

# PROFESSIONAL TRAINING IN MIND-BODY MEDICINE

Ellicott City, MD  
October 11-15, 2018

I cannot completely express the gratitude I feel  
for the information and the experiences that I  
have been given in this training...

Kim Mayrose, MD, Psychiatrist  
Eskenazi Midtown Mental Health

[cmbm.org/mbm](http://cmbm.org/mbm)

## TRANSFORM

your practice in a 5-day intensive training

## LEARN

the science and techniques of mind-body medicine and  
integrate what you learn into every aspect of your practice –  
and your life.

## EXPERIENCE

the depth and power of our unique Mind-Body Skills Groups  
(MBSGs) approach

## EXPLORE

the most effective tools for self-care and stress management,  
including:

- Meditation
- Biofeedback
- Breathing & movement
- Mindful eating
- Guided imagery
- Art & music
- Autogenic training
- Genograms

## INTEGRATE

what you learn into every aspect of your practice



The Center for

Mind-Body  
Medicine

"The Center for Mind-Body Medicine is doing  
pioneering work, making the best of the new  
medicine available to those who need it the most."

Dean Ornish, MD, Clinical Professor  
University of California, San Francisco

"These small groups are instrumental in healing,  
working through issues, and connecting to who you  
are on the inside. Absolutely fabulous!"

Brad Fields, Veterans' Peer Counselor  
Wichita, KS

"This training was life changing for me. I learned  
and grew more in the past week than I did in three  
years in my MSW program."

Christie Clayton, MSW, LCSW  
Indianapolis, IN

## ABOUT PROFESSIONAL TRAINING IN MIND-BODY MEDICINE

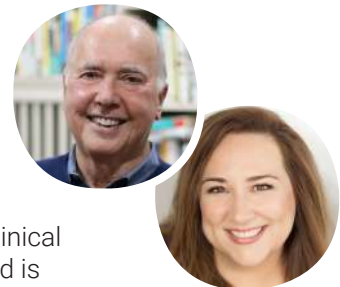
This evidence-based, transformational training gives you the  
science and tools you need to make mind-body medicine an  
integral, foundational part of your practice and your life. It is the  
first step in becoming certified by one of the world's premier  
programs in comprehensive self-care and group support.

Participants will attend lectures on the latest research in mind-  
body medicine and experience CMBM's pioneering **Mind-Body  
Skills Groups**. In these groups, they will practice a variety of  
techniques to reduce stress and enhance self-awareness, to  
mobilize their imagination and intuition, and to develop their  
capacity for self-care. They will, as well, share what they have  
learned with and learn from one another.

For more than 25 years, CMBM has taught this program  
to more than 5,000 professionals – clinicians, educators,  
community leaders, and peer-counselors. Over that time, CMBM  
has developed what is likely the world's largest, most effective  
program for healing population-wide stress and trauma. Its  
work in the Balkans, Israel, Gaza, Haiti, and with Syrian refugees,  
US veterans, and New York City Firefighters post 9/11, and in  
troubled American communities has been featured in The New  
York Times, The Washington Post,  
The Atlantic, and USA Today, and on  
CBS 60 Minutes.

## PROGRAM FACULTY

This training is led by CMBM  
Founder and Executive Director,  
James S. Gordon, MD, and CMBM Clinical  
Director, Amy Shinal, MSW, LCSW and is  
facilitated by CMBM's Senior Faculty.



Scholarships, group discounts & CEUs are available  
For more information visit [cmbm.org/mbm](http://cmbm.org/mbm) or email [mindbody@cmbm.org](mailto:mindbody@cmbm.org)



The Center for  
**Mind-Body  
Medicine**

**WE ARE TEACHING THOUSANDS  
TO HEAL MILLIONS**

**cmbm.org**

The Center for Mind-Body Medicine has the world's largest, most effective, evidence-based program for healing population-wide psychological trauma & stress.

The Center for Mind-Body Medicine (CMBM) was founded in 1991 by James S. Gordon, M.D., a professor of psychiatry and family medicine at Georgetown University Medical School and chairman of the White House Commission on Complementary and Alternative Medicine Policy, under Presidents Clinton and G.W. Bush.

In the 25 years since then, CMBM has become a worldwide leader in making self-care, group support, and community-building central to all healthcare, the training of health professionals, and the education of children. CMBM has focused on providing innovative solutions to some of the world's most intractable and complex psychological and physical problems.

CMBM's international faculty of 160 experts have trained over 6,000 health professionals, educators, and community leaders in our pioneering mind-body medicine model of self-care, self-awareness, and group support. In turn, they integrate our model into their work and use it with people they serve, allowing our program to benefit hundreds of thousands of people.

## LOOKING AHEAD

CMBM is hoping to significantly expand its comprehensive programs of trauma healing for Syrian refugees in Jordan, Turkey, and Lebanon; make our program available to traumatized communities through the U.S.; and to significantly expand our work with U.S. veterans and their families. We are collaborating with Native American faculty to offer a continent-wide program to help indigenous people heal from present and historical trauma.

## THE CENTER FOR MIND-BODY MEDICINE'S GROUNDBREAKING PROGRAMS INCLUDE:

- The largest, most effective programs for healing population-wide psychological trauma. In Gaza, more than 160,000 children and adults served
- A parallel program in Israel; CMBM is the only that works with large-scale psychological trauma in both Gaza and Israel
- A nationwide program of mind-body medicine in post-war Kosovo
- Programs for healing U.S. veterans' PTSD at 30 military bases and VAs
- Ongoing work with Haiti's most disadvantaged people: orphaned children, homeless youth, disabled people, and prisoners
- The first 'wellness hospital' at Eskenazi Health, the largest safety-net hospital system in Indiana
- A program of trauma healing and suicide prevention, combining mind-body medicine and traditional Lakota ceremony on Pine Ridge Reservation

## The New York Times

*"The Center for Mind-Body Medicine's program...is the most comprehensive of all of them...and it is the one with the strongest evidence that it works to cure PTSD."*

- 'For Veterans, a Surge of New Treatments for Trauma'  
Tina Rosenberg, September 26, 2012

## OUR WORK HAS BEEN FUNDED BY:



**Scheidel  
FOUNDATION**  
*Build on the Love of Family and Community*



The Center for Mind-Body Medicine is a 501(c)3 organization.