

Curriculum Vitae



Name **Mário José Machado Gonçalves**

1965 Born in Porto, Portugal, as child of Portuguese parents

Study

1987-1993 Bachelor in Biology at the University of Tübingen (Germany)

1992-1993 Diploma examination in zoo physiology and plant physiology
special subject Psychophysiology
Prof .Dr. med. Birbaumer und
Prof. Dr. med. Miltner

since 1992 Practical Studies of Qigong and Tai Chi Chuan

Master Zemu Liang

Shoulin Master Bi San Li

Master Mantak Chia

Wushu Master She Yinge

Zheng Manqing Taiji Form

Visit of and Study at the Shanghai Qigong Research Institute

Visit of and Study at the Shanghai Qigong Hospital

Master Wang Li, Guo Lin Qigong (Qigong for Cancer)

Dr. Chen Changle (Qigong for Cancer)

Tulku Lama Lobsang (special Tibetan meditation techniques)

Dr. Xiao Bin (Medical Qigong)

Dr. Zhao (Taiji-Qigong)

2000-2003 Study of Traditional Chinese Medicine (TCM) at The Heidelberg School of Chinese Medicine, Special field: Pharmacology, Chinese Manual Therapy (Tuina), Acupuncture, Qigong, Dietetics and TCM based Psychotherapy

Korean Hand Acupuncture

Auricular Acupuncture

2001-2005 Taichi and Qigong Teaching at the
Institute for Chinese Medicine Karlsruhe, Germany
Institute for Chinese Medicine Erlangen, Germany
Institute for Chinese Medicine Mannheim, Germany
Institute for Chinese Medicine Limburger Hof, Germany

2003 -2012 Institute of Chinese Medicine Heidelberg, Therapist for TCM and Qigong Instructor (Head of Department)

Assistant in TCM Master Study Programme, Porto University

For Acupuncture, Tuina, Pharmacology,

Qigong Instructor in the TCM Master Study Programme, Porto University

TCM and Qigong Instructor at the Institute of Chinese Medicine Bremen

- 2008 Study at the Shanghai Qigong Research Institute and Shanghai Qigong Hospital
- 2014 Start of doctoral thesis at Instituto Ciencias Biomedicas Abel Salazar, Universidade Porto, Portugal in biomedical science
Effect of Qigong in Natural Killer Cells on Colorectal Cancer Patients Undergoing for Chemotherapy
- 2016 Medical education for “natural health professional” (Heilpraktiker) At Heilpraktiker-Schule Dura Mater, Mannheim

Awards

- 2007 5th Hongkong Wushu International Festival, First Place, 24 Peking Taiji Chuan Disciplin
- 2008 6th Hongkong Wushu International Festival, 3rd Place 24 Peking Taiji Chuan Discipline
1st Place, 42 Peking Taiji Sword Form
International Southern Germany Wushu Championship
2nd Place Taiji Discipline

Technical Mentoring on TCM Master Research

- 2010 - Eficácia da acupunctura no tratamento dos sintomas de fibromialgia
Ana Paula Carvalho de Azevedo
- 2011 - Efeitos agudos da acupunctura na dor lombar crónica, estudo preliminar, propectivo, randomizado, contralado e cego.
Susana Marisa Ferraz Seca
- 2011 - Objective and Subjective Assessment of the White-Ball-Qigong -related Effects in Chemotherapy of Breast Cancer Patients – A Feasibility Study –
Andreia Sofia Pires Fernandes
- 2011 - Effects of qigong on performance-related anxiety and physiological stress functions in transverse flute music schoolchildren – A feasibility study
Maria Gomes de Sousa
- 2011 - Assessment of Qigong-related Effects by Infrared Thermography and Electric Potential Measurements
Luís Carlos Soares Abreu de Ferreira Matos
- 2012 - Menopause Treatment: effect of traditional Chinese Medicine (Qigong), Preliminary Study
Ana Clara Moreira

- 2013 - The Influence of Qigong in Nurses of CHUC in Burnout - Preliminary Study
Antonio Manuel Machado Seica
- 2013 - The Influence of Qigong on Adolescents' Attention
Leonel José Marques Duarte
- 2014 - Effect of Qigong in Natural Killer Cells on Colorectal Cancer Patients Undergoing for Chemotherapy: a Prospective, Randomized and Controlled Study
Ana Sofia Santa-Bárbara Bettencourt Seabra
- 2014 - Qigong at School as a Method to Control Teachers' Anxiety -Randomized Prospective Study with Placebo Control
Renato Paulo da Mota Oliveira
- 2015 - The Acute Effect of “White Ball” Qigong in Perceptual Auditory Attention - a prospective, randomized, placebo-controlled and single-blinded study -
Lara de Jesus Teixeira Lopes
- 2015 - The effect of Qi Gong on Attention- Deficit/Hyperactivity Disorder (ADHD) - A protocol for a prospective, randomized, placebo-controlled clinical trial
Marta Raquel Custódio Correia
- 2015 - Effectiveness of Qigong in Depression – Systematic Literature Review
Pedro Jorge Gameiro da Silva Pereira
- 2015 - Potential effects of medical qigong in major depressive disorder – Study design and first data
Sara Carreiro Bicudo Ponte
- 2015 - The effect of qìgōng in natural killer cells in colo-rectal cancer patients undergoing chemotherapy - A clinical research protocol
Sara Patricia Carvalho Costa

Publications

Symptoms of “Heat” as a Pattern of Physiology

Greten HJ, Greten T, Brazkiewicz F, Sertel S, Schröder S, Goncalves M, Wendt I, Karrer O, Mafalda A, Remppis A, J. Acupunct. Tuina Sci. (2008),6: 6

Acupuncture Effects on Heart Failure: How to Create Objective Study Designs

Greten HJ, Kick A, Scholz E, Fischer J, Greten T, Brazkiewicz F, Schröder S, Sertel S, Wendt I, Goncalves M, Karrer O, Remppis A, J. Acupunct. Tuina Sci. (2008) 6:: 307-308

Nasal Airway Resistance Measured by Rhinomanometry: a Novel Tool to Measure Acupuncture Effects
Sertel S, Gaugel D, Choudhry A, Giannakakis K, Baumann I, Remppis A, Goncalves M, Wendt I, Greten HJ, Plinkert P; J. Acupunct. Tuina Sci. (2008),6: 9

The existence of science in TCM - introduction to mathematical terms and medical formula in the I Ging
Greten HJ, Goncalves M, Remppis A, 7th World Acupuncture Congress of WFAS, Strasburg, Convention Proceedings, 2009

Quality Control by Parametrizing TCM Diagnosis – Objectifying calor/”heat” as a guiding criterion (ba gua)
Greten HJ, Greten T, Brazkiewicz F, Doenitz C, Correia N, Goncalves M, Karrer O, CGCM Congress Proceedings, Shanghai 2011

Assessment of Qigong-Related Effects by Infrared Thermography: A Case Study
Matos LC, Goncalves M, Machado J, Greten HJ. JCIM 2012; 10(6) 66-666

Effects of Qigong on Performance-Related Anxiety and Physiological Stress Functions in Transverse Flute Music Schoolchildren – A Feasibility Study
Sousa CM, Goncalves M., Machado J, Efferth T, Greten T, Froeschen P, GretenHJ (2012, accepted for publication by JCIM)

Objective and Subjective Assessment of the White Ball Qigong-related Effects in Chemotherapy of Breast Cancer Patients – A Feasibility Study –
Fernandes A, Goncalves M, Efferth T, Greten T. Greten HJ (2012, submitted for publication to JCIM)

Objectifying acupuncture effects by lung function and numeric rating scale in patients undergoing heart surgery
Maimer A, Remppis A, Sack FU, Greten T, Brazkiewicz F, Schröder S, Goncalves M, Efferth T, Greten HJ. Evid Based Complement Alternat Med, 2013, <http://dx.doi.org/10.1155/2013/21981> (IF 4,774)

Are conduits superconductor-like and supported by tetrahedra structure of hyaluronic matrix in living systems? New perspectives
R. Fromknecht R, Goncalves M, Greten HJ, Machado J. J Complement Integr Med. 2013; 10(1): 1-5

Effects of Qigong on performance related anxiety and physiological stress functions in transverse flute music school children
Cláudia Maria Sousa¹, Mário Goncalves^{1,2,3}, Jorge Machado¹, Thomas Efferth⁴, Tobias Greten²; Petra Froeschen², Henry J. Greten^{1,2,3} Scientific approaches to , Chinese Medicine, 8th International Workshop on TCM, 03 – 05 October 2014, Porto Heidelberg School Editions 2014 - ISBN 978-3-939087-20-5

A standardized diagnostic process of TCM leads to successful acupoint selection in work-related musculoskeletal disorders
Cláudia Maria Sousa¹, Jorge Machado¹, Daniela Coimbra², Manuel Lopes-Lima¹, Thomas Efferth⁵, Susana Seca¹, Mário Goncalves^{1,3,4}, Henry J. Greten^{1,3,4}. Scientific approaches to Chinese Medicine. 8th International Workshop on TCM, 03 – 05 October 2014, Porto, Heidelberg School Editions 2014 - ISBN 978-3-939087-20-5

Effects of Qigong on the Balance of Elderly People - A feasibility study
Liliana Sousa¹, Mario Goncalves^{1,2}, Henry Greten^{1,2}, Scientific approaches to , Chinese Medicine, 8th International, Workshop on TCM, 03 – 05 October 2014, Porto, Heidelberg School Editions 2014 - ISBN 978-3-939087-20-5

Qigong as a Traditional Vegetative Biofeedback Therapy: Long-Term Conditioning of Physiological Mind-Body Effects
Matos LC, Sousa CM, Goncalves M, Gabriel J, Machado J, Greten HJ, BioMed Research International, vol. 2015, Article ID 531789, 6 p. 2015. doi:10.1155/2015/531789

Qigong reduces performance related anxiety and physiological stress functions in transverse flute music school children as objectified by cortisol and heart rate measurements
Cláudia Maria Sousa¹, Mário Goncalves^{1,2,3}, Jorge Machado¹, Thomas Efferth⁴, Tobias Greten²; Petra Froeschen², Henry J. Greten^{1,2,3} Integr Med Int 2015;2:1–39 , DOI 10.1159/000441070, Published online: www.karger.com/imi
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Books

Synonyme Chinesischer Heilmittel – Latein, Chinesisch, Deutsch, Englisch (Synonima of Chinese Pharmaca in Latin, Chinese, German, English)

Greten HJ, Goncalves M, Heidelberg School Editions, 12/2005, 359 pages

Oral Communications

Qigong for Restless Leg Syndrome

Sept 2006, German Association for Restless Legs, Heidelberg, Germany

Qigong as an additive therapy during conventional cancer treatment?

11 Dec. 2008, IPO Instituto Portugues de Oncologia, Porto, Portugal

Basics in Qi Gong - Workshop

Nov, 26-29, 2010, CHP Centro Hospitalar do Porto 1.Jornadas de Medicinas Integrativas, Porto, Portugal

Qigong for Health Professionals - Workshop

March, 10-12, 2011, Therapie Leipzig - Trade Fair and Congress for Therapy, Medical Rehabilitation and Prevention, Leipzig, Germany

Tuina and Qigong for Pain Management- Workshop

March 18 - 20, 2011, II.Congresso de Medicina - As Neurociencias AE ICBAS, Porto, Portugal