

The Center for

Mind-Body Medicine[®]

Science. Training. Community. Outreach.

HAITI EMERGENCY RESPONSE
PROGRAM DESCRIPTION

The Center for Mind Body Medicine (CMBM) proposes to offer its highly effective, broadly accessible, scientifically validated, 20-year old program for addressing population wide psychological trauma and ongoing stress, and enhancing resiliency, to the population of vulnerable children and families in Port-Au-Prince and the surrounding area. The proposed CMBM 3-year program (1.Initial Training, 2.Consultation 3.Advanced Training, 4.Supervision and 5. Leadership Training) can train up to several thousand clinicians, social workers, educators and community leaders to use techniques of mind body medicine (meditation, guided imagery, biofeedback, etc), self expression in words, drawings and movement, and small group support to deal with their own pain, stress and trauma. The training will then prepare them to use this approach to provide help and healing to hundreds of thousands of children and adults through supportive mind body skills groups and other interventions. These can be easily integrated into ongoing clinical, educational, church, and other community services.

The program is designed with sustainability and capacity building in mind, using a train the trainer model. At the end of the 3-year program, a local leadership team of talented and strategically placed professionals trained in the CMBM model will continue to offer Supervision and Consultation to existing trainees and will be capable of training additional professionals and community members in the CMBM model.

The potential for rapid, system-wide and cost efficient implementation of this work has been demonstrated in research on CMBM's work with tens of thousands of children and adults in Kosovo, Israel, Gaza and post Katrina New Orleans. A randomized controlled trial (RCT) on the use of the model with war traumatized children in Kosovo- the first RCT of any intervention with war-traumatized children and the gold standard of medical research- was published in the prestigious Journal of Clinical Psychiatry in 2008, and showed an 80% decrease in PTSD symptoms following the intervention, an improvement which was maintained for 3 months afterwards.

If each of 1,000 trained participants leads only 5 groups within a year (each group comprising 10 members) they will be able to provide help and healing to 50,000 children and adults in the affected area each year, and as many as 150,000 more each year through individual, family and shorter group interventions.