The CMBM Approach to Stress Reduction and Trauma Relief

A Webinar Q & A with Dr. Sabrina N’Diaye, LCSW-C
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Hosted by Rosemary Lombard Murrain
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Mind-Body Medicine

The understanding that mind and body are inextricably connected and all of us can use tools and techniques of self-care to:

• Relieve stress
• Enhance resiliency
• Reverse the damage that trauma does
• Restore hope
• Founded in 1991 by James S Gordon M.D., Professor of Psychiatry and Family Medicine at Georgetown Medical School and Chairman of the White House Commission on Complementary and Alternative Medicine Policy under Presidents Clinton and G.W. Bush

• 10,000 health professionals, educators, and community leaders trained in CMBM’s pioneering models of mind-body medicine (self-care, self-awareness, group support) and nutrition

• A worldwide leader in making self-care, group support, and community building central to healthcare

• An international faculty of more than 160

• Programs for healing population-wide trauma and stress in: Kosovo, Israel, Gaza, Haiti, Southern Louisiana after Hurricane Katrina, Houston after Hurricane Harvey, Jordan with Syrian refugees, South Dakota on the Pine Ridge Indian Reservation, US Military and Veterans at 30 military bases and VA facilities
CMBM Model

• Engages people in actively helping themselves. Focuses on strengths and capacity for self-reliance rather than psychopathology.
• Optimism rather than past trauma.
• Builds resiliency and recovery.
• Group format naturally reproduces aboriginal models of help and healing.
• Interfaces well with therapeutic and educational approaches.
• Integrates well within existing structures: clinics, hospitals, community group.
Mind-Body Skills

Groups

Principles
• Meditative
• Safe Place
• Respect
• Educational
• Staying in the moment
• Leader as teacher and real person
• Power of each person to know him/herself
• Power of each person to care for him/herself
• Mutual—we are all mirrors for one another
• Group as growth organism
• Balance of structure and flexibility
Upcoming Events

cmbm.org/calendar

August 18
Using Mind-Body Skills for Stress Reduction and Trauma Relief
An Introductory Workshop to the CMBM Model

August 23
Meet and Greet: Join our Community of Healers and Healing Community
A Meet and Greet at The Center for Mind-Body Medicine

October 11-15
Professional Training Program in Mind-Body Medicine
Ellicott City, Maryland

January 24-28, 2019
Advanced Training Program in Mind-Body Medicine
Ellicott City, Maryland