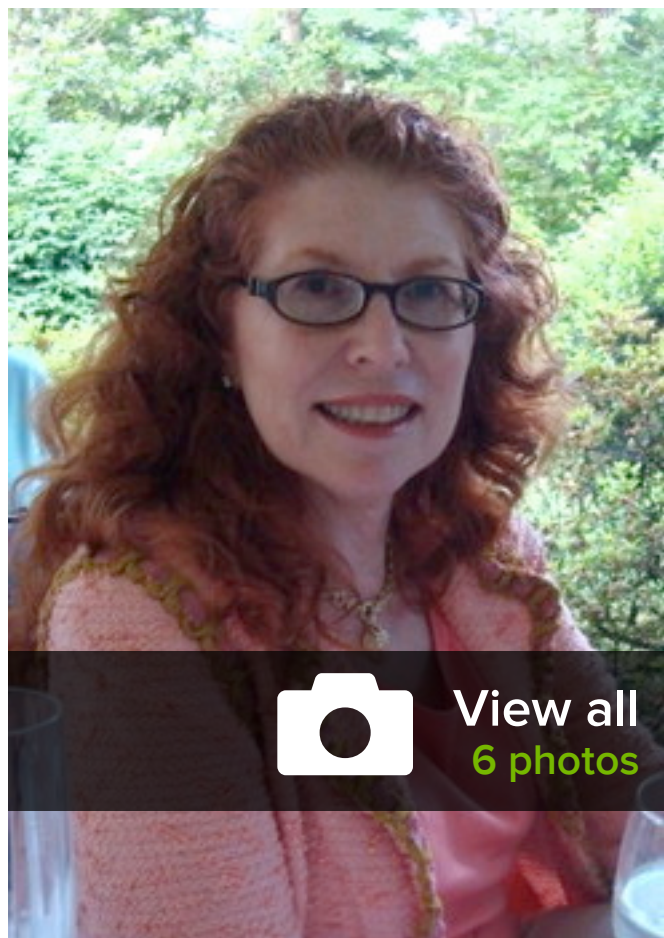


# Dr. Elinor Greenberg discovered Tai Chi through falls

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Anyone who has spoken with Dr. [Elinor Greenberg](#) of New York, Ph.D., CGP, CPTR, would agree that she is passionate about life. She has a bubbling personality and her goal in life has always been helping people. She attended Columbia University in New York in 1960's but was discouraged to study psychology since she is a woman. That did not stop Elinor's desire to learn; she received her doctor's degree in psychology from the well-known [the New School University](#) (New York) in 1979 and started her practice since.



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*Elinor Greenberg*



*Elinor Greenberg*

To better help patients, this internationally renowned psychologist never stops to learn to enhance her knowledge and find a new way to help her patients. She became a certified **Ericksonian** hypnotherapist. She was a graduate and a former faculty member of the **Masterson Institute** where she taught and supervised students in the psychoanalytic study and treatments of personality disorders. Besides treating patients for over three decades, she lectures and writes extensively on borderline narcissistic and schizoid personality disorders. She is in the National Registry for **Certified Group Psychotherapists** as well as on the editorial board of the important **Gestalt Review**.

Outside her professional work and family life, Elinor is active and enjoys reading, music and dancing and has done yoga, some weight lifting and other physical activities. It seems that she has endless supply of energy. While she was young, she thought **Tai Chi** was soothing and elegant. She tried a few Tai Chi lessons but never really got deep into it nor seriously practiced it.

But a series of accidental falls caused her serious injuries, especially in her back. Along with arthritis, she was in serious pain for a long time. She remembered that she screamed involuntarily during sleep. At times, she was not able to stand straight. Cortisone shots, medication and physical rehabs all helped to a certain degree but she was not out of the woods. When she asked **Dr. Dan Richman**, one of the top pain management doctors in New York, what she should do to **be pain-free without prescription**. She could not believe that Dr. Richman dropped into a Tai Chi pose in his white coat.

Unfortunately, Elinor's problem is not simple. Her body was fragile. She was not able to take a regular group class, which has a set curriculum. Dr. Richman recommended her study with **Grandmaster Ren Guangyi** on a one-on-one base. Ren adjusts the teaching method and movements according to Elinor's

physical condition and needs. She has been taking two lessons each week from Ren for the past several years. She has learned Silk Reeling, Standing Post, Chen Style Forms 19, 21, 38, and Single Sword. She currently is learning Old Frame Routine One (*Lao Jia Yi Lu*). Her favorite movement is Silk Reeling.

At age 67 with multiple physical illnesses, Elinor still wakes up with aches and pains all over her body. She admitted that she is not a morning person so she always feels groggy in the morning. But within 5 minutes of Silk Reeling, her knee pain is gone. After a 16-minute morning ritual of Silk Reeling, she is happy and lively just like her curly red hair, radiant with energy.

In the hustling and bustling Manhattan, Elinor pointed out that like many others, she used to stick her head out while walking as if she could get to her destination faster. One time, her sacrum was out of alignment, Grandmaster Ren adjusted her Kao (hips) posture and also taught her the proper Tai Chi walking. Now she walks without pain.

Actually, Elinor is taking Tai Chi practice to a higher level. She said that she brushes her teeth in a Standing Post position. She practices Standing Post while waiting in the doctor's office or other situations require waiting. Sometimes she picked a quiet corner to practice her form at the airport. One time a fellow passenger at the airport asked to get a quick Tai Chi lesson from her.

Most people find Tai Chi difficult to learn and demand much attention. Elinor said that **Tai Chi is great for the brain's frontal lobe health and helps the development of the conscious mind**. She recommends Tai Chi to her patients because Tai Chi is a great exercise form for people of all physical [fitness](#) levels, it can help with weight reduction, and it quiets the mind easily and is excellent for patients suffered from anxiety and depression.

Elinor is a perpetual optimist. With all the sufferings she endured, she said that her falls were actually a fortune in disguise. Without them, she would never have discovered the treasures in Tai Chi.

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## **Violet Li**

Tai Chi Examiner

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