

**Kosova Daily Newspaper, Koha Ditore (transl. "Daily Time"), September 24, 2004**

**One of the partnerships between Center for Mind-Body Medicine and Ministry of Health**

## **Staff of the Mental Health centers gets trained with the new techniques**

**The Chief of the American Office in Prishtina, Goldberg, as well as Senior Advisor of Ministry of Health, Kadri Hyseni participated in the opening of the training held in Mitrovica.**

**KOHA DITORE**  
**IZEDIN KRASNIQI**

MITROVICË, SEPTEMBER 24, 2004- A three-day Training Advanced Program on Mind-Body techniques began on Friday with participation of the personnel from seven regional mental health centers. The advanced training program is being held in cooperation between American Mind-Body Center lead by professor Jim Gordon and Ministry of Health. The chief of the American Office in Prishtina, Goldberg, as well as Senior Advisor of Ministry of Health, Kadri Hyseni took part in the opening of the training. Chief of American Office, Goldberg said that while every day we are trying to heal the economical and political wounds that Kosova has inherited, Mind-Body Center is dealing with wounds of individuals so to heal them. He said we are lucky that a pioneer of

this healing such is professor Gordon came here with his staff here and this partnership is something that is going to help us deal with the problems that are in Kosova. Goldberg stated that besides working on political and economical stability of Kosovo our work is going to go even further. The scenes of the displaced people at the Macedonian camps made our boss, Mark Grossman, and the State Department support this program. Kadri Hyseni said that psychological traumas continue to present one of the severest problems in Kosova and these consequences have endangered psychophysical functioning of the population. Therefore we've given mental health a high priority, he said and praised the work of these centers since without their work consequences would have been much bigger. He also thanked professor Gordon

and his staff for their major contribution. Dr. Afrim Blyta- leader of the project in Kosova, emphasized that this program presents a new approach and that the goal is to achieve a state of self-awareness of our own problems and how to deal with them, then we can be qualified to help the others. Blyta said that training is going to include 65 persons-staff from the Mental Health center of the 7 regions of Kosova, who are going to be certified. Professor Jim Gordon expressed his satisfaction about the progress that Kosova has achieved since his first time in Kosova, 6 years ago. He added that during this training they are going to offer new mind-body skills and discussions about clinical and educational issues of mind-body approaches and how to integrate these approaches in individual and group work.