

# Mind-Body Los Angeles

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2650 Lake View Avenue  
Los Angeles, California 90039

Phone: 3235159077

Lee Conger, LMFT, MFC 39107 (he/him). Licensed since 2002. Retired from Kaiser Permanente LAMC Addiction Medicine Department in July, 2020. Teacher of meditation since 2004. Teacher of Tai Chi / Qigong since 2011. Currently preparing to provide Ecotherapy. Current board member of the Los Angeles Ecovillage Institute and of Meditation Coalition. Coordinator of the Silver Lake Time Bank (a neighborhood chapter of the Arroyo S.E.C.O. Network of Time Banks) since 2012. Co-founder of ORU-OUT (the unofficial affiliation of LGBTQIA alumni of Oral Roberts University) in 2000. Co-founder of "Kaiser Integrative Medicine" (the unofficial affiliation of Kaiser LMFTs, LCSWs, RNs, MDs, etc., who personally value and/or practice and/or refer their patients to providers of so-called "complementary" or "alternative" healing modalities) in 2019. Founder of Mind-Body Los Angeles (a Google calendar, promoting free, low-fee, sliding-scale or donation-based offerings by providers of "complementary" or "alternative" healing modalities, such as acupuncture, Reiki, yoga, Tai Chi, Qigong, meditation) in 2015. Supervisor at Kaiser Permanente LAMC Addiction Medicine Department (2004-2019) and Southern California Counseling Center (2016-2020).

Since March, 2020, I have been offering online Integral Qigong and Tai Chi sessions (moving meditation and ancient Chinese energy healing practices) via Zoom that anyone may join. No prior experience is necessary. The current Tuesday through Friday schedule with Zoom links is below. Participants will need to request the password by writing [MindBodyLosAngeles@gmail.com](mailto:MindBodyLosAngeles@gmail.com). Since September, 2021, I ~~have been providing weekly, in-person Integral Qigong and Tai Chi on Saturdays in~~

a "wilderness" stretch in the Silver Lake neighborhood of Los Angeles. Participants will need to request driving-or-bus-plus-walking directions by writing MindBodyLosAngeles@gmail.com. MY ONLINE, TUESDAY THROUGH FRIDAY QIGONG SESSIONS No prior experience necessary. Beginners are welcome. Longtime practitioners are welcome. Psychotherapists are welcome. Clients are welcome. Though I stand for most of these, most of the exercises I lead can be done while seated. Some participants alternate standing / sitting over the course of the hour. Request the Zoom password at MindBodyLosAngeles@gmail.com. Tuesdays, 10:00-11:00AM. Zoom link: <https://us02web.zoom.us/j/89429272712> Wednesdays, 6:00-7:00PM. By prior arrangement. Please contact me by 4:30PM Pacific, if you wish for a 6:00PM session to happen! Zoom link: <https://us02web.zoom.us/j/88285792745> Thursdays, 10:00-11:00AM. Zoom link: <https://us02web.zoom.us/j/84624012267> Fridays, 2:00-3:00PM. Zoom link: <https://zoom.us/j/195660761> These sessions are freely offered. Donations of \$0-\$20 are welcome. Venmo: @MindBodyLosAngeles.

PayPal: MindBodyLosAngeles@gmail.com. Zelle: MindBodyLosAngeles@gmail.com. Please join us, even if you are not in a position to contribute monetarily. (Money is not the only medium with which generosity may be extended.) Members of the Time Bank may transfer one "time dollar" to the Silver Lake Time Bank account in hOurworld. Enrollment is also available via Trade School Los Angeles, an organization that provides barter-based instruction in a myriad of subjects. See their eventbrite page here.) PAST AFFILIATIONS 1991-2006 Heart of Los Angeles Youth. Volunteer during the organization's formative years and early focus on gang prevention.

1991-2000 Caregiving for Persons Living With AIDS via Jerry Florence (of Alliance and Go With the Flo), The Hayride, Marianne Williamson's The Center for Living, and Trinity Episcopal Church in East Hollywood

Gender: Male

Populations Served: Gay Men, Lesbians, Bisexuals, Non-Gay Men, Non-Gay Women, Transgender, Gender Non-Conforming, Adults, Seniors

Theoretical Orientations: Client Centered, Holistic, LGBT-Affirmative Psychotherapy,

Transpersonal

Therapy Modes: Individual Psychotherapy, Workshops

Interns: Soren Nilsson (they/them), Associate Marriage & Family Therapist 132293

under the supervision of Lee Conger, California LMFT 39107

Degrees: MA, MFT

Academic Institute 1: Antioch University Los Angeles

Year Graduated 1: 1997

Private Practice: Yes

Available for Emergency: No

Accept Interns: Yes

Insurance Accepted?: No

Fee Range: 220

Workshops: \* Integral Qigong and Tai Chi (moving meditation), Tuesday-Friday

online, Saturday in-person, by donation (\$0-20), \* Supervision in either Narrative

(Postmodern) Therapy or Buddhist Psychology

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