Study on the Psychotherapy of Martial Arts’ Yin-Yang Balance Mode for Negative Emotional Energy Conversion of Neurogenic Depression

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Abstract Objective: The Psychotherapy of Martial Arts’ Yin-Yang Balance mode to convert the negative Emotional Energy of neurodepressive patients was studied. Methods: By using the self-rating depression scale (SDS) and self-rating anxiety scale (SAS) for pre-test and post-test. Results: The results showed that there were significant differences in depression and anxiety in patients with neurodepression before and after the test, and the emotions of depression and anxiety go from being serious back to normal state. The Psychotherapy of Martial Arts’ Yin-Yang Balance mode has significant effect on the negative emotional energy conversion of neurogenic depression.

1 Introduction
The psychotherapy through the model of Yin-Yang Balance in Martial Arts, an original creation by Zhong Bilai in October 1995, is mainly targeted at the training and treatment of emotional and mental energy transformation of neurogenic depression. It is based on the principle of dynamic energy transformation of Yin and Yang movement in Chinese martial arts. It mainly adopts the model of separating ego-subject from object and converting emotional psychological energy into the core technology of psychotherapy. The negative emotional energy of neurodepressive patients is transformed, filled, diluted, and drugs are avoided, so as to achieve positive and negative emotional balance, eventually mental health will gradually be restored.

2 Description of problem
Chinese martial art is a Yin-Yang balanced movement technique that emphasizes attack and defense, and the martial art’s movement is a process of stabilizing emotions, emphasizing the “ideas” of movements and dynamic processes, that is, emphasizing “focus and concentration”. In addition, it gives emphasis on conversion of Yin-Yang balance, having a stable emotional effect. So, the emotional energy can also be converted mutually by martial arts’ movements as a carrier. Because emotion can generate motivation, that is drive, the movement process of Chinese martial arts is a power-driven movement that requires emotional energy production, as well as constancy of purpose and positive and stable emotion to drive martial arts’ movements. Then, martial arts’ movements become a carrier for emotional energy conversion. The emotions of patients with neurogenic depression are imbalanced, usually driven by negative emotion. Based on clinical case analysis, the psychological problems of patients with neurogenic depression can be summarized as two imbalances: First, negative emotion accounts for the majority of time, while positive emotion occupies a small part of time, that is, the activity time of negative emotion is more than that of positive emotion; Second, the intensity of negative emotion is strengthened, and the intensity of positive emotion is weakened or suppressed. It means that negative emotional energy drives negative tendencies and negative behaviors are significant, while positive emotional energy drives positive tendencies and positive behaviors are not significant, and the driving force for negative emotional energy are greater than that for positive emotional energy, which is called "the Yin-Yang imbalance psychology", also known as the "Yin-Yang imbalance."

It has been found in clinical practice that patients with neurogenic depression often have a consciousness of active help-seeking, which is different from mental depression. The patients with mental depression often do not have the initiative to seek help, but both have suicidal tendencies and behaviors, accompanied by complex emotion features. The consciousness of the patients with mental depression is unclear, and the main treatment for them is drug therapy, supplemented by psychotherapy. The consciousness of patients with neurogenic depression is clear, and psychotherapy is the main treatment, while drug therapy is difficult to work. Once you stop taking the medicine, the depression will relapse. In clinical cases, it is a common phenomenon that neurological depressive symptoms often relapse, and some patients with neurogenic depression will feel...
desperate after repeated relapses and even choose suicide to end the pain of “Yin-Yang imbalance”.

In the treatment process of clinical cases, it could find that the psychology of patients with neurogenic depression is usually reflected in the dark side, and the side of the sun is difficult to reflect. For the emotional psychology of this Yin-Yang imbalance, in present, the research on whether negative emotional energy could be converted through Chinese martial arts’ movement as a carrier has not been found at home or abroad. Therefore, the “Psychotherapy of Martial Arts’ Yin- Yang Balance Mode” found by Zhong Bilai in 1995 is utilized in this study. This therapy mainly adopts the mode of negative emotional energy conversion, avoiding the use of drugs, and converts internal driving force into exercise dynamics and psychological balance mode. It can enhance will and physique, improves the immune function of patients, and achieves the purpose of eliminating depression. After more than 20 years, this mode takes the clinical practical results as the main research target and those with neurological depression and consciousness of active help-seeking as the main object to explore.

3 Research methods

3.1 Subjects

The subjects studied (those with neurogenic depression) were initiatively to seek help, possessing the medical records of the top three hospitals. The diagnosis in the medical records showed that the degrees of depression were mild, moderate, and severe. They had suicidal tendencies and behaviors, with the longest disease course of 25 years and the shortest of 3 years. The oldest is 42 years old, the youngest is 14 years old. The information of the name, specifications and quantity, usage and dosage, duration of neurologic depression, length of hospital stay, etc. of the prescription drug are accompanied.

A recent study of 62 subjects was randomly selected for statistical analysis.

3.1.1 Basic information of the help seeker

The basic information of the help seeker shows: birth time or age, born naturally or not, gender, family background, growth experience, education level, marital status, physical problems (including physical symptoms), psychological problems, social problems (including interpersonal relationships), medical history and current condition. The key information is the measured data of depression degree, using the self-rating depression scale (SDS) and the self-rating anxiety scale (SAS), which both are self-rating scales containing 20 items and four-level score, respectively. The SDS is used to measure the severity of depression and its variation in therapy, while the SAS is applied to assess the subjective feelings of patients in anxiety.

3.1.2 Operation procedure

Before the training of negative emotional energy conversion by martial arts’ Yin-Yang balance mode psychotherapy, the preliminary diagnosis is made according to the basic information of the help seeker, and the degree of depression and anxiety are evaluated, which is consistent with the medical record of the help seeker. For example, Tan is female, 17 years old, born naturally, whose parents are real estate businessman, in good financial condition and in a harmonious family. She grew up with parents and smoothly, has not experienced major negative accidents. She has a total of 3 siblings, ranked first, with one brother and one sister, studying in high school as freshman. Her disease course is three years, and 6-times attempted suicide occurred (suicidal behaviors were found and blocked by her parents). The hospital medical record shows she has neurologic depression and the condition was moderate. The help seeker's self-report is consistent with the parent's statement. Before the training of negative emotional energy conversion by the psychotherapy of martial arts’ Yin-Yang balance mode, SDS and the SAS are used to test. The raw score of anxiety in pre-test is 38, while the standard score of anxiety is 47.5, and raw score of depression is 51, while the standard score of depression is 63.75, which is consistent with the medical record.

3.2 Martial arts’ Yin-Yang balance mode psychotherapy process

3.2.1 Negative emotional energy conversion selection

Chinese martial arts movements must be improved by researchers before serving as carriers to convert negative emotional energy for the purpose of operation and verification. If neuropathic depression (subject) first uses martial arts Yin-Yang balance mode psychotherapy, it is necessary to test the negative emotional energy conversion effect for 10-20 minutes. The effect experience is subject to the self-report of the subject. If the subject feels the self-experience ineffective, the mode is abandoned. If the self-experience is considered effective, the conversion will be continued. Usually, the subject will report it orally. In each course of treatment, only 4-6 steps of martial arts carrier movement are used, and it cannot exceed 7 steps at most. The first to third steps of the first treatment are the test steps first used by the subject, and the fourth step and later are the formal negative emotion conversion steps. When the test on the subject treated first time is effective, it is no longer necessary to test it and should treat it directly. The following are the seven initial steps that are commonly used to the selection of negative emotional energy conversion segments.

The first step: wrap both hands circling forward and backward 10 times, respectively.

Requirements: Straighten both hands, exert strength slightly. Circling must be coherent, natural, and smooth. Guide patients to focus all attention on the experience of
exercise, and silently count the number of circling.

The second step: bend forward to convert energy.

(1) Function

Its function is to make the energy conversion of the upper Yang and lower Yin to balance.

(2) Steps

Stand with your feet together, hands and fingers crossed, and lift straight arms with palm up; Bend your upper body forward, chest out, arch the back, and make hands touched the ground as much as possible. Then loosen both hands, wrap both hands to round the legs, and hold the two heels, trying your best to make your upper body and face close to your legs. This movement should be done 3 to 5 times in a row.

(3) Mental and physical relaxation

Every time you finish, you must stand naturally, stand with two legs in shoulder width, make your head straight, your neck straight, and your shoulders flat, look ahead and take three deep breaths.

(4) Movement main points

Straighten your knees, and when your upper body is bent forward, chest out, arch the back and contract your hip.

(5) Notes

Each step of the movement should be repeated three times. Each movement must be slowed down, and the head should be close to the calf as much as possible. You should not move fast so as to maintain natural breathing (see Figure 2-1 to Figure 2-3).

Figure 2-1 Figure 2-2 Figure 2-3

The third step: half-squat leg pressing left and right to convert energy.

(1) Function

Its function is to make the energy conversion of the left Yin and right Yang to balance.

(2) Steps

The right leg bends to the knees and the whole foot touches the ground; Stretch your left leg to the left, buckle the toes inwards; both hands respectively grasp the two insteps and half squat to the left; Straighten your waist, turn to the left and press forward, and squat to the left and right alternately.

General requirements: Turn to the left first and then right, 3 to 5 times for left and right in a low, respectively.

(3) Mental and physical relaxation

After half-squat leg pressing left and right, you must stand naturally, stand with two legs in shoulder width, make your head straight, your neck straight, and your shoulders flat, look ahead and take 3–5 deep breaths naturally. Movement on the right side is the same as the left side (as seen in Figure 2-4 ~ Figure 2-6).

(4) Movement main points

Straighten waist and look up. One leg is all squat, while the other leg is straight, and the two feet press against the ground. If the head can move closer to the stretched foot, the effect is better.

(5) Notes

Each step of the movement should be repeated three times, and each movement must be slowed down. You should not move fast so as to maintain natural breathing.

Figure 2-4 Figure 2-5 Figure 2-6

(6) Kicking legs in flexion and extension to convert

Legs kicking: Legs stand side by side, with arms akimbo, or clench two hands into fists hanging on the waist (fist heart up). During the movement, lift the right leg with the knee bent, make the thigh flat with the waist, and straighten the right foot (Fig. 2-01). When the knee is close to the horizontal level, the knee is quickly and violently kicked forward, and the force is reached to the
toe. Make the thigh and the calf in line, higher than the waist, and the left leg stretches or slightly bends. Both eyes should look at the front horizontally (Figure-02).

Movement main points:

Chest out, straighten waist, stretch your feet straight, and contract your hip. Kicking needs a strong force (i.e. explosive force).

The above steps are utilized in the martial arts’ Yin-Yang balance mode psychotherapy used in the first time to test the emotional energy conversion effect experience. The help seekers’ orally report self-experiences, which shows it effective. The following emotional energy conversion is continued.

The fourth step: Swing waist to convert energy (Unity of heaven and nan)

(1) Function
Its function is to coordinate and balance the energy of the back Yin and the abdominal Yin and the energy of the upper Yang and lower Yin, that is, to make the energy of Ren-Duo pulses coordinated and balanced.

(2) Stand with your feet apart, straighten your arm forward, and lift up, with palms facing each other. With the waist as the axis, the feet stand steady, raise your head up (tilt your head back as far as you can). The whole body is in the shape of a bow (duration of 8 ~10 seconds). Open the mouth as much as possible, exhale three times in a row, then stretch the upper body forward and backward and swing your waist, accompanied with both arms swung. Do it three times in a row.

(3) Movement main points
Straighten two legs, stand with two legs in shoulder width, and relax your waist. When you swing backward, raise your head and chest out, and waist swing should be compact and flexible. The whole body is in the shape of a bow, and the time must be about 8 to 10 seconds. Open your mouth as much as possible and exhale three times in a row, making the airflow in Dantian (in the abdomen) to be smooth.

(4) Notes
Each step of the movement should be repeated three times. Relax your whole body, and the body and limbs should not be stiff. Try to relax and breathe naturally (as seen in Figure 2-7, Figure 2-8).

(5) Brush waist
Stand with two feet apart, slightly wider than shoulder. Bend your upper body forward, With the hip joint as the axis and stretch two arms to the left front and lower. Then swing two arms, and overturn and circle with the upper body forward, right, backward, and left. Brush waist left and right alternately.

(6) Main points
Straighten two legs and take your waist as the axis to overturn and circle flexibly and smoothly (as seen in Figure 2-9 and Figure 2-10).

(7) Notes
Each step of the movement should be repeated three times. Relax your whole body, and the body and limbs should not be stiff. Try to relax as much as possible. Stand on two feet steadily and keep breathing naturally.
The fifth step: push the palms forward before opening your feet, turn your palms and hold fists to convert energy

1. Take a step to the left with your left foot, in a shoulder width, and at the same time, change two fists to palms down to the body obliquely downward, and eyes to the front (as seen in Figure 10-51).

2. Lift both arms up and flex elbows beside two ears, eyeing on the front (as seen in Figure 2-11 and Figure 2-12).

3. Push palms forward slowly from both ears, with the back of the hand up and the little finger side in front, and look at your hands (see Figure 2-13).

4. Push your hands forward to the shoulder height, supinate two wrists and overturn the palms down, and look at both hands (see Figure 2-14).

5. Keep moving upward and take back two hands immediately to the waist. Hold fists, close your left foot simultaneously, and look at the left front (see Figure 2-15).

6. Movement main points
When pushing the palms forward, make your head straight, your neck straight, chest out, arch the back, and constrict your hips, with eyes on your palms. The movements of overturning palms and constriction should be fast and powerful, keeping eyes on the left.

The sixth step: shock the foot and strike downward with fist, punch the fist forward in horse stance to convert energy

1. Lift the left leg with the knee bent to the front of the body, clench the left hand and twist it above the head; shock the right foot to the inner side of the left foot, bend your knees and half squat; Simultaneously punch the right fist down to the left palm with the fist back in front of the body (center of gravity on the left leg), and look at the right fist (As seen in Figure 2-16 and Figure 2-17).
(2) Stretch the right leg, punch the left fist forward (center of gravity on the left leg), and look at left fist (see Figure 2-18).

(3) The left foot falls into a horse stance, punch the left fist, punch the right fist (center of gravity between the two legs), and look at the left and right fists (see Figure 2-19 and Figure 2-20).

(4) Lift the right leg with the knee bent to the front of the body, clench the left hand and twist it above the head, shock the left foot to the inner side of the right foot, bend your knees and half squat; Simultaneously punch the left fist down to the right palm with the fist back in front of the body, and look at the left fist (see Figure 2-21 and Figure 2-22).

(5) Stretch the right leg (center of gravity on the left leg), punch the left fist forward, and look at left fist (see Figure 2-23).

(6) The right foot falls down into a horse stance, punch the right fist, punch the left fist (center of gravity between the two legs), and look at the right and left fists (see Figure 2-24 and Figure 2-25).
(7) Movement main points:
Lift both knees and twist both arms upwards. Shocking feet should be coordinated with striking downward with fist. When striking downward with fist, do not bow your head and arch your back. You should stretch the leg to the level of your knees, and the support leg should be slightly bent. When punching the fist, twist your waist, flatten shoulders, and straighten the upper body. Punching the fist in horse stance requires steady feet, straight shoulders, speediness and the power.

(8) Notes: Each step of the movement should be repeated three times. The height of the fist is the same as that of the shoulder, and the line of sight is in the same direction as the fist.

(9) Mental and physical relaxation: After the energy conversion of shocking foot, striking the fist and punching the fist in horse stance, stand naturally, with two legs in shoulder width. Your head should be straight, your neck should be straight and your shoulders need to be flat, with eyes on the front, hands drooping naturally and deeply breathing 3 ~5 times naturally (as seen in Figure 2-26 and Figure 2-27).

The seventh step: subject and object separation technology

The subject and object separation technology (hereinafter referred to as the subject-object separation technology) mainly uses the picture content as the carrier of the subject-object separation technology. The picture has a size of 30cm wide and 42.5cm long, with positive and neutral picture content, shown as Figure 2-28 and Figure 2-29. The help seeker maintains a distance of 75cm-85cm from the picture, and the distance can be adjusted according to the vision of the help seeker. The help seeker observes and responds according to the psychological consultant's guidance. After the training of the picture content which takes the separation technology as a carrier, the training of subject-object separation technology is carried out with the realistic physical scene as the carrier. The so-called realistic physical scene is to use the physical scene in the visible scope of the help seeker as the carrier. The training method is the same as the picture, and one course of treatment can only use 3-4 pictures.

The following is one of the selections of the subject-object separation technology.
(1) The first picture of the subject-object separation technology

Psychological consultant: Observe the photographic picture (see Figure 2-30),
Help seeker: Someone is riding a bicycle.
Psychological consultant: At first glance, what did you see in the picture?
Help seeker: Someone is riding a bicycle.
Psychological consultant: What do you think of when you see a bicycle?
Help seeker: I think the cyclist (who is riding a bike) is very good at it.
Psychological consultant: Why do you think his technique is very good?
Help seeker: The cyclist can freely enter and exit on such a narrow and curved road, so his technique is good.
Psychological consultant: Yes, his technique is very good. How wide is the road surface?
Help seeker: It should be about 60 cm.
Psychological consultant: It should be this width. What kind of crops are on both sides of the path?
Help seeker: The species is corn.
Psychological consultant: What is the weather in the painting?
Help seeker: The sky is clear.
Psychological consultant: What is the temperature in the picture?
Help seeker: The weather should be hot. He is in shorts and short-sleeved tops, with a straw hat on his head.
Psychological consultant: You observe it very carefully!
Help seeker: It is the way you taught me (laughs)!
Psychological consultant: You close your eyes now and describe the picture.
Help seeker: The sky is clear, the corn is blooming, and the air is very good. There is a man in the curved and narrow cornfield, free to ride a bicycle, with a good technique.

(2) Summarize the contents in the first picture

Psychological consultant: You close your eyes now and describe the contents in the whole picture.
Help seeker: Describe the contents (omitted)

(3) The second picture of the subject-object separation technology

Psychological consultant: Look at another picture (see Figure 2-31).
Psychological consultant: What did you see at first sight?
Help seeker: Many people are in the river.
Psychological consultant: What are you doing?
Help seeker: They are all washing clothes.
Psychological consultant: What is the depth of the river?
Help seeker: Not very deep, someone standing in the river.
Psychological consultant: How wide is the river?
Help seeker: The river is relatively wide. More than a dozen people in a row wash clothes, so the river is 20 meters wide at least.
Psychological consultant: There should be a width of more than 20 meters. Is the scene of the picture rural or urban?
Help seeker: It should be rural.
Psychological consultant: How did you judge?
Help seeker: Now the small rivers in urban areas are not so clean, and the water is polluted, not suitable for washing clothes. Only the mountainous rural areas have such rivers, and people in the urban areas use washing machines, so it is a rural river.
Psychological consultant: In what other ways can you explain the river is in the countryside?
Help seeker: The buildings next to the small river are not neat, lack of systematicness and planning, and look messy.
Psychological consultant: It should be a small river in the countryside, and rural buildings have a messy beauty. This theory can be found in aesthetics. According to the theory of aesthetics, messy is a kind of beauty, which is called messy beauty.
Help seeker: There are a few messy willow trees in the picture, uneven and picturesque farmhouses look beautiful.
Psychological consultant: Yes, this picture is also beautiful.

(4) Summarize the second picture content

Psychological consultant: You close your eyes now and describe the contents of the whole picture.
Help seeker: Describe the contents (omitted)

(5) The third picture of the subject-object separation technology

Psychological consultant: Let us take a look at the third picture (see Figure 2-32).
Psychological consultant: What do you see at first sight in the picture?
Help seeker: The first thing I saw was three ducks.
Psychological consultant: What did you see at the second sight in the picture?
Help seeker: There is a man who grazes by the river.
Psychological consultant: What is the depth of the river?
Help seeker: Probably less than 1 meter. It should be at a depth of about 70 cm.
Psychological consultant: How did you judge the depth of the river?
Help seeker: It can be seen the cows is in the water, and the water rises to the part of the cow's leg.
Psychological consultant: Is there any rapid flow in the stream?
Help seeker: The river is very calm.
Psychological consultant: Look again. Can you see three ducks in the picture?
Help seeker: There are four ducks, and one is in the river. At first glance I did not see it clearly (laughs). Teacher you observed it carefully.
Psychological consultant: It is also the second time to see it clearly. What season is reflected in the picture?
Help seeker: Is it in spring?
Psychological consultant: Is the grass in spring so high and so lush?

Help seeker: It should be summer!
Psychological consultant: Correct, the spring grass just grows out, not so lush. You close your eyes now and describe the picture.
Help seeker: OK! In the picture, there are three ducks on the grass by the river. One duck is swimming in the river. There is also a man who grazes by the river. The cow grazes in the creek and prepares to go ashore. The man is a hat on his head, and the river is very calm, which reflects a beautiful village reflecting in summer (laughs).
Psychological consultant: You described it very well. It is a beautiful village in summer. Your memory is recovering quickly.
Help seeker: Thank you for your praise!
(6) Psychological consultant: You close your eyes now and describe the contents of the whole picture.
Help seeker: Describe the contents (omitted)

The eighth step: homework assignment

Task 1: After working every day, implement self-training of subject and object separation technology with the scene as a carrier in the visible scope. It should be curiously appreciated and analyzed. In this process, the subjective feelings and emotion must be separated from the objective scene, focusing on the subject and the object itself. The training review of carrier movement conversion by the Yin-Yang balance mode psychotherapy should be finished for 1-2 times 30 minutes before going to bed every day.

Task 2: Choose the appropriate time from afternoon to 20 o’clock every day. The patient will do the outdoor jogging exercise and increase the distance according to his physical condition every day, with an increase of at least 50-100 meters. Jogging speed is also based on your own situation.

3.2.2 Negative emotion conversion interval duration by Martial arts’ Yin-Yang balance mode psychotherapy

For the help seekers in the mild and moderate condition, the negative emotion conversion interval by martial arts’ Yin-Yang balance mode psychotherapy is 6 days. Each carrier movement, carrier picture, and live-action carrier content are changed according to needs. The second interval for severe help seekers is 3 days (called encrypted conversion). If the third effect is significant, the fourth conversion interval is 6 days. Usually after the third or fourth time (30 days), depression and anxiety can be measured.

3.3 Data Processing

(1) Before and after the 30-days training of negative emotion conversion by martial arts’ Yin-Yang balance mode psychotherapy, depression and anxiety are measured by the depression self-rating scale (SDS) and anxiety self-rating scale (SAS). In the files of recent cases, 62 help seekers with neurogenic depression were randomly to perform pre-test and post-test. As for the information such as telephone, address, and medical records were kept confidential and inconvenient to disclose.
(2) SPSS 17.0 was used to conduct statistical processing

4 Research results and analysis

4.1 Pre-test and post-test data

In Table 1, it was shown that after 30 days of emotional energy conversion by the martial arts’ Yin-Yang balance mode, the anxiety and depression of 62 help seekers with neurogenic depression were significantly reduced. For example, Tan’s pre-test raw score of anxiety is roughly 38, while the standard score of anxiety is 47.5, and the raw score of depression is 51, while the standard score of depression is 63.75. After negative emotional energy conversion by the psychotherapy of martial arts’
Yin-Yang balance mode, the raw score of anxiety is 32.4, while the standard score of anxiety is 40.5, and the raw score of depression is 32.2, while the standard score of depression is 40.25. Bao’s pre-test raw score of anxiety is 40, while the standard score of anxiety is 65.25, and the raw score of depression is 51, while the standard score of depression is 70. After negative emotional energy conversion by the psychotherapy of martial arts’ Yin-Yang balance mode, the raw score of anxiety is 31, while the standard score of anxiety is 40.25, and the raw score of depression is 39, while the standard score of depression is 42. The table can explain that the effect of martial arts’ Yin-Yang balance mode psychotherapy on the help seekers with neurogenic depression in negative emotional energy conversion is significant, as shown in Table 1.

Table 1 Pre-test and post-test raw score

| Serial Number | Name   | Sex | Age | Pre-test | Post-test |
|---------------|--------|-----|-----|----------|-----------|
| 1             | Wu     | male | 42  | 50       | 48        |
| 2             | Deng   | female | 25  | 51.25   | 54.6      |
| 3             | Liao   | female | 16  | 51.25   | 58        |
| 4             | Wang   | male | 34  | 50       | 51        |
| 5             | He     | male | 17  | 60       | 50        |
| 6             | Zeng   | male | 15  | 63.75   | 49        |
| 7             | Pan    | female | 32  | 55       | 45        |
| 8             | Huang  | female | 24  | 58.75   | 50        |
| 9             | Huang  | female | 42  | 55       | 52        |
| 10            | Tan    | female | 17  | 47.5     | 51        |
| 11            | Liu    | male | 24  | 48       | 76        |
| 12            | Chen   | female | 26  | 50       | 58        |
| 13            | Liang  | female | 17  | 73.75   | 61        |
| 14            | Duan   | female | 33  | 42.5    | 51        |
| 15            | Chen   | female | 19  | 50       | 56        |
| 16            | Zhang  | male | 28  | 68.75   | 55        |
| 17            | Chen   | female | 20  | 81.25   | 70        |
| 18            | Huang  | female | 19  | 63.75   | 50        |
| 19            | Guo    | male | 18  | 55       | 60        |
| 20            | Lai    | female | 21  | 50       | 50        |
| 21            | Zhao   | female | 22  | 56.25   | 48        |
| 22            | Wang   | female | 21  | 63.75   | 53        |
| 23            | Li     | female | 21  | 50       | 43        |
| 24            | Zou    | female | 19  | 56.25   | 50        |
| 25            | Chen   | female | 23  | 56.25   | 56        |
| 26            | Chen   | female | 17  | 58.75   | 50        |
| 27            | Zhu    | male | 20  | 53.75   | 49        |
| 28            | Liu    | female | 18  | 62.5    | 55        |
| 29            | Ye     | female | 18  | 47.5    | 57.2      |
| 30            | Huang  | female | 31  | 66.25   | 48        |
| 31            | Diao   | female | 20  | 68.75   | 56        |
| 32            | Xu     | male | 21  | 82.5    | 65        |
| 33            | Huang  | female | 20  | 55      | 55        |
| 34            | Lai    | female | 21  | 57.5    | 46        |
| 35            | Lai    | female | 16  | 48.75   | 55        |
| 36            | Wu     | female | 20  | 82.5    | 63        |
| 37            | Zhang  | female | 22  | 65      | 51        |
| 38            | Gan    | female | 20  | 51.25   | 47        |
| 39            | Huang  | male | 19  | 66.25   | 55        |
| 40            | Yang   | female | 20  | 77.5    | 66        |
| 41            | Lai    | female | 21  | 67.5    | 57.8      |
| 42            | Xu     | female | 23  | 81.25   | 66        |
| 43            | Liu    | female | 30  | 40      | 44        |
| 44            | Zeng   | female | 17  | 73.75   | 57        |
| 45            | Lai    | female | 28  | 48.75   | 52        |
| 46            | Yang   | female | 40  | 40      | 45        |
| 47            | Ma     | female | 36  | 48.75   | 52        |
| 48            | He     | male | 14  | 47.5    | 56        |
| 49            | Huang  | female | 22  | 61.25   | 52        |
| 50            | Huang  | male | 34  | 53.75   | 50        |
| 51            | Zeng   | female | 19  | 52.5    | 53        |
| 52            | Zhang  | male | 17  | 55      | 46        |
| 53            | Yan    | male | 39  | 66.25   | 49        |
4.2 Comparison of pre-test and post-test mean values of depression and anxiety

In Table 2, comparing with the pre-test mean of depression and anxiety in 62 patients with neurogenic depression, the post-test mean value had a significant reduction. The raw score mean of the pre-test anxiety is 45.741, and the mean value of the post-test anxiety is 32.648, while the standard score mean of pre-test anxiety is 57.4234, and the standard score mean of post-test anxiety is 40.834. The raw score mean of the pre-test depression is 52.7839, and the mean value of the post-test depression is 34.338, while the standard score mean of pre-test depression is 66.0806, and the standard score mean of post-test depression is 42.8185.

Table 2  Comparison of pre-test and post-test mean values of depression and anxiety

|                  | N  | Mean values | Standard deviation | Standard. Error of Mean |
|------------------|----|-------------|--------------------|-------------------------|
| Pre-test raw score of anxiety | 62 | 45.7419     | 8.32916            | 1.05780                 |
| Post-test raw score of anxiety  | 62 | 32.6484     | 2.86704            | .36411                  |
| Pre-test standard score of anxiety | 62 | 57.4234     | 10.41924           | 1.32325                 |
| Post-test standard score of anxiety | 62 | 40.8347     | 3.57471            | .45399                  |
| Pre-test raw score of depression  | 62 | 52.7839     | 5.97857            | .75928                  |
| Post-test raw score of depression  | 62 | 34.3387     | 7.22787            | .91794                  |
| Pre-test standard score of depression | 62 | 66.0806     | 7.48479            | .95057                  |
| Post-test standard score of depression | 62 | 42.8185     | 9.00378            | 1.14348                 |

4.3 Differences between pre-test and post-test of depression and anxiety

In Table 3, there are significant differences between pre-test and post-test of depression and anxiety. The raw score of pre-test anxiety is significantly different from that of post-test anxiety. The difference between the standard score of pre-test anxiety and that of the post-test anxiety is significant. The raw score of pre-test depression is significantly different from that of post-test depression. The difference between the standard score of pre-test depression and that of the post-test depression is significant.

Table 3  Differences between pre-test and post-test of depression and anxiety

|                  | t   | df | Sig.(Double test) | Mean value difference | Lower limit | Upper limit |
|------------------|-----|----|-------------------|-----------------------|-------------|-------------|
| Pre-test raw score of anxiety | 43.242 | 61 | .000              | 45.74194              | 43.6267     | 47.8571     |
4.4 Behavioral tendency changes in depression

After 30 days of negative emotional energy conversion training by the psychotherapy of martial arts’ Yin-Yang balance mode, according to the self-reports of 62 patients with neurogenic depression, their depression symptoms disappear, their emotion is stable, and their sleep quality is good. Insomnia, suicidal tendency and behavior has got rid of them. They actively interact with others and has returned to a normal emotional state.

In accordance to the reports from their families, they are emotionally stable and have increased communication with family and friends. Their appetites increase, and no suicidal behavior is found. The patients’ friends report their observation to their families that, they have stable emotion, active communication with others, and return to a normal emotional state.

5 Discussions

According to the measurement data analysis of SDS and SAS, as well as the reports from patients with neurogenic depression themselves, their families and friends, through negative emotional energy conversion training by the psychotherapy of martial arts’ Yin-Yang balance mode, their depression and anxiety have a significant reduction. The difference between the pre-test and post-test results of depression and anxiety is obvious, and they have returned to a normal emotional state from the state of severe depression and anxiety.

The separation of self-subject and object and the psychological energy conversion of martial arts’ Yin-Yang balance mode psychotherapy are the core technology mode of the psychotherapy. The negative emotional energy of patients with neurogenic depression is converted to achieve a positive and negative emotional balance mode, avoiding the side effects of drugs. It corrects the negative attention and negative memory from self-excessive attention of patients with neurogenic depression, and gradually covert to the positive attention and positive memory from object’ focus. The driving force of negative emotional energy is converted into the driving force of positive emotional energy.

At the same time, the improved movements, pictures and physical scenery analysis of Chinese martial arts as carriers of negative emotional energy conversion facilitate patients' mastery and memory, and it is also a key factor guiding patients to eliminate self-negative excessive attention. The process of using these carriers lay emphases on the “ideas” of “focus and concentration”. The improved movements, pictures and physical scenery of these martial arts as carriers can play an important role in the negative emotional energy conversion, filling the patient's positive memory and diluting the patient's negative memory, and make critical effects on the subsequent extraction for positive memory content, as well as the initiation of positive emotion. This indicates that the martial arts’ Yin-Yang balance mode psychotherapy has significant effects on the risk reduction of suicidal tendencies and behaviors of patients with neurogenic depression and the driving force to initiate positive emotion. Positive and negative emotion reaches equilibrium, and their psychological rehabilitation is remarkable.

Therefore, it can be demonstrated that the psychotherapy of martial arts’ Yin-Yang balance mode is a safe and effective mode with no side effects. So far, no help seeker is found to relapse again. This model is suitable for the psychotherapy for the patients with neurogenic depression.
6 Conclusion

(1) Through the psychotherapy of martial arts’ Yin-Yang balance mode, the difference between the pre-test and post-test depression and anxiety of the patients with neurogenic depression is significantly.

(2) The patients with neurogenic depression return to a normal emotional state from a state of severe depression and anxiety.

(3) The psychotherapy of martial arts’ Yin-Yang balance mode has a significant effect on the negative emotion energy conversion for the patients with neurogenic depression.

7 Future prospects

At present, only a very small number of people can master the psychotherapy of martial arts’ Yin-Yang balance mode. After more than 20 years of demonstration and application, the technology is mature but not popular, which is very regrettable. It is hoped that psychotherapy workers can master this technology and avoid medication to effectively relieve the confusion and pain of the patients with neurogenic depression, interdict the patients’ suicidal tendencies and behaviors and save the integrity of their family members, which is the direction to continue to study hard.

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