

## 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, 3<sup>rd</sup> Place 24 Peking Taiji Chuan Discipline  
1<sup>st</sup> 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 Seiça
- 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 Sousa<sup>1</sup>, Mário Goncalves<sup>1,2,3</sup>, Jorge Machado<sup>1</sup>, Thomas Efferth<sup>4</sup>, Tobias Greten<sup>2</sup>; Petra Froeschen<sup>2</sup>, Henry J. Greten<sup>1,2,3</sup> 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 Sousa<sup>1</sup>, Jorge Machado<sup>1</sup>, Daniela Coimbra<sup>2</sup>, Manuel Lopes-Lima<sup>1</sup>, Thomas Efferth<sup>5</sup>, Susana Seca<sup>1</sup>, Mário Goncalves<sup>1,3,4</sup>, Henry J. Greten<sup>1,3,4</sup>. 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 Sousa<sup>1</sup>, Mario Goncalves<sup>1,2</sup>, Henry Greten<sup>1,2</sup>, 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 Sousa<sup>1</sup>, Mário Goncalves<sup>1,2,3</sup>, Jorge Machado<sup>1</sup>, Thomas Efferth<sup>4</sup>, Tobias Greten<sup>2</sup>; Petra Froeschen<sup>2</sup>, Henry J. Greten<sup>1,2,3</sup> Integr Med Int 2015;2:1–39 , DOI 10.1159/000441070, Published online: [www.karger.com/imi](http://www.karger.com/imi)  
© 2015 S. Karger AG, Basel, BIT's 2nd Annual World Congress of High-Tech Acupuncture and Integrative Medicine

## **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