming, excitation, and propulsion), and "Shen" (神 the supreme commander of all life activities) in the theory of mind-body acupuncture treatment, but also improve the understanding of the effects of acupoints. Currently, there are few descriptions of the effects of acupuncture points on positive emotions. If positive psychology and acupuncture are integrated and researched, it will be necessary for scholars to explore and improve the descriptions of the effects of acupoints.

When excavating and summarising acupoints with positive psychological effects, it is recommended to firstly focus on acupoints with the word "Shen" or key acupoints for treating qi disorders. Some scholars suggest that Shenmen (HT7), Shenque (CV8), Shendao (GV11), Shentang (BL44), Shenfeng (KI23), Shencang (KI25), Shenting (GV24), Benshen (BG13), and Sishencong (EX-HN1) are all closely related to the human spirit and willpower.<sup>43,44</sup> As the key points of regulating qi, Baihui (GV20)<sup>45,46</sup>, Taichong (LR3)<sup>47</sup>, Neiguan (PC6)<sup>48,49</sup> have been studied to prove their value in the treatment of emotional diseases.

Given the similarity between *Yang Qi* and positive psychological factors, it is suggested to exploring whether



stimulating Governor Channel acupoints can produce positive psychological effects. The Governor Channel is closely connected to the brain and is known as the “*Yang Mai Zhi Hai* (阳脉之海 leading the sea of all, uniting the *Yang Qi* of the body)”. According to views of “conducting yang from yin, conducting yin from yang (从阴引阳, 从阳引阴)”, we should also use some acupoints of Conception Channel which is “*Yin Mai Zhi Hai* (阴脉之海 leading the sea of all, uniting the *Yin Qi* of the body)”. Besides that, research on *Jing* point (井穴 one of the five *Shu* points 五腧穴) should also be emphasized. Acupuncture at the *Jing* point<sup>50</sup> is a common method for invigorating yang. *Jing* point are located at the extremities of the hands and feet, marking the beginning of the twelve regular meridians, the source of qi and blood in meridians, and the origin of *Yang Qi*.

For positive psychology itself, the incorporation of acupuncture treatment methods is a process of localizing the theory and practice of positive psychology in China. Methods such as acupoint pressing and moxibustion are simple and easy to learn, making it convenient for psychology professionals to use and allowing patients to stimulate positive emotions during consultations or self-care. Some scholars have already combined acupoint stimulation with psychotherapy, demonstrating the advantages of this combination.<sup>51–52</sup>

## 5 Conclusion

For an extended period, the research on the doctor-patient communication model was disease-oriented, with the aim of comprehensively collecting information to formulate precise diagnosis and treatment plans and encouraging patients to implement the treatment plans with high quality. After the introduction of narrative medicine to China, the research on the doctor-patient communication model not only attained a new zenith but also shifted its focus to being people-centered, placing greater emphasis on how communication can promote the mind and body well-being of all individuals involved in the medical process. To inspire and facilitate the improvement of the practice model of narrative medicine in China, drawing inspiration from the development orientation of American psychology, it is proposed that narrative medicine in China should intensify its focus on and stimulation of the positive psychological capabilities of patients rather than merely concentrating on the elimination of patients' negative emotions. To fulfill the goal of stimulating positive emotions and promoting mind and body health, it is suggested that under the guidance of acupuncture and massage science and positive psychology, the utilization of body language in doctor-patient communication can be augmented, such as conducting acupoint stimulation operations, and reshaping the communication script of physicians or guiding real communication conversations with the orientation of stimulating positive psychology. Based

on the characteristic of narrative medicine's concern for the physical and mental health of multiple parties, the acupoint stimulation operation can be that medical staff guide patients to press the acupoints themselves, or medical staff assist patients in kneading the acupoints, or medical staff knead their own acupoints.

In conclusion, it is feasible and valuable to integrate acupuncture and positive psychology theories into Chinese narrative medicine. In doctor-patient communication, the fusion of these two disciplines is a fusion of innovative interventions that improve the content of verbal communication and also focus on non-verbal behaviors in communication. Proposing this combination does not negate the value of traditional psychological intervention methods for mind-body treatment, nor does it deny the necessity of acupuncture treatment for negative emotions. Instead, it identifies and utilizes the shared values and practical opportunities of both fields. The combination of acupuncture and positive psychology is expected to innovate academic theories and improve clinical efficacy, to increase patients' sense of benefit and satisfaction, to enhance the physical and mental health of people, and to inspire cross-innovation between Chinese medicine, ethnomedicine, and positive psychology.

## Funding

None.

## Ethical approval

This article does not contain any studies with human or animal subjects performed by either of the authors.

## Author contributions

HAN Ying was responsible for the review of acupuncture and massage related content, supervised the whole research process; LIU Ren proposed ideas, constructed the paper framework, led and participated in the paper writing; ZHANG Xiacong was responsible for the review of the whole paper, especially the content related to psychology; WANG Yiming participated in the literature search and manuscript writing. OU Chengying is responsible for the content improvement, language polishing and reference format modification of Chapter 1 and Chapter 2; XIE Shunyi is responsible for the content improvement, language polishing and reference format modification of Chapter 3; WEN Baosen is responsible for the content improvement, language polishing and reference format modification of Chapter 4 and Conclusion.

## Conflicts of interest

The authors declare no financial or other conflicts of interest.

## References

- [1] Li Y, Zhang J, Liu HJ, et al. Application of non-pharmacological therapies in traditional Chinese medicine in psychosomatic medicine (中医非药物疗法在心身医学中的应用). *Journal of Southeast University (Medical Science Edition)* 2020;39(5):669–672. Chinese.
- [2] Yao QL, Wu JH, Deng P. Rehabilitation effect of acupoint pressing on motor function and depression symptoms in patients with early stroke hemiplegia (点穴方法对早期中风偏瘫患者运动功能和抑郁症状的康复效果研究). *Journal of Beijing University of Traditional Chinese Medicine* 2012;35(10):716–720. Chinese.
- [3] Loula R, Monteiro LHA. Monoamine neurotransmitters and mood swings: a dynamical systems approach. *Mathematical Biosciences and Engineering* 2022;19(4):4075–4083.
- [4] Meng JL, Jiang XF. Emotional chemistry (情绪化学). *Chinese Journal of Chemical Education* 2022;43(12):1–10. Chinese.
- [5] Liang F, Jiang Y, Xiao TW, et al. Basic emotion and its neural basis: evidence from fMRI and machine-vision studies (基本情绪的神经基础:来自fMRI与机器视觉技术研究的证据). *Advances in Psychological Science* 2022;30(8):1832–1843. Chinese.
- [6] Bai L, Cheng H, Hu P, et al. Effect of acupuncture on post-stroke dysphagia: a randomized controlled trial. *Frontiers in Neurology* 2024;15:1391226.
- [7] Cui RH. *The Research of Different Acupunctate Methods on Cerebral Cortex in Vivo Monitored by Photoacoustic Tomography* (PAT监测不同针灸方法对大脑皮层响应的活体研究) [dissertation]. Chengdu: University of Electronic Science and Technology of China; 2019. Chinese.
- [8] Zhu B. On the acupoint and its specificity (论穴位与穴位特异性). *Chinese Acupuncture and Moxibustion* 2021;41(9):943–950. Chinese.
- [9] Li X, He F, Tuo X, et al. Electroacupuncture ameliorates peptic ulcer disease in association with gastroduodenal microbiota modulation in mice. *Frontiers in Cellular and Infection Microbiology* 2022;12:935681.
- [10] Wang XQ, Qin S, Wu WZ, et al. Effect of electroacupuncture on serum melatonin and dopamine in aged insomnia (电针治疗老年失眠症及对血清褪黑素和多巴胺的影响). *Chinese Acupuncture and Moxibustion* 2021;41(5):501–504. Chinese.
- [11] Wu XL, Li N, Xu C, et al. Effect of electroacupuncture on pain threshold and expression of pain-related factors cyclooxygenase-2, prostaglandin E2 and  $\beta$ -endorphin in rats with chronic pelvic pain syndrome (电针对慢性骨盆疼痛综合征大鼠疼痛阈值及疼痛相关因子表达的影响). *Acupuncture Research* 2022;47(6):531–536. Chinese.
- [12] Zhao JY, Yan J, Wang HY, Liu QQ, Zhang TS, Hao CY. Effect of wheat-grain moxibustion on the expression of 5-HT and cortisol in the serum, and MR and GR in the hippocampus in rats with hypothyroidism complicated with depression (麦粒灸对甲状腺功能减退症伴抑郁状态大鼠血清5-HT、皮质醇及海马MR、GR表达的影响). *Chinese Acupuncture and Moxibustion* 2022;42(5):525–532. Chinese.
- [13] Chen B, Wang KX, Zhang YL, et al. Clinical effect observation on Jieyu Tiaoshen Acupuncture treating insomnia of liver depression and qi stagnation syndrome (解郁调神针法治疗肝郁气滞型失眠的临床疗效观察). *China Journal of Traditional Chinese Medicine and Pharmacy* 2022;37(9):5530–5533. Chinese.
- [14] Liu C, Zhao Y, Qin S, Wang X, Jiang Y, Wu W. Randomized controlled trial of acupuncture for anxiety and depression in patients with chronic insomnia. *Annals of Translational Medicine* 2021;9(18):1426.
- [15] Wang Y, Lu Q, Penpat I, et al. Clinical effect of acupuncture at ghost points combined with fluoxetine hydrochloride on mild-to-moderate depression. *World Journal of Psychiatry* 2024;14(6):848–856.
- [16] Ma L, Cheng WP, Mei CJ, Zhang Y, Xiao F, Li YX. Effect of intensifying centro-square needling acupuncture of Baihui (GV 20) on plasma monoamine neurotransmitters in patients with depression (加强扬刺百会穴对抑郁症患者体内单胺类神经递质代谢影响的研究). *Chinese Journal of Integrative Medicine on Cardio-cerebrovascular Disease* 2012;10(5):562–563. Chinese.
- [17] Duc Nguyen M, Van Tran T, Vinh Nguyen Q, Doan Ha C, Vu Phuong Dang L. Effectiveness of bee venom acupuncture for patients suffering from periarthritis humeroscapularis. *Journal of Traditional Chinese Medicine* 2023;43(4):795–800.
- [18] Li W, Yao C, Zhou Y, Chen S. Changes of Endothelin-1 and calcitonin gene-related peptide concentrations in patients with cervical radiculopathy after wrist-ankle acupuncture-moxibustion and hot compression with Chinese herbal medicine. *Genetics Research* 2021;2021:5433742.
- [19] Wei JJ. *Effects of Acupuncture on the Oxytocin and Oxytocin Receptor in Chronic Stress Anxiety Model Rats* (针刺对慢性应激焦虑模型大鼠催产素及其受体的作用研究) [dissertation]. Chengdu: Chengdu University of Traditional Chinese Medicine; 2016. Chinese.
- [20] Zhang R, Jia MX, Zhang JS, et al. Transcutaneous electrical acupoint stimulation in children with autism and its impact on plasma levels of arginine-vasopressin and oxytocin: a prospective single-blinded controlled study. *Research in Developmental Disabilities* 2012;33(4):1136–1146.
- [21] Li M, Li K, Ding N, Xie YQ, Niu K, Zhang H. Effect of electroacupuncture on expression of CREB and its ability to bind to synaptic proteins in amygdala and hippocampus of rats with post-traumatic stress disorder (电针对创伤后应激障碍大鼠杏仁核及海马区环磷酸腺苷效应元件结合蛋白的表达及与突触蛋白结合能力的影响). *Acupuncture Research* 2020;45(7):517–523. Chinese.
- [22] Dou C. *The Teachings of Bianque* (扁鹊心书). Beijing: China Press of Chinese Medicine; 2015. p. 1–208. Chinese.
- [23] Ng YY, Tan KY, Zhao Y, et al. Efficacy of traditional acupuncture compared to biofeedback therapy in fecal incontinence: a randomized controlled trial. *Diseases of the Colon and Rectum* 2024;67(10):1313–1321.
- [24] Xu YQ, Gou Y, Yuan JJ, et al. Peripheral blood inflammatory cytokine factors expressions are associated with response to acupuncture therapy in postpartum depression patients. *Journal of Inflammation Research* 2023;16:5189–5203.
- [25] Schiller J, Niederer D, Kellner T, et al. Effects of acupuncture and medical training therapy on depression, anxiety, and quality of life in patients with frequent tension-type headache: a randomized controlled study. *Cephalalgia* 2023;43(1):3331024221132800.
- [26] Zhao JM, Tian YQ, Gao JL, Yan BW. Clinical analysis of acupuncture treatment for 1,526 cases of functional paralysis (针刺治疗功能性瘫痪1526例临床分析). *Chinese Acupuncture and Moxibustion* 1988;(6):1–2. Chinese.
- [27] Deng JP, Zhang W, Li L. Zhang Wei's experience in treating depression with Shaoyang meridian disorders (章薇运用少阳筋结治疗郁病经验). *Human Journal of Traditional Chinese Medicine* 2019;5(7):29–30. Chinese.
- [28] Seligman MEP. Positive psychology: a personal history. *Annual Review of Clinical Psychology* 2019;(15):1–23.
- [29] Seligman ME, Steen TA, Park N, Peterson C. Positive psychology progress: empirical validation of interventions. *American Psychologist* 2005;60(5):410–421.
- [30] Diener E, Oishi S, Lucas RE. Personality, culture, and subjective well-being: emotional and cognitive evaluations of life. *Annual Review of Psychology* 2003;(54):403–425.
- [31] Jin Y, Wang Y, Ma H, et al. The efficacy and mechanism of positive psychological intervention on well-being for colostomy patients: a randomized controlled trial. *Support Care Cancer* 2022;30(7):5747–5757.
- [32] Müller R, Gertz KJ, Molton IR, et al. Effects of a tailored positive psychology intervention on well-being and pain in individuals with chronic pain and a physical disability: a feasibility trial. *The Clinical Journal of Pain* 2016;32(1):32–44.
- [33] Boselie JJLM, Vancleef LMG, Peters ML. Filling the glass: effects of a positive psychology intervention on executive task performance in chronic pain patients. *European Journal of Pain* 2018;22(7):1268–1280.
- [34] Goyal M, Singh S, Sibinga EM, et al. Meditation programs for psychological stress and well-being: a systematic review and meta-analysis. *JAMA Internal Medicine* 2014;174(3):357–368.
- [35] Mihaly C. *Creativity: Flow and the Psychology of Discovery and Invention*. New York: Harper Collins Publishers; 1996. p. 110–113.
- [36] Mao YG, Hao ZY, Wang SJ, Wu J, Wang XR. Flow experience fosters subjective well-being of undergraduates: empirical evidence based on weekly-diary approach (心流体验提升大学生的主观幸福感:基于周记法的证据). *China Journal of Health Psychology* 2024;32(3):345–351. Chinese.

- [37] Chen Y, Okereke OI, Kim ES, Tiemeier H, Kubzansky LD, VanderWeele TJ. Gratitude and mortality among older US female nurses. *JAMA Psychiatry* 2024 ;81(10):1030–1038.
- [38] Seligman MEP, Rashid T, Parks AC. Positive psychotherapy. *American Psychologist* 2006;61(8):774–788.
- [39] Lin NL, Qin AJ. The enlightenment of PERMA theory on higher vocational college students' positive mental health education (PERMA理论对高职学生积极心理健康教育的启示). *Industrial Technology and Vocational Education* 2016;14(1):86–89. Chinese.
- [40] Zhang RW, Lian R, Li D, Wong PTP. Theoretical perspectives, methods and strategies of meaning therapy: based on the perspectives of existential positive psychology (意义疗法的理论、方法与技术: 基于存在积极心理学的视角). *Psychological Exploration* 2020;40(3):195–202. Chinese.
- [41] Duckworth AL, Steen TA, Seligman ME. Positive psychology in clinical practice. *Annual Review of Clinical Psychology* 2005;1:629–651.
- [42] Troy AS, Willroth EC, Shallcross AJ, Giuliani NR, Gross JJ, Mauss IB. Psychological resilience: an affect-regulation framework. *Annual Review of Psychology* 2023;74:547–576.
- [43] Shi XP, Tian Y, Li T, Li Y. Discussion on the naming rules and functions of acupoints with the character “Shen” (“神”字穴命名规律及其作用刍议). *Jiangsu Journal of Traditional Chinese Medicine* 2015;47(6):58–60. Chinese.
- [44] Wang YX, Sun Z, Li H, et al. Advances in fMRI-based research to explore the central mechanisms of acupuncture in the treatment of insomnia with mood disorders (基于fMRI探讨针刺治疗失眠伴情绪障碍中枢机制的研究进展). *Chinese Journal of Magnetic Resonance Imaging* 2023;14(3):144–148. Chinese.
- [45] Yang S. *Study on the Mechanism of Acupuncture on Visceral Sensitivity and Emotional Regulation in Ibs Model Rats* (电针对IBS模型大鼠内脏敏感性与情绪心理调节的机制研究) [dissertation]. Beijing: Beijing University of Chinese Medicine; 2013. Chinese.
- [46] Zhang YQ, Wei YT, Ge H, et al. Analysis of acupuncture and moxibustion treatment of neurasthenia acupoints based on data mining (基于数据挖掘的针灸治疗神经衰弱经穴运用规律分析). *Liaoning Journal of Traditional Chinese Medicine* 2019;46(7):1517–1520. Chinese.
- [47] Xiang XY. *A fNIRS Study on the Immediate Responding Pattern of Left Dorsolateral Prefrontal Cortex to Acupuncture in Generalized Anxiety Disorder* (基于fNIRS观察广泛性焦虑障碍患者左背外侧前额叶对针刺的即时响应研究) [dissertation]. Chengdu: Chengdu University of Traditional Chinese Medicine; 2017. Chinese.
- [48] Zhao MH. Clinical observation of meridian massage combined with exercise therapy in the treatment of children with autism (经络按摩结合运动疗法治疗儿童自闭症的临床疗效观察). *Clinical Journal of Chinese Medicine* 2019;11(9):11–13. Chinese.
- [49] Zheng ZY, Yang XY, Zhang T. Therapeutic observation of scalp cluster needling plus acupuncture at conception vessel points for generalized anxiety disorder (头穴丛刺配合针刺任脉穴治疗广泛性焦虑障碍疗效观察). *Shanghai Journal of Acupuncture* 2017;36(10):1207–1210. Chinese.
- [50] Shen JW, Shen JW, Cheng T. Observation on the effect of acupuncture and massage along the meridians combined with rehabilitation training in the treatment of children with spastic cerebral palsy (循经针灸推拿法配合康复训练治疗痉挛型脑瘫患儿的效果观察). *Chinese Journal of Modern Applied Pharmacy* 2021;15(3):220–222. Chinese.
- [51] Chen FC, Sun YW, Wang MQ. Emotional release technique based on psychological therapy of tapping acupoints (以叩击穴位心理治疗为基础的情绪释放技术). *Clinical Journal of Traditional Chinese Medicine* 2012;24(12):1212–1214. Chinese.
- [52] Hollifield M, Hsiao AF, Smith T, et al. Acupuncture for combat-related posttraumatic stress disorder: a randomized clinical trial. *JAMA Psychiatry* 2024;81(6):545–554.

Edited By LU Jin

How to cite this article: Liu R, Zhang XC, Wang YM, et al. New ideas in narrative practice for mind and body healing. *Chin Med Cult* 2024;7(4):312–318. doi: 10.1097/MC9.0000000000000124