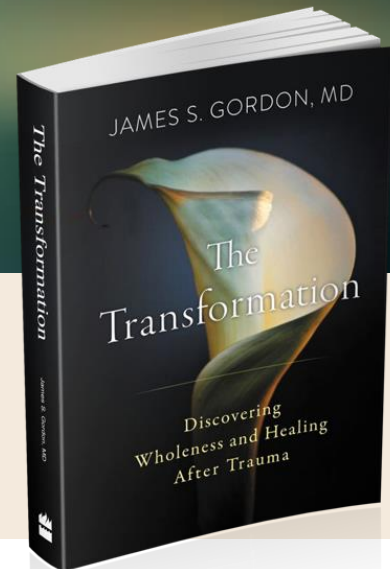


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Expert on Trauma Describes Evidence-Based Program To Reverse Its Psychological, Biological and Spiritual Damage

New book by world-recognized authority shares results from work around the globe

Dr. James S. Gordon, an authority on post-traumatic stress and an acclaimed mind-body medicine pioneer, has worked for decades with individuals and communities around the world to address the damage done by trauma.

Now, in his new book, **THE TRANSFORMATION: Discovering Wholeness and Healing After Trauma**, Dr. Gordon offers the first comprehensive, evidence-based program for reversing the biological and psychological damage from trauma and for discovering and growing through its challenges to become the people we're meant to be.

“Trauma disrupts our biology and psychology and our relationships with others. We all experience trauma—it’s not apart from life, but an integral part of it,” says Dr. Gordon. “It is a crisis, but it can also be an opportunity.”

Compassionate, practical and prescriptive, *The Transformation* offers a revolutionary healing program for mind and body and the opportunity to rewrite the story of our lives.

Trauma comes early to those who have been abused or neglected as children or arrive in the world facing the challenges of poverty and discrimination. It may come later as people deal with the pain of broken relationships, overwhelming job stress, sexual harassment, the dangers of combat, or a life-threatening or serious illness. For those who live long enough, contending with the loss of loved ones, physical frailty, and impending death brings still more trauma.

In study after study, the program described in *The Transformation* has produced remarkable, life-changing results. One published study of child survivors of war in Kosovo was the first randomized controlled trial of any intervention with war-traumatized children. It demonstrated that more than 80 percent of the children with post-traumatic stress disorder who participated in an 11-week-long group where they learned the skills taught in *The Transformation* ended the group without PTSD - and that the gains remained at 3 months follow-up.

A renowned expert on trauma, Dr. Gordon is the founder and executive director of The Center for Mind-Body Medicine in Washington, D.C., where he has created and implemented what may well be the world's largest and most effective program for healing population-wide trauma.

He and his 130 international faculty have brought this program to populations as diverse as refugees from wars in the Balkans, the Middle East, and Africa; New York City firefighters and U. S. military personnel and veterans and their families; students, parents, and teachers who have survived school shootings; and Native American children and their families. They also have worked with stressed out professionals, stay-at-home mothers, inner-city children, White House officials, health professionals and medical students, and people struggling with emotional and physical illnesses.

Dr. Gordon is a Harvard University-trained psychiatrist, former researcher at the National Institute of Mental Health and chair of the White House Commission on Complementary and Alternative Medicine Policy, and a clinical professor of psychiatry and family medicine at Georgetown Medical School. He has authored or edited 10 books, including "Unstuck: Your Guide to the Seven-stage Journey Out of Depression." He has written for a range of publications including *The New York Times*, *The Washington Post*, *The Atlantic*, and *The Guardian* as well as several professional journals. He has served as an expert for 60 Minutes, Today, Good Morning America, CBS Sunday Morning, Nightline, CNN, MSNBC, NPR and many others. For more information, visit <https://cmbm.org/>.



James Gordon, MD, Founder and Executive Director of the Center for Mind-Body Medicine share a moment talking about *The Transformation* during the Comprehensive Wellness Program in Parkland FL with Broward County Public Schools.