

The Center for

*Mind-Body Medicine*<sup>®</sup>

Science. Training. Community. Outreach.

*presents*

# MIND-BODY MEDICINE

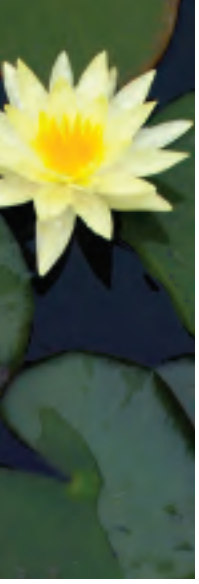
## *Professional Training Program*

*Integrating Mind-Body Medicine into  
Clinical Practice, Medical Education & Trauma Healing*

October 25 – 29, 2008  
Minneapolis Marriott City Center  
Minneapolis, MN

James S. Gordon, MD  
Founder & Director

Jointly Sponsored by:  
The Center for Mind-Body Medicine  
& The University of Minnesota



# MIND-BODY MEDICINE

## *Professional Training Program*

**TRANSFORM** your practice in a 5-day intensive training.

**LEARN** the scientific basis for mind-body medicine in one of the world's most respected training programs.

**EXPERIENCE** the depth and power of our unique small group approach.

**EXPLORE**, and learn to use, a range of the most effective tools for self-care and stress management, including:

- ▶ meditation      ▶ breathing & movement      ▶ guided imagery
- ▶ biofeedback & autogenic training
- ▶ self-expression through words & drawings

This is the Center's core program. We have been teaching it around the world since 1994. **It has provided thousands of professionals with the tools needed to become more effective and with an experience that has brought more meaning to their work.**

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*“This professional training has literally changed the way I look at, think about, and advise every patient I see.”*

*STEPHEN FISHER, MD, FAMILY PHYSICIAN, BRIDGEPORT, CT*

## Program Objectives

- To present:
  - A strong theoretical & experiential grounding in mind-body concepts and practices
  - A review of the most important research literature
  - An exploration of the biological basis and the physiological effects of mind-body medicine
- To experience mind-body approaches first-hand, including the Center's mind-body skills group model
- To begin to integrate mind-body skills into clinical practice with individuals and groups, including those traumatized by war and natural disasters

## Who should attend

- Physicians & Physician Assistants
- Nurses & Nurse Practitioners
- Psychologists & Social Workers
- Mental Health & Pastoral Counselors
- Educators
- Recreational Therapists
- Dietitians & Nutritionists
- CAM Practitioners



***Up to 80% of all illnesses are related to chronic stress.*** This course is designed to give you the tools you need to help your patients & clients with stress management & to deal expertly with preventing & treating chronic illness of all kinds.

*In a pilot study of high school students in Kosovo attending mind-body skills groups taught by Center-trained teachers, the percentage of students with symptoms of posttraumatic stress decreased from 88% initially to 38% following the program.*

*Journal of Traumatic Stress, 2004*

***“My experience with this training has given me a gut-level belief in the strengths and resources within each of my patients. And, thanks to their experience in the group, my patients are learning to believe in these strengths as well! I only wish everyone could have access to this training.”***

CHANEL HELGASON, MD, PSYCHIATRIST, VA NEBRASKA  
WESTERN IOWA HEALTH CARE SYSTEM

## Advisory Board

Jeanne Achterberg, PhD

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## Advanced Training & Certification

**Mind-Body Medicine** is just the beginning of the Center's commitment to working with you on your professional growth and development.

**Advanced Mind-Body Medicine**, a 5-day training open to all graduates of our Mind-Body Medicine program, and individualized, in-depth **Mind-Body Medicine Certification** (by application, for graduates of our Advanced Mind-Body Medicine training program) are also available for those who wish to take this work to the highest level.

**ADVANCED MIND-BODY MEDICINE TRAINING -  
JANUARY 31 - FEBRUARY 4, 2009, MINNEAPOLIS, MN**

***“The Center is a prototype, combining compassion and community with scientific understanding. In its programs, people are healed and inspired in body, mind and spirit.”***

*JOAN BORYSENKO, PhD*

Complete schedule online at [www.cmbm.org](http://www.cmbm.org)

## Arrival and Departure

Please note: This training program is designed as an integrated experience. Tightly scheduled, it provides essential information from opening to closing. When booking your flight, we recommend that you arrive on Friday October 24th (the training starts early the next morning) and depart Thursday October 29th (the training ends 6:00 pm on Wednesday and is followed by a banquet dinner and dance).



## Accommodations

Reservations at the Minneapolis Marriott City Center hotel can be made through our website or by calling (800) 228-9290 and requesting the Center for Mind-Body Medicine discount rate of \$139 plus tax per night. This rate is guaranteed only until October 6, 2008, on a space available basis.

## Registration & Tuition Online Visit [www.cmbm.org](http://www.cmbm.org) for details

*“This work has allowed me to connect to myself, my colleagues and most importantly to the meaning of medicine.”*

NEHA SANGWAN, MD, HOSPITALIST, KAISER  
PERMANENTE, WALNUT CREEK, CA



## Continuing Education Credits

**Physicians:** This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation for Continuing Medical Education (ACCME) through the joint sponsorship of the University of Minnesota and the Center for Mind-Body Medicine. The University of Minnesota is accredited by the ACCME to provide continuing medical education for physicians. The final approval and number of AMA category 1 credits are pending. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Continuing education credits are also pending for: Acupuncturists, Counselors, Nurse Practitioners Psychologists, Social Workers. For information on additional professional categories please visit [www.cmbm.org](http://www.cmbm.org).

# The Center's additional programs

The Center for Mind-Body Medicine is a non-profit educational organization dedicated to reviving the spirit and transforming the practice of medicine.



**FOOD AS MEDICINE** provides the equivalent of a semester's worth of nutrition curriculum in 4 days, offering participants the latest in science-based nutrition education together with the knowledge, confidence and compassion required to successfully guide patients towards life-giving, healthy nutrition. *Coming January 2009 San Francisco, CA*



**CANCERGUIDES®** is the world's first and only comprehensive training program in integrative oncology. It teaches health professionals and patient advocates to work with people with cancer to create safe, effective, individualized programs of integrative care.

**CANCERGUIDES® II** - a practical training in integrative oncology. No prerequisites. *Coming Spring 2009 Philadelphia, PA*



**GLOBAL TRAUMA RELIEF** is the Center's groundbreaking outreach program, training health professionals to use mind-body medicine to heal population-wide psychological trauma in war and post-war situations and after natural disasters. The Center's program has been implemented in Bosnia, Kosovo, Macedonia, Israel and Gaza, as well as post-9/11 NYC.

Current trauma relief programs in the US:

**New Orleans Hope** - 82 health and mental health professionals have been trained in post-Katrina Southern Louisiana. This is an ongoing program of care and local partnership, with more than a dozen mind-body skills groups being held at present.

**Healing Our Troops** - The Center has created a program of training and support for health and mental health professionals working with US veterans returning from Iraq and Afghanistan. Some scholarships are available for military healthcare providers for this training — visit our website for details.

**All faculty members who serve on the global outreach teams have completed our Mind-Body Medicine Professional Training and Certification programs.**



Bob Gruen

## **James S. Gordon, MD, Founder & Director**

Clinical Professor, Department of Psychiatry and Family Medicine, Georgetown University School of Medicine; former Chairman of the White House Commission on Complementary and Alternative Medicine Policy; author of *Manifesto for a New Medicine*, *Comprehensive Cancer Care*, and *Unstuck: Your Guide to the Seven Stage Journey Out of Depression* (Penguin Press, June 2008).

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

DEAN ORNISH, MD

The Center for  
*Mind-Body Medicine*<sup>®</sup>  
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202-966-7338  
[www.cmbm.org](http://www.cmbm.org)

**MIND-BODY MEDICINE**  
*Professional Training Program*

*“The Center offers the best trainings  
in all of medicine.”*

TOM HUDSON, MD, RADIOLOGIST, ORLANDO, FL