



THE CENTER FOR

**Mind-Body
Medicine**

CMBM Leadership Bios

JANUARY 2023



James S. Gordon, MD FOUNDER AND CEO

Dr. James S. Gordon is the Founder and CEO of The Center for Mind-Body Medicine. A Harvard-educated psychiatrist, Dr. Gordon founded CMBM in 1991 to make self-awareness, self-care, and group support central to all healthcare and education systems. Dr. Gordon leads a global faculty of 145 and a US-based staff of 26 who have trained more than 7,000 clinicians, educators, and community leaders in CMBM's model. Those who have experienced CMBM's training have spread its therapeutic and educational programs to hundreds of thousands of traumatized and stressed people, and people confronting the challenges of anxiety, depression, and chronic and life-threatening illnesses. Dr. Gordon believes that, regardless of age or education level, everyone has a great and largely untapped capacity to help and heal ourselves and one another.

A peace-maker and consensus-builder, Dr. Gordon is known for cross-cultural relationship building, as well as deep life-changing therapeutic work with individuals, families and groups. For more than 30 years, he has led CMBM teams in relieving population-wide psychological trauma: in on-going conflict zones in Ukraine; during and after wars in the Balkans, the Middle East, and South Sudan; after climate related disasters in Louisiana, Texas, California, Puerto Rico, and Haiti; in schools affected by mass shootings in Uvalde, TX and Broward County; in communities impacted by systemic and historical racism in the Pine Ridge Indian Reservations and Baton Rouge; and with active duty U.S. military and veterans and their families.

Dr. Gordon is currently a Clinical Professor at Georgetown Medical School, and was Chairman (under Presidents Clinton and GW Bush) of the White House Commission on Complementary and Alternative Medicine Policy. He is a noted author and essayist, authoring books and book chapters and getting over 140 articles published in professional journals and the popular press, including *The Atlantic*, *The New York Times*, *The Washington Post*, and *The Guardian*. He has also had news and media features on television programs such as CBS 60 Minutes, Good Morning America, The Today Show, CBS Sunday Morning, and channels such as CNN and FOX News. Dr. Gordon also makes frequent radio appearances on programs such as NPR's Fresh Air, Talk of the Nation, Science Friday, and All Things Considered; and his work has been featured on the pages of *The New York Times*, *The Washington Post*, *USA Today*, and *People* magazine.

Dr. Gordon has also authored several books, including *The Transformation: Discovering Wholeness and Healing After Trauma*, *Unstuck: Your Guide to the Seven Stage Journey Out of Depression*, *Manifesto for a New Medicine: Your Guide to Healing Partnerships and the Wise Use of Alternative Therapies*, and the award-winning *Health for the Whole Person*. Dr. Gordon's latest book, *The Transformation*, helps readers understand that they will all experience trauma at some point in their lives and is a human experience rather than a pathological anomaly. Drawing on current scientific research and 50 years of his own clinical experience, Dr. Gordon demonstrates how people can meet the challenges trauma presents head on and discover that there is joy, meaning, and purpose to be found.



Randi Mitev, MA CHIEF OPERATING OFFICER

Randi Mitev is the Chief Operating Officer (COO) of The Center for Mind-Body Medicine (CMBM). Randi began her career as a Peace Corps volunteer, and over the last 30 years, has held positions of significant responsibility in major corporations. In these roles, Randi has been instrumental in helping companies of all sizes and industries scale.

Using a combination of strategic vision and in-the-weeds grit, Randi is able to see both macro and micro views of organizations, leveraging her perspective and insight to affect change and generate growth. Her experience spans B2B, B2C, and B2B2C environments across a variety of industries, including private equity, finance, technology, fashion and retail. Prior to joining the CMBM team, Randi worked at Privcap as Vice President, Marketing & Corporate Strategy and at IBM as a Business Development Executive. Known for her integrity, creativity, adaptability, and a holistic, relationship-driven approach, Randi has established a track record as an inspiring leader and sought-after cross-functional collaborator.

Throughout her career, Randi has closely followed CMBM's work and has incorporated its vision and techniques into both her personal and professional life. In her role as COO, she now leverages her skills and experience to serve those who are most in need of community-wide trauma healing programs.

A graduate of University of Michigan (BA) and Middlebury College (MA), Randi speaks English, French and Bulgarian. She currently resides in Santa Barbara, California.