



## Certification Program in Mind-Body Medicine

The Center for Mind-Body Medicine's Certification Program offers over 108 hours of in-depth training in mind-body medicine. The program provides participants with on-going supervision, in-depth intellectual understanding, and one-on-one support. Upon completion you will be thoroughly prepared to lead Mind-Body Skills Groups with diverse communities, integrate mind-body medicine into your institution, and develop unique applications for clinical practice, educational programs and community building. Participants will also learn to incorporate these skills into their own lives in a much deeper way. Upon completion of Certification you will be listed on CMBM website for referrals.

The program provides a broad-based curriculum that addresses major issues confronted in the clinical practice of mind-body medicine.

### **Program Objectives**

Graduates of this certification program will:

- Understand theory and practice underlying mind-body medicine
- Use self-regulation techniques such as biofeedback, imagery and meditation in their own lives
- Integrate these skills into clinical practice
- Identify medical precautions and contraindications for self-regulation techniques
- Understand and integrate basic nutrition into their clinical practice
- Understand the psychological dimensions of chronic and life threatening illness
- Evaluate research literature on mind-body approaches

### **Program Content**

#### ***Mind-Body Medicine Fundamentals Professional Training Program (PRE-REQUISITE, please complete before applying)***

This initial five day training program consists of:

- 17 hours of didactic lecture
- 17 hours of small group work in which participants will work on their individual physical, emotional and spiritual issues in order to fully experience and appreciate the transformative power of this model.

#### ***Advanced Mind-Body Medicine Professional Training Program I (PRE-REQUISITE please complete before applying)***

- 32 hours of practice leading mind-body skills groups with faculty supervision combined with in-depth discussion of clinical and educational issues in using a mind-body approach
- Deeper integration of mind-body approaches into individual as well as group work.
- Fishbowl demonstration with groups



### ***Practicum***

- 18 hours phone and e-mail process, planning & supervision (this includes submitting process notes to your supervisor on each group before your supervision call)
- 16 sessions facilitating a mind-body skills group on own. These can be completed in the following configurations:
  - 1) Lead two 8-session groups.
  - 2) Lead one 10-session group, and 6-sessions of a second group.
  - 3) Lead one 12-session group and either start a second group or do workshops if approved by supervisor.
- Participate in a practice abbreviated online group: 4 sessions, each approx 1.5 hours. You will practice co-facilitating with other Certification candidates and receive support and feedback from CMBM faculty.

### ***Advanced Training Program II-Certification Track***

1. Return to Advanced Mind-Body Medicine Training upon completion of all group and supervision requirements, and demonstration of satisfactory level of skill in leading a Mind-Body Skills Group. Any exception to the number of group hours or supervision hours completed before the Advanced Training-Certification Track has to be approved by your supervisor.

### ***Independent Study***

1. Personal Process Paper- This paper is a 2-3 page analysis of your growth as a facilitator (i.e., your issues, specific concerns and growing edges that have arisen and how you addressed them). This is a personal process paper about your journey and development as a facilitator, reflecting what came up within your groups, while writing your process notes and during supervision sessions. This paper is about your whole journey, where you started from (i.e., your experience in your initial Mind-Body Medicine Professional Training Program group--- where you were in relation to that experience), what you learned and how you grew during Advanced Training and your growth during Certification. In this paper, please focus on your internal process and how that impacts your facilitation and group process, as well as changes you have experienced in yourself (i.e., self-awareness, new skills) and areas that you plan to continue to develop and improve in the future. This paper can be done when you have completed your 16 sessions of mind-body skills groups.
2. Case Study Paper - This paper is a 2-3 page highlight of the journey and challenges of one group member. In this case study paper you can provide information about your initial impressions of this person, their reasons for joining the group, their experiences and growth throughout the group and their impact on the group process. This paper is not about the facilitator. However, you may indicate the participant's response to certain techniques and interventions that helped them on their journey.  
This paper can be done following completion of your first MBS group done for Certification. Ideally, you would be able to write this paper and discuss it during the supervision session that follows your last group session.
3. Application of Mind-Body Science Paper - There are two options available for this paper to fit your needs and interests:



The Center for  
**Mind-Body  
Medicine**

1. **The first option** is to develop a 4-5 page paper that presents your own unique didactic presentation of one of the topics from the CMBM group model (e.g. Meditation, Imagery, Autogenics, Biofeedback, Genograms, Movement, Mindful Eating, etc.). For this approach, you are asked to aim for a clear and relatable presentation of the science that underpins the topic (just as we encourage when creating your mini-talks for the small group sessions). Please include at least two scientific/academic references such as from a journal/research paper and not just from a lay book on the topic. Reviewing the science and then presenting the relevance to others in simple and accessible forms is a valued skill to develop when educating others of the relevance of mind-body medicine to their individual lives. Presenting the material as if you are presenting a slightly longer talk on the topic, to group members or workshop attendees, is recommended.
2. **The second option** may appeal to some with a stronger interest in the scientific underpinnings of mind-body medicine: This option is a 4-6 page Literature Review on one aspect of mind-body medicine (e.g. Meditation, Imagery, Autogenics, Biofeedback, Movement or Mindful Eating) and how it relates to the CMBM group model. Please plan to discuss your topic with your supervisor before you start writing the paper. This paper can be done even before you start your MBS group. Writing the Literature Review paper early on will help you develop additional clarity on one aspect of mind-body medicine and this information can then be applied to your MBS group work. In your literature review, please describe summarize, evaluate and synthesize at least 4-6 scholarly articles. You can also include books, but do not make these your primary or only sources of information. In this paper, plan to discuss your topic and identify the current themes in the literature. This includes where you see gaps in the literature, how this information is relevant to MBS groups, and what you recommend for future investigation. It is helpful to organize your literature review with 1) an introduction section, 2) the body of the review and 3) a conclusion section, which summarizes and provides recommendations. In the conclusion section, please relate this information back to our work in MBS group (i.e., what is the impact of this information for MBS group and how will you utilize this information). To prepare for your literature review, it is helpful to read a number of articles on your topic. We also suggest you write a clear and focused thesis statement and outline to review with your supervisor. When writing your literature review, please use primary sources and choose the most relevant sources on the topic. We ask that you use quotes sparingly, revise your paper carefully, and provide a bibliography at the end of the paper.

Suggested Time Frame for the Three Papers: We suggest that you make a plan for your independent study with your supervisor at the beginning of your supervision journey. Writing the Literature Review paper early on will help you develop additional clarity on one aspect of mind-body medicine and this information can then be applied to your MBS group work. Completing the Case Study immediately after your first group is completed is highly recommended. The Personal Process paper is completed after you have done the 16 sessions of



mind-body skills groups. All papers are completed before returning for the second Advanced Training-Certification Track.

Note: Please make sure you keep small group members anonymity in both the process notes and in your papers (you should choose an alias for each member to keep members' names confidential). Papers should be submitted to your supervisor for review. After any & all corrections are made and supervisor accepted the paper, please submit each paper (in Word or PDF format) at [www.cmbm.org/papers](http://www.cmbm.org/papers).

### **Other Considerations**

1. Your application has to be accepted and your supervisor has to be approved by CMBM
2. Please make sure you are supervised for the mind-body skills groups you are leading so they can count
3. Keep and submit process notes on each group session.
4. Stay as closely as possible to the CMBM model. This means:
  - Group size: 7-9 members (too small becomes individual counseling in a group setting, too large becomes a workshop). This should be the same group members (ie, no drop-in groups).
  - Group length: 8-12 weeks, with one session per week. Each session should be ideally 2 hours; but groups for children & teens can be shorter. Groups should be run sequentially (not concurrently).
  - Group format: follow the 12-week group format provided before Advanced Training. For individual exercises, refer to the Next Steps packet and materials provided at the previous trainings.
  - Participants are expected to learn the model before trying to change it. Please keep the CMBM model for the group you are running during supervision. Do not just add these skills to an existing group you are already running. Any changes outside of this model (number of groups, spacing, length of each group, etc) **MUST** be discussed and approved in supervision before applying them to group.
  - If you want to co-facilitate group with another alumni of the Advanced Mind-Body Medicine training let us know.

### **Program Cost: \$4.250 (payment plans available)**

#### **Cost includes:**

- Advanced Training II-Certification Track tuition (**This does not include accommodations, travel or food for Advanced Training II**)
- 16 sessions facilitating mind-body skills group on own
- 18 hours personalized phone or e-mail process planning and supervision
- *Please note that individuals interested in Certification must first participate in the initial Mind-Body Medicine and the Advanced Mind-Body Medicine Training before applying for Certification; therefore, the cost of these two programs is **in addition** to the cost of the Certification program.*



The Center for  
**Mind-Body  
Medicine**

- Payment plans are available (three consecutive monthly payment of \$1,416 each **or** six consecutive monthly payments \$708 each **or** twelve consecutive monthly payments \$354 each). Individual payment plan can be arranged if needed.
- Currently, only scholarships available for Certification are for African American candidates (available through Marion “Big Mama” Brisco Scholarship Fund). However, if you have completed group supervision in format approved by CMBM, part of your hours can be credited – details are available at [www.cmbm.org/certification](http://www.cmbm.org/certification)

**Expected program length** is 2 years maximum. CMBM reserves the right of additional charges if program is not completed in the time allotted. Payment must be completed by the Advanced Mind-Body Medicine training-Certification Track attendance. CMBM will not award Certification completion diploma unless all the above described program content/criteria are satisfactorily completed.

**Enrollment and Terms of Participation:** Enrollment is by application (available at [www.cmbm.org/certification](http://www.cmbm.org/certification)). In an effort to facilitate a positive experience for its program attendees, CMBM reserves the right to remove from attendance and from enrollment at any current or upcoming CMBM event or activity, anyone whose actions, in CMBM's discretion and judgment, are disruptive or would interfere with the program or the attendees. In such circumstances, CMBM retains the discretion to grant or withhold refunds of registration fees, in full or in part.

**Questions?** Contact [certification@cmbm.org](mailto:certification@cmbm.org) or (202) 966-7338, ext. 241