

TOGETHER WE HEAL

A public health approach to transforming trauma in individuals and communities



THE CENTER FOR
**Mind-Body
Medicine**

Trauma comes to us all.

From war to domestic violence, from public health crises to climate-related disasters, from generational trauma to systemic racism—trauma is unavoidable.

When trauma comes and stress is overwhelming, it negatively affects our physiological functions and contributes significantly to major psychological and physical problems, including depression, anxiety, heart disease, cancer, immune disorders, pain syndromes, and substance misuse or substance use disorder.

Trauma also disrupts every aspect of our lives—our relationships, our workplaces, and communities, as well as our individual health. That's why population-wide trauma is a public health issue.

Yet on the other side of trauma, there can be deeper understanding, greater wisdom, and more compassion.

Our mission is to help communities around the world develop the tools they need to heal population-wide trauma and build resilience. The results are often transformational.



Our Approach

We collaborate with community leaders to co-create trauma relief and resilience-building programs that are responsive to the community's unique experiences, needs, goals, and culture. We create in-person and online programs that provide a thorough understanding of the science of mind-body medicine and self-care, and a supportive small group experience, in which trainees practice a range of evidence-based techniques that restore physiological and psychological balance, enhance their self-awareness and compassion, and enable the skillful use of this approach with others. Our model is inclusive, equitable, and accessible. We look for inspiration and evidence in modern science, ancient wisdom traditions, and local healing practices. With our support, local leaders, institutions, and whole communities can progress toward making urgent and ongoing population-wide trauma relief and resilience building sustainable.

Our Model

We work effectively with a wide range of partners to integrate our model with the existing structures and services within any community. Our work unfolds in three phases:

PARTNERSHIP DEVELOPMENT

- Values and needs discovery
- Identify community-based leaders and institutional partners
- Coordinate with government agencies and grassroots organizations
- Create a collaborative funding plan

PROGRAM DESIGN AND ACTIVATION

- Participant recruiting and community engagement
- Workshops
- Professional and advanced trainings
- Clinical supervision

IMPLEMENTATION AND COMMUNITY SUPPORT

- Supervision and certification
- Leadership development and mentoring
- Workshops, trainings, and Mind-Body Skills Groups led by trainees
- Evaluation and impact reporting
- Knowledge sharing



Our Faculty

Our international faculty includes a diverse group of 150 leaders in healthcare, mental health, K-12 and higher education, military service, pastoral care, law enforcement, and community advocacy.

Our Impact

The CMBM model teaches self-awareness to help people gain insight into themselves and enhance their understanding of and compassion for others. Our approach fosters healing from the trauma caused by poverty and chronic illness, as well as bias and institutional racism. It supports communities in addressing historical as well as present trauma. Using an approach customized to the needs, history, values, and culture of the community, we teach people skills to restore the physiological and psychological balance disrupted by all trauma, including chronic illness. At the same time, we help bring together partners to build each community's capacity to sustain their healing and create a culture of well-being. We are a healing community and an ever-growing community of healers.

We have evidence of our impact—individual change, social change, and collective change—from peer-reviewed research to impact stories from around the world.

Our work has been featured in *The New York Times*, *The Washington Post*, *The Atlantic*, and *Forbes Magazine*, as well as on *CBS 60 Minutes*, *the NBC Nightly News*, and *MSNBC*.

Research

Our research published in peer-reviewed journals has repeatedly demonstrated the benefits of our model. The evidence is powerful:

80% or greater reduction in the numbers of children, adolescents, and adults who qualify as having post-traumatic stress disorder after completing Mind-Body Skills Groups

72% of adolescents treated for depression in primary care reported that Mind-Body Skills Groups changed their lives

Healthcare professionals reported decreased burnout and secondary traumatic stress; and increased sense of personal accomplishment and professional quality of life including satisfaction with work

Medical and/or nursing students experienced decreased perceived stress, personal distress, and anxiety; increased mindfulness and empathy; and improved regulation of stress hormones

Focus Areas

For 30 years, we've worked around the world to share our healing model with communities and institutions facing many kinds of challenges.

Healing the trauma of war, violence & extremism

Kosovo • Israel • Gaza • Jordan • Central Asia • South Sudan • Ukraine

Our programs in Kosovo, Israel, and Gaza have pioneered the role of mind-body medicine in improving health and quality of life for both children and adults in communities traumatized by war. We are developing similar programs in Central Asia and South Sudan.



Resilience from climate-related disasters

Baton Rouge, LA • Houston, TX • Shasta County, CA • Sonoma, CA • Puerto Rico • Haiti

Most disaster recovery programs focus on rebuilding physically. We help communities rebuild mentally and emotionally after hurricanes, earthquakes, wildfires, and floods.



Reducing stress & burnout among healthcare workers and first responders

Eskenazi Health • VISN 8: VA Sunshine Healthcare Network • VISN 9: VA MidSouth Healthcare Network • U.S. Capitol Police • FDNY

Institution-wide transformation is possible, and with the added strain of COVID-19 on healthcare and education systems and first responders, it's more necessary than ever.

Improving social & emotional wellbeing in schools, community colleges & universities

Broward County Public Schools, FL • Evansville Vanderburgh School Corporation, IN • University of Nevada Las Vegas & Clark County School District, NV • Pine Ridge Reservation Tribal Schools, SD • Allegany Community College & Allegany County Public Schools, MD • Schools & School Systems in Kosovo, Gaza, Israel, and Haiti

Mind-body techniques are essential life skills that help students, parents, and educators manage stress, heal trauma, reduce anger, and build resilience.

Addressing mental health crises

Tribal Communities in the Great Plains & the Southwest • Western Maryland • National & Global Professional Training Programs • Broward County Public Schools • Pine Ridge Reservation

All of our programs address the emotional and mental issues that distress individuals and disturb family and social life. In some cases, communities facing specific mental health challenges—like suicide or the opioid crisis—bring us in to help build collaborative, trauma-informed, community-based solutions. Through our open enrollment professional training programs, we also train a wide variety of health professionals, educators, and first responders to use mind-body approaches in all aspects of their work.





Community crisis responses in aftermath of mass violence

Broward County Public Schools, FL • Uvalde, TX • FDNY • Las Vegas, NV

We've seen an escalation in acts of mass violence in the United States, making critical the development of a comprehensive healing model that is easily integrated into schools and community support systems. We've co-created programs with survivors of mass violence and first responders, bringing healing to all affected by trauma. Our mind-body medicine programs set a benchmark for community crisis response, resiliency-building, and wellness.

Bringing healing to prisons & correctional systems

Indiana Department of Corrections, IN

Our pilot program with the Indianapolis Department of Corrections provides prison staff and incarcerated people with tools to heal trauma, relieve stress, and enhance resilience. This program will lay the foundation for institutional wellness and transformation in prisons and correctional systems.



Addressing racial justice & equity

Baton Rouge, LA • Houston, TX • Indigenous Nations & Peoples Initiative • Scholarship Initiatives

We partner with community leaders and organizations to co-create programs that are sensitive to each community's needs and cultural context. We bring mind-body medicine to communities grappling with historical and emerging sources of trauma and racism, and acknowledge our model's basis in indigenous and non-Western traditions. Through our scholarship initiatives, we are advancing equitable access to trauma-healing tools for historically marginalized communities and promoting the wellbeing of professionals engaged in racial justice work.

Global Reach



Middle East

With parallel programs in Gaza and Israel, we are helping communities address the population-wide trauma that comes with war and violence. Since 2005, we've partnered with more than 200 organizations and trained over 1,000 caregivers, educators, and community leaders to bring healing tools to 280,000 Gazan children and adults. Through our current initiative, Hope and Healing for Gaza Schools, we are training educators to integrate our mind-body approach into curricula and daily routines. Our aim is to make self-care and mutual support an essential part of the educational experience of all 250,000 children in Gaza's public school system.

"I used to hate sleep because I had terrifying dreams. After I joined the Mind-Body Skills Group and practiced these skills, I got rid of the nightmares. Now I wake up feeling energized and optimistic."

- STUDENT, NORTH GAZA

– Ukraine

In the midst of the Russian Federation's invasion of Ukraine, we've committed to training Ukrainian clinicians, educators, clergy, military, and other community leaders in mind-body medicine. Together, we are laying the foundation for an enduring program to address and prevent the consequences of pre- and post-war trauma and build resilience. We are now offering workshops and training for Ukrainian professionals and those serving displaced Ukrainians. In 2022, we trained 270 clinicians, educators, and other community leaders through emergency two-day seminars. As of spring 2023, we are preparing to deliver our full program of training and supervision, bringing practical trauma-healing tools to Ukrainians in 8 geographic regions as they face the ongoing traumatic effects of war. Through our continued collaboration with professional organizations, government agencies, and local and international NGOs, we are beginning to implement a post-war, long-range, sustainable program for transformational healing. Our work in Ukraine has been profiled by CNN, NPR, and *USA Today*.



"Now, I am listening. I hear what my body is clearly saying to me: You are tired. Today, I am really thankful for the fact that I exist, and for what you are doing for and with us."

- PSYCHOLOGIST, LVIV, UKRAINE

— South Sudan —



In South Sudan, the brutal civil conflict has affected millions of women, men, and children. In turn, the fear, anger, and despair from decades of trauma have manifested as violence that propagates a cycle of trauma. As a direct result of this persistent cycle, many have fallen victim to depression, drug and alcohol abuse, self-neglect, suicide and sexual violence. Since 2018, CMBM has engaged with over 350 South Sudanese people through online and in-person outreach, workshops, and trainings, including a 2019 two-day workshop in Juba attended by 80 local leaders and representatives from warring factions. We continue to build partnerships with local leaders and organizations.

"We cannot have outer peace unless we have inner peace."

- ANYOTI ADIGO NYAKUACH, SOUTH SUDAN MINISTER OF AGRICULTURE,
ON THE URGENT NEED FOR CMBM'S PROGRAM

Haiti

From devastating disasters to extreme violence, Haiti's communities have faced unrelenting, population-wide trauma. Since 2010, CMBM Haiti has helped build local capacity by training caregivers, educators, clergy, and other community leaders who, in turn, have brought accessible, no-cost trauma relief in-person and online to 50,000 of the most traumatized Haitians, and to many more, through an innovative radio program of psychosocial education. Through this work, CMBM Haiti is helping to bring a sense of community back to a physically and emotionally shattered country.



"The beauty of this work is that it allows people to rebuild from the inside and it gives them a sense of hope. It sounds so little, but it's everything."

- REGINE LAROCHE, CMBM FACULTY, PORT-AU-PRINCE



- Broward Schools

FORT LAUDERDALE, FLORIDA

Following the tragic 2018 shooting at Marjory Stoneman Douglas (MSD) High School, we collaborated with the Broward County Public Schools and Children's Services Counsel (CSC) to implement a comprehensive trauma relief program for MSD students and their families, and for teachers and staff. We are now bringing CMBM's comprehensive trauma relief to the entire district (270,000 children, and 30,000 employees), and are working with Broward Schools to create an ongoing program of wellness to promote sustainable transformation. Meanwhile, MSD students have founded and continue to lead a peer-to-peer program of self-care and mutual support. This Mind Body Ambassadors club is a model that is being emulated in numerous schools throughout the district.

"The CMBM training program has been invaluable time and time again—three years ago after the shooting at MSD and today as our community continues to heal and copes with more trauma in the midst of COVID, racial injustice, and our recent elections."

- SUICIDE PREVENTION SPECIALIST, BROWARD SCHOOLS

- VA Sunshine Healthcare

FLORIDA, SOUTHERN GEORGIA & THE CARIBBEAN

Our partnership with the VA Sunshine Healthcare Network (VISN 8) is proof that integrating mind-body medicine across an entire healthcare system is possible. VISN 8 is the largest hospital and clinic system in the Veterans Health Administration, serving 1.5 million US veterans across the southeastern US and Caribbean. We provide advanced mind-body medicine training and professional mentorship to VISN 8 Whole Health Coaches and clinical and administrative leaders. Over three years, we've trained more than 300; of these, 210 have achieved CMBM Certification, including a leadership group of 30. These leaders are now training new cohorts of staff, and ensuring sustainability of the CMBM program within the entire VISN 8 system.



"I am more available, more empathetic, and a better listener. I think faster and adapt to changes easier... This translates to increased trust between me and my patients..."

- PHYSICIAN, VA SUNSHINE HEALTHCARE NETWORK, FLORIDA



Leadership

James S. Gordon, MD, a psychiatrist, and a pioneer of mind-body medicine and integrative medicine, is the Founder and Chief Executive Officer of The Center for Mind-Body Medicine. He is a clinical professor at Georgetown Medical School and was chair of the White House Commission on Complementary and Alternative Medicine Policy (under Presidents Clinton and G.W. Bush). He is the author, most recently, of *Transforming Trauma: The Path to Hope and Healing*.

Randi Mitev, MA, Chief Operating Officer at CMBM, leverages her skills and experience to serve those who are most in need of community-wide trauma healing programs. She has held positions of significant responsibility in major corporations, helping companies of all sizes and industries scale, for the last 30 years.

Contact

For more information, visit cmbm.org. To start a conversation about working together, email partnerships@cmbm.org, or call 202-966-7338.

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