



Dr. Clinton D. Pearman, PsyD, started studying Qigong in 2006 and began his tai chi training in 2008. A Yang Style 24 Form specialist, Clint (as he prefers) has attended numerous in-person and virtual tai chi training programs to include the White Dragon Martial Arts Studio, the Open the Door to Tai Chi Program, and Dr. Paul Lam's Tai Chi for Health Programs. Clint studies and practices the tai chi philosophy, principles, and techniques of Tai Chi master's Dr. Jessie Tao, of Tai Chi Healthways, and Grandmaster Dr. Yang, Jwing Ming of Yang's Martial Arts Associates (YMAA). Clint has completed numerous tai chi and related health certified and certificate programs to include:

- Board Certified Tai Chi for Heart Health: Tai Chi for Health Institute
- Board Certified Tai Chi for Arthritis: Tai Chi for Health Institute
- Board Certified Tai Chi for Fall Prevention: Tai Chi for Health Institute
- Certified Open the Door to Tai Chi Instructor - Functional Aging Institute (FAI)
- Certified Tai Chi Instructor - United States Tai Chi Community (USTCC)
- Certified Tai Chi Instructor - American Tai Chi and Qigong Association (ATCQA)
- Tai Chi Certificate - American Sports Fitness Association (ASFA)
- Certified Master Personal Trainer - American Sports Fitness Association (ASFA)
- Certified Group Fitness Instructor - Athletics and Fitness Association of America (AFAA)
- Introduction to Tai Chi: Harvard University

Clint currently provides a form of medical/mental health tai chi as a member of an integrated Holistic Health Center, Substance Abuse Rehabilitation Program, Department of Mental Health at Naval Hospital Marine Corps Base Camp Pendleton. He provides a specialized form of medical/mental health tai chi to supports and enhances the behavioral health therapy for service members experiencing substance use disorders, trauma, PTSD, depression, adjustment disorders, stress related disorders, and other mental and behavioral health issues.

Clint holds a BA in Health and Wellness, a BA in Business, a MA in Psychology, a MA in Business Management, and a Doctorate. in Psychology with a specialization in Health and Wellness Psychology from the University of Arizona Global Campus. His focus is on mind-body intervention for overall health and well-being.

In 2006 Clint retired from the United States Marines after 31 years. Prior to his current position, Clint was a Certified Brain Injury Specialist and Trainer (CBIST), and the Regional Education Coordinator for the Defense Health Agency's Traumatic Brain Injury Center of Excellence. In this role he presented lectures, education programs, and training for military and civilian healthcare providers, service members, many west coast organizations, the VA, government organizations, colleges, and universities on the prevention, treatment, and rehabilitation of traumatic brain injuries.

Today Clint uses his interdisciplinary background and education to study the integration of ancient mind-body practices with modern biopsychosocial sciences to help people improve and

optimize their mental, physical, and emotional health and well-being. Clint's research interests include applied mind-body exercises in general and tai chi practices in particular for the design, implementation, and evaluation of comprehensive workplace health and wellness programs, tai chi enhanced community based comprehensive health and wellness programs, tai chi enhanced academic performance improvement programs, and tai chi enhanced mental and behavioral health.

Clint is the Founder and CEO/President of BICOTIE Global, ABC Wellness Zone, and the Tai Chi Edge. Clint currently sits on the board for multiple VSOs. And he is the founder of the North County San Diego Community Based Free Tai Chi program. In this program he provides a health enhancing free community-based tai chi program serving multiple North County locations.

**Suggestion for Interview Question:** Feel free to ask any question you like. The following are only suggestions.

1. Many people have heard or seen tai chi and maybe even Qigong: What actually is tai chi and how's it different from Qigong?
2. Are there different type of tai chi and Qigong?
3. What is the Tai Chi Edge and the Tai Chi Enhanced Style.
4. What are some of the health benefits of tai chi?
5. How strong is the evidence base for the health claims?
6. Do we know how tai chi or Qigong exerts these health benefits on the human body or physiology or psychology?
7. How long do you have to practice tai chi to obtain a positive result - day, weeks, or months?
8. When you watch people doing tai chi it looks so easy and fun, but is it really that easy?
9. Is it possible to learn a little tai chi or Qigong right now?
10. If people want to learn more, how can they contact you?



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