

The Center for Mind-Body Medicine's Groundbreaking Global Work

About the Center for Mind-Body Medicine

Based in Washington, DC, The Center for Mind-Body Medicine (CMBM) was founded in 1991 by James S. Gordon, M.D., a leader in the field of mind-body medicine for more than 30 years. Dr. Gordon is a Clinical Professor in the Departments of Psychiatry and Family Medicine at Georgetown University Medical School and served as Chairman of the White House Commission on Complementary and Alternative Medicine Policy and the first Chair of the National Institutes of Health's Office of Alternative Medicine.

CMBM combines the precision of modern scientific medical care with the wisdom of the great healing traditions. Mind-body medicine focuses on the powerful ways in which emotional, mental, social and spiritual factors can directly affect health. CMBM has already trained some 2000 doctors, nurses, psychologists and teachers in the U.S. and around the world to use the CMBM model, which integrates aspects of mind-body medicine (such as meditation, guided imagery biofeedback and yoga) and small group support.

CMBM's Healing the Wounds of War Program: Cutting Edge Work to Heal Crises in the U.S. and Worldwide

From war-torn Kosovo into Israel and onto the Gaza Strip, from First Responders in post-9/11 New York City and survivors of Hurricane Katrina to U.S. Veterans returning from Iraq and Afghanistan with Post-Traumatic Stress Disorder (PTSD), Dr. Gordon and The Center for Mind-Body Medicine have been there, on the ground, healing trauma.

- CMBM began its Healing the Wounds of War program in Kosovo in 1998, training more than 800 health professionals, mental health professionals and educators to work with thousands of survivors of massacres and other war atrocities. The CMBM approach is now one of the cornerstones of Kosovo's community mental health system, serving 2 million people. This watershed program marks the first time that mind-body techniques have been formally recognized and integrated into a nationwide health system. Dr. Gordon was recently honored with an award from the Kosovo government for his groundbreaking efforts.
- Following its success in Kosovo, CMBM expanded its work into Israel and Gaza in 2002, training 400 professionals and representatives from government and NGO's, including the United Nations Relief and Works Agency. These professionals are offering CMBM's approach to thousands of its citizens.

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- In 2002, CMBM went to New York City to work with 9/11 firefighters and their families, as well as 9/11 widows, to teach its mind-body techniques during a weekend program.
- In January 2007, CMBM kicked off its “Gulf Coast Hope Initiative,” an anticipated 3-year effort to train 300 leaders in Louisiana, Mississippi and Texas, who will bring CMBM’s pioneering model to 500,000 hurricane traumatized patients in clinics, children in schools and first responders—as many as 20% of whom have PTSD. After the first year of training, 150 providers are already working with 15,000 patients.
- Now, CMBM is in discussions with high level leaders in the Army, Navy, Veterans Administration and Department of Defense about how best to incorporate the CMBM program into their efforts to treat troops returning from Iraq and Afghanistan with PTSD. CMBM has already trained 18 providers across the U.S. who are offering CMBM’s approach to returning veterans and will be training 100 additional providers in October 2008 in Minneapolis.

CMBM’s Work is Recognized and Supported by World-Class Partners

- International Committee of the Red Cross
- World Health Organization
- U.S. National Institutes of Health
- U.S. Department of Health and Human Services
- U.S. Centers for Disease Control and Prevention
- U.K. Department for International Development
- United Nations Mission in Kosovo
- U.S. Substance Abuse and Mental Health Services Agency

Remarkable Results

The Center for Mind-Body Medicine uses scientifically validated mind-body tools, which are increasingly recognized by scientists around the world. In April 2004, the renowned *Journal of Traumatic Stress* published research on CMBM’s work, finding that symptoms of PTSD were significantly reduced in children and adolescents in post-war Kosovo from 88% to 39% in just 6 weeks by using the CMBM approach.

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