



**Healing Our Troops with Mind-Body Medicine:  
An Update on the Professional Training Program of  
The Center for Mind-Body Medicine  
October 25-29<sup>th</sup> in 2008 in Minneapolis, MN**

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Program Highlights:

- 260 clinicians attended, of whom 102 were professionals serving Active Duty Military, Reservists, National Guard, and veterans (and their families) on military bases, in the VA system and community clinics.
- 50 military and VA participants came from the state of Minnesota (we had private grant funding for this) and the remaining 52 came from across the country.
- 26 participants were sent by VISN 23-the upper Midwest division of the Veterans Administration. After receiving feedback about the quality of the training, VISN 23 committed to sending all 26 to the Advanced Training and to funding us to provide ongoing supervision and leadership training as they bring this work back to their hospitals and clinics.
- 6 representatives from the Southeast Louisiana Healthcare System (VA) also attended. They are working with us on the DCoE (Department of Defense Center of Excellence for PTSD and Traumatic Brain Injury) research contract to study the effectiveness of the CMBM's model (of mind-body medicine, self expression and small group support) with Louisiana veterans and their families.
- Representation from the Office of The Surgeon General, Department of the Army; Office of Psychological Health for Navy Medicine; Office of Force Health Protection and

Readiness Programs; Department of Defense, the DCoE, Deployment Health Clinical Center; Walter Reed Army Medical Center, DD Eisenhower Army Medical Center; National Naval Medical Center, and many other lead military agencies.

- Data collected on 72 of the military participants showed an across the board improvement in mood following the training, including highly significant decreases in scores for depression, fatigue, anxiety and anger, and a significant improvement in vigor. Participants also reported significantly enhanced “commitment” to their work and decreased feelings of “burnout.” The Post Traumatic Growth Inventory also revealed major changes in attitude. These included significantly greater: “personal strength” and capacity to “relate to others,” and an enhanced appreciation of “new possibilities” and, indeed, of “life,” in general. There was also a general feeling of “positive spiritual change” in those who participated.

During the program, CMBM faculty and staff held two organizational lunches for those working with military and veterans, and were able to organize consultation groups that will meet periodically between the Initial Training and the Advanced Training. We also received excellent feedback from participants indicating very strong interest in using our model as the basis for national training programs for those working in variety of situations: with military spouses and dependents, in pre-deployment situations and in Warrior in Transition programs, and with active duty military and veterans with chronic pain. Several key participants are in the process of exploring opportunities for CMBM to work on a larger scale, both in nationwide programs with these groups as well as in comprehensive training programs at individual bases. Over the next weeks and months, we will be looking at these opportunities with them. We welcome as well the opportunity to explore other ways that the CMBM program can serve the military.