

The Center for

Mind-Body Medicine[®]

Science. Training. Community. Outreach.

THE CENTER
FOR MIND-BODY MEDICINE

Report

January 2008 – August 2009



Dear Friend of the Center,

The past year has been yet another year of growth, change, and healing for the Center. We added two new members to our Boards: Mark Hyman, MD, one of the U.S.'s most distinguished practitioners of nutritional medicine and a bestselling author, joined the Board of Directors. Archbishop Desmond Tutu, who won the Nobel Peace Prize in 1984 and led South Africa's Truth and Reconciliation Commission, joined the Center's Board of Advisors. Dr. Hyman, who has participated as a faculty member in our Food As Medicine program, is committed to working with the Center to make our model of self-awareness and self-care central to all health care, to the training of all health professionals, and to the education of our children. Archbishop Tutu, whom I met in Indonesia several years ago, is hopeful that we can bring our approach to population-wide healing to people around the world who need it most and is working with us to expand our outreach.

Over the last year, our ongoing relationship with The Atlantic Philanthropies and its founding chairman, Chuck Feeney, has enabled us to develop our trauma healing programs in Israel and Gaza into models of population-wide healing. In Israel we have trained some 300 professionals who are making our model available to those who need it most, particularly in the war-traumatized southern part of the country. The Israel program has now become largely self-sustaining. In Gaza, our work has been a beacon of hope for a population that continues to suffer from the recent war and the ongoing embargo. Some 20,000 Gaza children and adults have now directly and intensively experienced the benefits of our model. In the year ahead, we're hoping to enlarge both programs significantly, and to improve the cooperation between our Israeli and Palestinian leadership teams.

Back in the United States, our model has gained significant acceptance among leaders in the military. We received a \$400,000 grant from the Department of Defense to study the effectiveness of our approach with veterans returning from Iraq and Afghanistan and their families, and over 200 clinicians working with the military and veterans attended our recent Mind-Body Medicine trainings in Minneapolis and San Diego. This latter work has been generously supported the Department of Defense and the Veterans Administration as well as by private donors — including

The George Family Foundation, The Ted and Roberta Mann Foundation, National University and the Kalliopeia Foundation.

We have begun to present our Food As Medicine nutrition training program twice yearly; 340 clinicians and community leaders participated in the program in Baltimore in June 2008; more than 200 took part in a similar program in San Francisco in January 2009; and more than 250 in June 2009 in Washington, DC. Robert H. Smith has provided



significant support for our work with medical school faculty and the Jacob and Hilda Blaustein Foundation underwrote our efforts to provide scholarships to clinicians and community workers who are teaching low-income Baltimore-area residents to eat in a healthy and economical way.

Meanwhile, in response to numerous requests from previous participants, we held our CancerGuides® II training program in Washington, DC, where we had 200 participants. This program was an intensive training which builds on our seven-year experience with the introductory CancerGuides® I program. Along with a supervision program that we will develop, it will help form the basis of a CancerGuides® Certification program. This work has been generously supported by Cancer Treatment Centers of America, the Lotte and John Hecht Memorial Foundation, Ken de Laski, and The George Family Foundation.

In recent months, I and the Center have been actively engaged in making recommendations to the Obama administration on health care reform, and I've been consulting with Senators Harkin and Mikulski to help them develop legislation. We believe that for health care reform to be truly substantive as well as cost-saving, it must not only expand coverage but transform the kind of care that all of us receive. All the evidence leads us to conclude that our model, which is based on prevention, self-care, and mutual help, must inform, indeed be the basis of, any new system of health care. A number of our elected officials are looking to us as a national resource in this process.

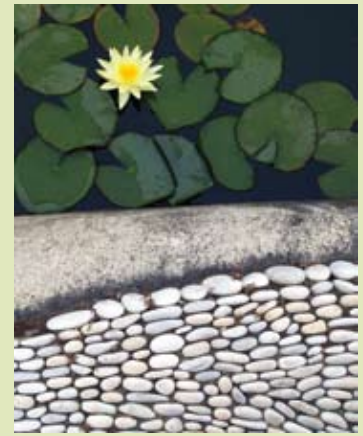
I cannot end this letter without acknowledging our deep debt of gratitude to Don de Laski. Don, who has been a Board member from the earliest days of the Center, has been both a sustaining financial contributor to our work and a guiding force and reassuring presence as we tackle deeply rewarding and challenging issues. Our gratitude to him is immense. I am also grateful to all the hundreds of you — staff, faculty and friends — who have worked with us and made contributions of your time, your talent, and your resources.

We look forward to working together with all of you to make this next year a time of growth and development for the Center and of change and healing for all of us.

With my deepest appreciation,



James S. Gordon, MD
Founder and Director



MINN-D-BODY MEDICINE

GLOBAL TRAUMA RELIEF

CANCERGUIDES®

FOOD AS MEDICINE

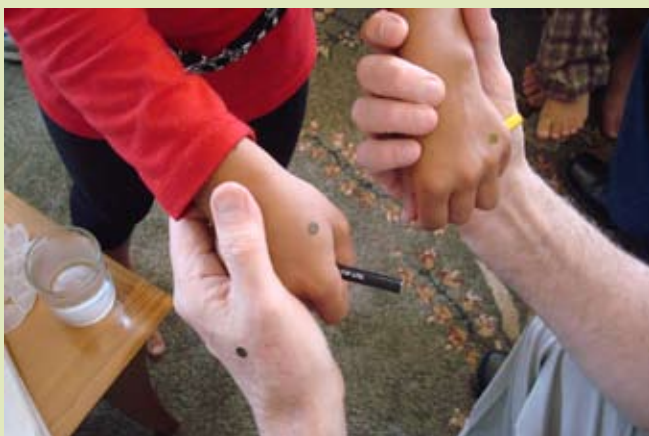


MISSION

The Center's mission is to educate healthcare professionals and community leaders to combine the precision of modern science with the principles of self care (including mind-body techniques for stress management) so they can heal themselves, their patients and clients, and their families and communities.

HISTORY

The Center for Mind-Body Medicine was founded in 1991 by James S. Gordon, MD, a former researcher at the National Institute of Mental Health and a clinical professor of Psychiatry and Family Medicine at Georgetown Medical School, who would become Chair of the White House Commission on Complementary and Alternative Medicine Policy. The Center began its work by developing a model for group support and self-care for inner city (primarily Black and Hispanic) youth in Washington, DC, for people with chronic illness, and for medical students (CMBM's model is now used by 15 medical schools including Georgetown, Michigan, Duke, and Johns Hopkins). Since then the Center has trained thousands to heal millions. For the last 12 years the model has been used with post-war psychological trauma on a population-wide level. The Center has a highly skilled international faculty of over 100 and has trained more than 7,000 health and mental health professionals and community leaders around the world, 3,500 in its mind-body skills program.



The Center for Mind-Body Medicine is doing pioneering work, making the best of the new medicine available to those who need it most.

Dean Ornish, MD

The Center's model is based on self-awareness and relies on self-care as its core and is grounded in the science that demonstrates the inextricable connections among thoughts and feelings and physical functions. The Center believes that all of us have a great and largely untapped capacity to improve our own health and well-being through mind-body approaches (such as meditation, guided imagery and bio-feedback) and self-expression, as well as nutrition, exercise and group support. We offer four training programs where participants learn these skills: Mind-Body Medicine, Global Trauma Relief, CancerGuides®, and Food As Medicine.

PROGRAMS

MIND-BODY MEDICINE

(Initial Training Program, Advanced Training Program and Certification Program)

- *Initial Training, October, 2008, Minneapolis, MN; Advanced trainings, March 2008, New Orleans, LA & January 2009, Minneapolis, MN*
- *The highest number of health providers ever attended both the Initial Training 2008 (261) and Advanced Training 2009 (150) in Minneapolis, MN.*
- *Four times as many health professionals sought certification during the past year as in the previous year.*

Mind-Body Medicine is the most comprehensive training program of its kind in the United States. It combines large group didactic instruction with our unique small group model. The training provides participants with a “safe place” in which they can come to terms with their own physical, emotional, and spiritual issues and the stress they experience, and then, in turn, share what they have learned with the individuals and communities whom they serve. The program teaches participants self-awareness and self-expression (in words, drawings and movement) and mind-body techniques (meditation, guided imagery, biofeedback, and yoga) in a unique, educational small group format. It enables health care professionals and community leaders to integrate mind-body medicine into their practice and teaching as well as their personal lives.

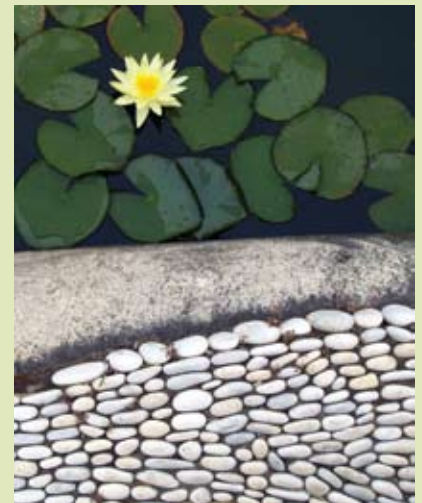
This is the Center’s core program. We have been teaching it around the world for over 15 years, providing over 3,500 practitioners with the tools they need

This professional training has literally changed the way I look at, think about, and advise every patient I see.

– Stephen Fisher, MD, Family Physician, Bridgeport, CT

to become more effective clinicians and healers and to find more meaning in their work. Through these trainees, the Center’s program is available in hospitals, clinics, private practices, and educational institutions in the U.S. and abroad.

Advanced Mind-Body Medicine programs and an individual, in-depth Mind-Body Medicine Certification Program give practitioners the experiential and science-based learning, as well as the skills and support that they need to bring this approach into their work. Our most recent Initial Training Program in Mind-Body Medicine was in San Diego, CA, September 12-16, 2009.



Mind-Body Medicine Program Manager
Klára Royal



Clinical Director Amy Shinal, LCSW, Certification Candidate Victoria Proctor, RN, MA, Faculty member Jerrol Kimmel, RN, MA & participant

The single most rewarding and stimulating training I've ever experienced. The skills and techniques learned have been invaluable in treating clients suffering from anxiety, depression, panic disorder, and chronic illness.

~ Richard Petruce, LCSW,
ACSW, Rockaway, NJ



I use the skills I learned every day – LITERALLY EVERY DAY. It is funny how the techniques learned are neither magical nor particularly difficult and yet how interventions that can be accessed by just about anyone can have real results.

~ Caroline Volel, MD, MPH,
Mamaroneck, NY



Dr. Gordon with small group participants

The training provides participants with a “safe place.”



GLOBAL TRAUMA RELIEF PROGRAMS

Since 1996, the Center has worked to relieve population-wide trauma resulting from wars and disaster, here in the US and overseas.. This program has been demonstrated in a randomized controlled trial to significantly decrease symptoms of post traumatic stress disorder (PTSD) in war traumatized adolescents and, in other studies, to decrease stress, improve mood, enhance feelings of professional competence, and promote hope and optimism in professionals (in the Balkans, the Middle East, and the U.S.) who care for war traumatized populations. This transformative experiential and science-based program is now being successfully used on a population-wide level nationally and internationally in post-Katrina New Orleans and post-war Kosovo, in Israel and Gaza, and with U.S. Military and Veterans and their families. It was also used with New York City firefighters and their families after 9/11.

The Center's Global Trauma Relief program includes five phases:

1. Outreach to a variety of health related organizations that may want to include The Center's model in their work;
2. An Initial Training that offers an introduction to mind-body skills with a focus on teaching participants how to use these skills in their own self-care;
3. An Advanced Training where participants have the opportunity to actually *lead* (with supervision) the same kind of small groups which they experienced a few months before, as well as to receive individual and group consultation on how to integrate the Center's model into their work with individuals, families and groups in their own institutions and communities;

4. Ongoing supervision and consultation by the Center's clinical staff for program graduates; and
5. A Leadership Training that develops a local team able to provide supervision and resources for fellow program graduates as well as to offer additional training

The development of a local leadership team which will continue the supervision and support function after the Center's staff leaves is critical to sustainability and is designed to help program participants seamlessly integrate the Center's model into their work, to nurture collaboration within the healthcare system, and to build a strong network of professionals using the Center's approach to treat population-wide trauma.

KOSOVO

Kosovo was the pilot program for the Center's work with population-wide trauma healing. Over four years beginning in 1998, with support from the British Department for International Development, the Oswald Family



Foundation, The OAK Foundation and a number of generous private donors, Center faculty trained some 600 Kosovo clinicians and educators. The Center's model became one of the pillars of Kosovo's new nationwide community mental health system (the Center trained all 250 professional staff in this system), where it is now available to the entire population of two million people.



MIDDLE EAST PROGRAMS:

ISRAEL

- *The Training Center for Mind-Body Skills – established by the Center with its local Israeli leadership team – is developing joint programs for Arab-Israeli and Israeli Jews in the North and in East Jerusalem.*
- *The Center continues to provide clinical support to our Israeli faculty and community leaders serving the populations in the North and in Sderot, Ashkelon, and Ashdod municipalities that have been traumatized by shelling from Gaza.*
- *A Mind-Body Skills for Children and Teens Joint Training Program was offered in June 2008 to Israeli-Jewish and Arab-Israeli and Palestinian graduates of our Mind-Body Medicine professional trainings.*

Since 2005, the Center has trained over 300 Jewish and Arab-Israeli health, mental health, and education professionals and has established an independent, non-profit organization that continues to develop our work. With generous financial support from the American Jewish Joint Distribution Committee and the Center's support and clinical guidance, Dr. Naftali Halberstadt, PhD has expanded the Israeli program, focusing on those segments of the population that have been most affected by the shelling from Gaza in the South and the Hezbollah shelling in the North. Dr. Halberstadt and the Israeli Leadership Team have continued their collaboration with Israel's Ministry of Education (we have trained over 100 school psychologists and counselors). They have also, over the last year, been reaching out increasingly to the Israeli-Arab population and are developing a program for intensive training of Arab clinicians in the North and in East Jerusalem.

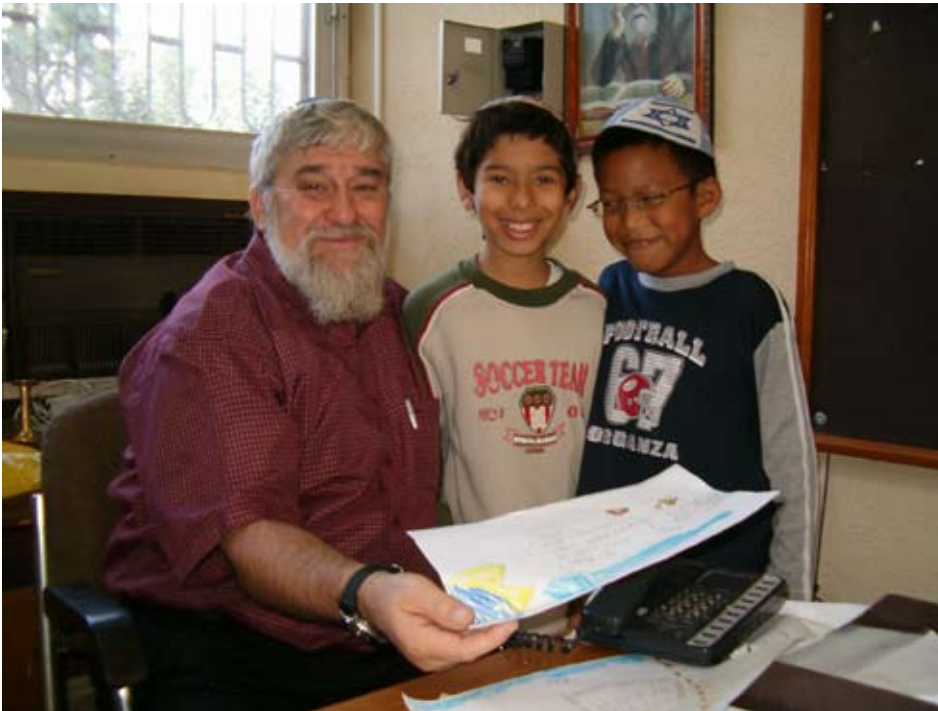
With the guidance of our Clinical Director, Amy Shinal, LCSW and Dr. Gordon, the Training Center for Mind-Body Skills (www.mindbodygroups.org) offers ongoing training programs in mind-body medicine and Certification to Israeli clinicians. Israeli faculty members continue to lead mind-body skills groups and provide supervision to program graduates and Certification candidates.



Naftali Halberstadt, PhD, Director, The Training Center for Mind-Body Skills (our independent sister organization) with Dr. Gordon



Elementary school child's drawing, Sderot, Israel



Elementary school principal from Israel's former Gaza settlements with children

The Israel program has now become largely self-sustaining.



Experiential drawing exercise, Initial Training

My use of the CMBM techniques was almost instant, having come back from the training to the reality of war, and having had to sit for days in bomb shelters, working with people who have experienced shock, panic and a sense of helplessness. I was surprised to realize how effective these techniques are.

- Bina Medsini, Social Worker
Regional Supervisor,
Ministry of Defense, District of
Haifa and the North



Dr. Gordon and Lee-Ann Gallarano,
Global Trauma Relief Program Manager,
at the Knesset, June 2009

GAZA



Jamil Atti, MA, Clinical & Program Director, Gaza Programs, with Dr. Gordon and children in a tent encampment, Gaza City



Boys at ruined mosque, Gaza City

- *March 2009, Initial Training, Gaza City, led by Center-trained Gaza faculty with Center faculty and staff support.*
- *This was the largest Initial Training program in Gaza to date, with almost 500 applicants for 150 spots, and significant increase in female participants.*
- *Center-trained clinicians led over 600 mind-body skills groups each 10 weeks long, for men, women and children (a total of 6,000) in 2008 – 2009.*
- *Additionally, Center-trained clinicians have worked intensively with 15,000 children and adults individually, and in family and classroom settings.*

Since 2005, Dr. Gordon and the Center's international faculty (which includes Christians, Muslims and Jews) have fully trained 90 Gaza health providers, developed a Leadership Team of 15 of Gaza's most gifted clinicians, and are in the process of training 150 more clinicians in mind-body medicine. Under the guidance of Jamil Atti, MA, Clinical & Program Director, Center-trained clinicians (who work in virtually all of Gaza's major health and mental health programs and many grass-roots organizations, and through its Ministries of Health, Social Welfare and Education) are continually offering mind-body skills groups to men, women and children. The Center and our Gaza team are working to develop a Certification program and expand the Leadership Team to 20, to meet the high on-going demand for mind-body skills groups. With 10 individuals in each group, 700 people are being served each week in 10-week cycles, offering much needed support in the on-going trauma of life in the Gaza Strip. The Center-trained Gaza teams have now provided intensive, life-transforming, programs to 20,000 Gaza children and adults.

An evaluation of the first 500 children and 500 adults who participated in 10-session mind-body skills groups shows an 80% decrease in symptoms of post traumatic stress disorder (PTSD) in the most traumatized children and adults. There were highly significant reductions in stress and anger, improvements in mood and enhancement of optimism and hope. These gains were largely maintained at a 6-month follow-up.

Dr. Gordon, Clinical Director Amy Shinal, LCSW, Center staff and a number of our international faculty continue to work in Gaza twice a year, assisting with clinical supervision and program development. The Gaza program is one of the most remarkable population-wide healing programs in the world, effectively helping a people who continue to be beleaguered by war and internal conflict, an embargo, malnutrition, and unemployment levels of 60% or more to release their distress, experience their own capacity to help themselves and transform their lives. The Center's work is a beacon of hope and an ongoing labor of love and compassion. We hope the program will eventually become self sustaining, but right now, given all the exigencies of the situation, it requires the Center's clinical and financial support.

Comments from participants at our March 2009 training:

I felt sad and angry during and after the war, and I was furious about everything. I felt insecure, and that all my dreams and rights had been violated. I was thinking sometimes, why live? And why continue living as long as we're continually exposed to these violations? In the five days of this training, my life has changed completely. I feel dreams can come true and that night will not last long because day is coming soon. I feel I was born again, like a new person. I feel like a loving human being, full of happiness and hope for the Gaza children.

- Anonymous Psychologist

I think the mind-body program is a successful one in terms of the healing effects... and that these techniques are consistent with our Palestinian and Islamic culture. This is the secret behind the program's success.

- Fadel Shath
Gaza Mental Health Center

This course made us realize that our hearts are like Jim's, very beautiful and valuable. By awakening all the shine that they contain you have awakened our souls which were about to disappear in the sea of torture. We have lived moments that could be the road to the shining future.

- Sada Ghabin
Head of Guidance and Counseling in Education

The Gaza program is one of the most remarkable population-wide healing programs in the world.



Boys in rubble of their home, Jabalia, north of Gaza City



Jamil Atti, MA, Clinical & Program Director, Gaza Programs, with small girl in children's skills group



Afghanistan troops. U.S. Army photo by Sgt. Johnny R. Aragon

Data collected reveals across the board improvements.

The mind-body medicine approach to healing transcends culture, racial divides and ethnicity. Its uniqueness is that it respects the human condition and uses universal principles that have gotten lost in the rush of modern life...of the techno-industrial world. This is the gospel of the ancient sages that has been forgotten.

—Grizell E. Blessing, MSW
Walter Reed Army
Medical Center
Washington, DC

HEALING OUR TROOPS

- *October 2008 & January 2009: Initial & Advanced Trainings offered to a total of 102 Military & civilian health providers working with Active Duty Military, Reservists, National Guard and Veterans & their families*
- *Center faculty provided on-going consultation and support to VA health providers in Louisiana, Wisconsin, Minnesota, South Dakota, Nebraska and Iowa both between and after the Initial & Advanced Trainings*
- *The Defense Center of Excellence (DCoE) for Psychological Health and Traumatic Brain Injury awarded the Center a \$400,000 research contract to study our trauma healing model with veterans returning from Iraq and Afghanistan*
- *September 2009: Initial Training for 110 clinicians working with the military*

Over the last several years, it has become clear that there is a crisis in the mental health of US troops returning from Iraq and Afghanistan and in the families to which they return. Suicide and murder rates have risen precipitously as has the incidence of disabling post traumatic stress disorder and major depression; diagnoses of the latter two conditions are now approaching 20%. Spouses, significant others and children suffer as well. The incidence of abuse, divorce and disturbance in family members is rising rapidly.

Since 2007, the Center has been working to bring the population-wide healing model that has worked so well in traumatized regions overseas to these troops, veterans and their families. To date, more than 220 Military, VA and civilian health providers working with these populations have been trained in mind-body medicine, and many have received on-going supervision by Senior Center Clinical Faculty as they have begun facilitating mind-body skills groups in their institutions and communities.

Data collected at the 2008 Initial Training on 72 Healing Our Troops Military participants revealed an across the board improvement in mood, including highly significant decreases in scores for depression, fatigue, anxiety and anger, and a significant improvement in vigor. Participants also reported enhanced “commitment” to their work and decreased feelings of “burnout.” In addition, participants had major changes in attitude, including: enhanced “personal strength,” capacity to “relate to others,” appreciation of “new possibilities” and of “life.”

New contracts with the Navy and the DCoE to train Army, Navy, Marine and Air Force clinicians are helping us move toward our goal of making our highly effective, non-stigmatizing, practical program easily available within the Military, the Department of Veterans Affairs and community groups working with our military and their families, including pre-deployed and returning troops. This growing program has been awarded a \$400,000 research contract for a randomized controlled trial of our trauma healing model by the Department of Defense (DoD) through the Defense Center of Excellence. The Center has received encouragement to further develop the program from such distinguished senior military personnel as Assistant Secretary of Defense for Health Affairs (Acting) Ellen Embrey; Army

Surgeon General Lieutenant General Eric B. Schoomaker; Brigadier General Loree K. Sutton, Director of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury; Colonel Bob Ireland, Director for Mental Health Policy, DoD; Captain Robert Koffman, Director of Psychological Health, U.S. Navy; and Dr. Robert Phares of the Veterans Integrated Service Network 23 (VISN 23).



Lieutenant General Eric B. Schoomaker, MD, PhD, The Surgeon General / Commander, US Army Medical Command, addressing 2009 program attendees

We are mothers with children in the military and we know first hand the devastating effects of war and PTSD. I had an amazing experience at the training, and can feel the difference in my life after attending. I am hopeful we can do much to help our soldiers and families to heal. Thank you again. God bless you for your generosity.

~Sherry Olson
Blue Star Mothers
Chapter 5
Minnesota

My experience with this training has given me a gut-level belief in the strengths and resources within each of my patients. And thanks to their experience in my groups, my patients are learning to believe in these strengths as well! I only wish everyone could have access to this training.

~Chanel Helgason, MD
Psychiatrist
Veterans Affairs Nebraska
Western Iowa Health Care
System

'Mind-body medicine is specifically geared to help individuals self-regulate the adverse affects of trauma in war.

~Capt. Robert Koffman, Director of Psychological Health, U.S. Navy



LTC Richard Petri, Jr., M.D.
Chief, Physical Medicine and Rehabilitation
Director, Center for Integrative Medicine
William Beaumont Army Medical Center

NEW ORLEANS HOPE

- *Programs held: March 2008 Advanced Training; April 2008 Mind-Body Skills for Children and Teens Training; July 2008 New Orleans Leadership Training*
- *2008 clinical supervision and support of all Southeastern Louisiana participants as they integrate the Center's model into their work.*
- *2009 independent non-profit legally incorporated in New Orleans by CMBM graduates; focus on providing direct service to Southeastern Louisiana residents*



Amy Shinal, LCSW, Clinical Director, speaking with program participant



Since the Center's initial visit following Hurricane Katrina in August 2005, we have been devoted to helping the residents of Southeastern Louisiana by training local mental health and health professionals and educators in our model of population-wide psychological healing.

Through the Center's New Orleans Hope program, 80 clinicians and community aid workers have experienced the effectiveness of our model. 35 health and human service professionals have been fully trained in mind-body medicine. 20 of the most skilled have been trained as Leaders, and continue the work of the Center throughout Southeastern Louisiana. During 2008, a pilot training in Mind-Body Skills for Children and Teens was offered along with on-going clinical supervision.

Over the past 4 years, Center faculty and staff have provided guidance to help participants develop an infrastructure for their work, build relationships with organizations throughout the community, and identify those in the community — most particularly poor and disadvantaged children — who could most benefit from the Center model. As a result of this hard work, the Leadership Team has founded The Mind-Body Center of Louisiana (MBCLA), an independent non-profit, to carry on this work.

Among the organizations that are integrating the Center's model in their ongoing work are East Jefferson General Hospital, Baton Rouge Children's Health Project, Agenda for Children, Rapid Evaluation and Action for Community Health in New Orleans, Louisiana (REACH-NOLA), Louisiana State University, Tulane University, Louisiana Public Health Institute, Louisiana Spirit Hurricane Recovery, West Jefferson Medical Center, FACES – Children's Hospital, Fleur de Vie Clinic, Common Ground Health Clinic, Odyssey House Free Clinic, and Touro Infirmary.



Yes / No Exercise

In New Orleans, we have been steeping in grief, loss and trauma. Many of us are stuck in those places. This training has provided me with a path out and with a compass to also guide others out of despair and helplessness.

-Mindy Milam, MSW
Private Practitioner
New Orleans, LA



Center faculty member José Calderón-Abbo, MD & Marie T. O'Neil, LCSW Co-Founders of The Mind-Body Center of Louisiana.

This whole city as well as relief workers are over stressed and traumatized. By helping provide this training to so many providers, you have helped not just this city but this whole region on its path to becoming whole again ... this is some of the strongest healing work I have seen while still presented in an easily understood manner.

-R. Noah Morris, BA, EMT-B
Co-Founder/Director
Common Ground Health Clinic
New Orleans, LA



Our city is hurting and those of us in healing professions are very much "the wounded helping the wounded." This training has been a salve, a breath of renewed life, a whole lot of saving grace. I needed this week to cry and be seen and to remember what I came into this blessed profession to do. I feel new hope in me.

-Jennifer Varela, MA
Project Fleur de Lis (Mercy Family Center)
New Orleans, LA



CANCERGUIDES®

- *An entirely new CancerGuides® II program was created and held in June 2009, Washington, DC, bringing together outstanding oncologists and oncology researchers, and a wide range of cancer care professionals to provide in-depth workshops and lectures on topics ranging from models of integrative care to nutrition and community cancer care.*
- *CancerGuides® II and Food As Medicine were held simultaneously in June 2009 – the first time the Center has ever held two programs at once. The nearly 500 attendees created a wonderful energy, and faculty and participants of both programs tremendously enjoyed the free exchange of ideas, dining together at lunch, and getting to know each other.*

CancerGuides® is the only comprehensive training in integrative oncology in the United States. It equips health professionals and patient advocates to work with people with cancer to create safe, effective, individualized programs of integrative care. Our unique small-group model provides an intimate and emotionally powerful experience that leads group members through each step of the cancer journey. Many graduates have expressed feeling “transformed” by the program, as they return to their work with newfound perspective and inspiration, along with the latest scientific research.

Our first CancerGuides® II program was held in Washington, DC, June 11-14, 2009. This program provides an intensive workshop experience and authoritative research evidence for a variety of cutting-edge approaches that are becoming central to integrative cancer care. It also presents information about and research findings on the best programs of integrative care in the U.S. and abroad, equips participants to critically evaluate conventional, complementary, and alternative therapies and supports them in guiding people with cancer and their families in the process of creating programs of integrative care and meeting the challenges of the cancer experience.



David Servan-Schreiber, MD, author of *Anticancer*, speaking at CancerGuides® II



Closing ceremony, CancerGuides® I



Faculty member Joel Evans, MD

Many graduates have expressed feeling 'transformed' by the program.



Representative John Conyers addressed the opening plenary session of CancerGuides® II and Food As Medicine

Comments from attendees at CancerGuides® II:

You keep hope for a better future for healing alive and well-stoked... You are exceptional human beings and bring humanity to the message as you share the art as well as the science of medicine. Thank you!!!

-
Carleen Sterner, MD
Midlefort Clinic-Mayo Health Systems
Eau Claire, WI

I think I found my tribe.

The course offered a comprehensive overview of integrative oncology, an opportunity to mingle with the experts as well as my peers, and to learn from them all.

- Sharon Taylor, MD
Duke University
Durham, NC

I was touched by the open-minded, open-hearted inspirational leadership and dedicated practitioners. It created an environment of curiosity, sharing, and optimism. Thank you for the opportunity.

- Donnie Russo, MS, LMT
Columbia University Medical Center
New York, NY



This course was the most inspiring course I have attended in the 20 years I been practicing nutrition!

- Silvina Cox, MPH, RD
Private Practice
Thousand Oaks, CA



Food As Medicine Co-Director Kathie Swift, MS, RD & Director of Nutrition Programs Jo Cooper

FOOD AS MEDICINE

- *Programs held: June 2008, Baltimore, MD; January 2009, San Francisco, CA; June 2009, Washington, DC*
- *In 2008, doubled the attendance of the previous year to 340*
- *In 2009, doubled the number of programs per year*
- *Trained 40 healthcare professionals and developed an on-going community nutrition program in inner city Baltimore*
- *Created a one-day workshop on healthy nutrition for lay-people*

This highly praised professional training program provides the best introduction to medical nutrition therapy in the U.S. The program offers participants the latest in science-based nutrition education together with the knowledge, confidence and compassion required to successfully guide patients towards life-giving, healthy nutrition and the skills, resource materials, and encouragement to integrate nutrition into medical school curricula. Our ongoing commitment, through Food As Medicine, is to make nutrition central to the education and practice of all US physicians.

As with all the Center's courses, self-care is at the core of Food As Medicine. After eating colorful, healthy, whole-foods meals during the four-day training, our participants are often inspired to transform their own and their families' diets, and to authentically recommend healthy transformations for their patients.

Food As Medicine continues to grow. We have shortened the program and lowered the price to include many more health professionals who are coming to recognize the central place of nutrition in preventing and treating all chronic illness. 340 participated in Baltimore, MD in 2008, double the previous year's attendance. Due to the program's popularity, the Center held two trainings in 2009, with 204 participants in January 2009 in San Francisco, CA and 266 in June 2009 in Washington, DC.

The Center's work in nutrition has expanded to include a model community nutrition program in Baltimore, the Baltimore Nutrition Group (BNG), generously funded by a grant from the Jacob & Hilda Blaustein Foundation, and a companion website with materials now offered open-source, free to the public on the Center's new Community Nutrition web page (www.cmbm.org/communitynutrition) to assist with community education in healthy, whole foods nutrition. BNG members are serving Baltimore's neediest populations, including children in Head Start programs, the home-bound elderly, ex-offenders, single mothers, and HIV-positive men and women. The on-going BNG group is now led by Blaustein-funded Food As Medicine graduates, and is currently offering a series of 6 monthly workshops on healthy nutrition to members and interested community healthcare providers. For detailed information about the BNG, visit www.cmbm.org/bng.

Our menu of nutrition programs also now includes a day-long workshop for lay people called the Art of Eating, which can also be offered to healthcare professionals.



Popular Food As Medicine lecturer John Bagnulo, PhD answering questions after his lecture “Our History, Our Food Supply: All Things Considered”

Thank you for assembling an ‘all star’ line-up of the best minds in nutrition and wellness. FAM was a treat for my palate and my mind!

- Pankaj Vij, MD
Kaiser Permanente
Pleasanton, CA

This is the curriculum I wish I had gotten in medical school or residency – complete with a review of macronutrients, micronutrients, anthropology of food, nutritional imbalances, digestive health and practical applications I can use in my daily life as well as what I hope to teach my patients. With much gratitude!

-Angie Reynolds, MD,
Oregon



Baltimore Nutrition Group
Co-Coordinator Derek Neal, BS, CHHC
& Victoria Proctor, RN, MA.



Executive Chef & faculty member Rebecca Katz in the Food As Medicine Kitchen teaching “Culinary Rx in a Bag”

I’m a pediatrics 3rd year resident going into PedsGI, and this course was full of clinical pearls. Extremely high yield and highly recommended!

-Ann Ming Yeh, BA, MD
Stanford University
San Jose, CA

NEW PARTNERSHIP WITH SAYBROOK UNIVERSITY



The Center for Mind-Body Medicine is very pleased to enter into partnership with Saybrook University to create the Graduate College of Mind-Body Medicine offering, for the first time, an MS in Mind-Body Medicine, PhD degrees in Mind-Body Medicine with specializations in Research, Practice and Healthcare Systems, and a Certificate in Mind-Body Medicine. This partnership brings together the spirit of healing with rigorous scholarship to create a program of integrative education for a cadre of scholar-healers who will help to transform healthcare for all. Masters and doctoral students of the Graduate College of Mind-Body Medicine will participate in the transformation of healthcare — through performing cutting-edge research, enhancement of clinical practice, and the development of innovative and integrative models of health education and healthcare delivery.

The Graduate College of Mind-Body Medicine is committed to educating and supporting the women and men who will help to shape the coming worldwide transformation in health and mental health care. The College's teachings are grounded in the understanding that self awareness, self care and mutual help are crucial to the prevention and treatment of all chronic illness and to the fulfillment of our human potential, and that we cannot help others on their healing journeys unless we are embarked on and actively engaged in our own. Combining the wisdom of in-depth experiential learning that is the hallmark of The Center for Mind-Body Medicine's work with the most sophisticated tools of scientific investigation, we are creating a graduate curriculum that is intellectually challenging, powerfully practical, and personally and socially transformative. The College will be a central element of a worldwide healing community and will itself be a community of healers.

Visit www.saybrook.edu.

PUBLISHED RESEARCH on The Center for Mind-Body Medicine's Clinical Programs and Trainings

Gordon James S., Staples Julie K, Blyta Afrim, Bytyqi Murat, Wilson Amy T. Treatment of Posttraumatic Stress Disorder in Postwar Kosovar Adolescents Using Mind-Body Skills Groups: A Randomized Controlled Trial. *Journal of Clinical Psychiatry*, 2008 Sep;69 (9):1469-76.

Saunders, P. A., Tractenberg, R. E., Chaterji, R., Amri, H., Harazduk, N., Gordon, J. S., Lumpkin, M., & Haramati, A.. Promoting self-awareness and reflection through an experiential Mind-Body Skills course for first year medical students. *Medical Teacher*, 2007, 29: 1-6.

Finkelstein, C., Brownstein, A., Scott, C., & Lan, Y. L.. Anxiety and stress reduction in medical education: an intervention. *Medical Education*, 2007, 41: 258-264.

Gordon, James S., Julie K. Staples, Afrim Blyta, and Murat Bytyqi. "Treatment of Posttraumatic Stress Disorder in Postwar Kosovo High School Students Using Mind-Body Skills Groups: A Pilot Study." *Journal of Traumatic Stress*, 2004, 17: 143-147.

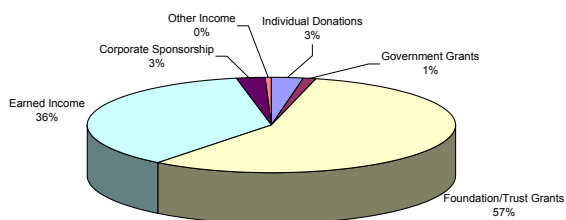
Staples, Julie K. & Gordon, James S. "Effectiveness of a Mind-Body Skills Training Program for Healthcare Professionals." *Alternative Therapies in Health and Medicine*, 2004, 11(4): 36-41.

Staples, J.K, Wilson, A.T. Pierce, B., Gordon, J.S. "Effectiveness of CancerGuides®: A Study of an Integrative Cancer Care Training Program for Health Professionals." *Integrative Cancer Therapies*, 2004, 6(1): 14-24.

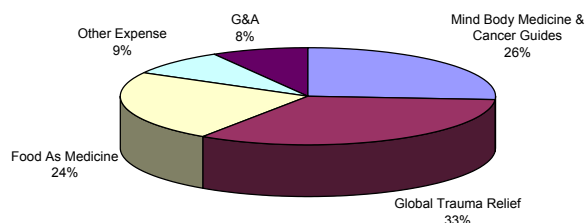
FINANCIAL SUMMARY

	2008 Budget (Unrestricted Account)	2009 Budget (Projected)
Income		
Individual Donations	\$ 49,262	\$ 100,000
Government Grants	\$ 23,969	\$ 152,000
Foundation/Trust Grants	\$ 1,042,824	\$ 700,000
Earned Income	\$ 672,932	\$ 815,000
Registration Income	\$ 608,450	\$ 750,000
Merchandise Income	\$ 24,566	\$ 25,000
Certification/Supervision	\$ 39,916	\$ 40,000
Corporate Sponsorship	\$ 47,650	\$ 40,000
Other Income	\$ 8,578	\$ 10,000
Total Income	\$ 1,845,215	\$ 1,817,000
Expenditure (By Program)		
Mind-Body Medicine & CancerGuides®	\$ 502,103	\$ 470,000
Global Trauma Relief	\$ 634,303	\$ 590,000
Middle East Program	\$ 364,381	\$ 340,000
Healing our Troops	\$ 105,008	\$ 250,000
New Orleans Hope Project	\$ 135,630	\$ -
Food As Medicine	\$ 452,361	\$ 450,000
Other Expense	\$ 166,981	\$ 157,000
G&A	\$ 157,975	\$ 148,000
Total	\$ 1,913,723	\$ 1,815,000

CMBM 2008 Income



2008 Expenditure by Program



* These financial statements were extracted from our audited financial statement for the year ending December 31, 2008.

THANK YOU TO OUR FUNDERS FOR 2008 - 2009

Our programs were greatly facilitated by major contributions from:

The Atlantic Philanthropies
Jacob and Hilda Blaustein Foundation
Cancer Treatment Centers of America
The de Laski Family Foundation
George Family Foundation
Kalliopeia Foundation
Louisiana Family Recovery Corps
The Los Angeles Jewish Federation
Lotte & John Hecht Memorial Foundation
Ted & Roberta Mann Foundation
National University
Vicki and Ron Simms
Robert H. Smith

We are also grateful to the following Foundations and Individuals who have supported the Center's work:

(\$10,000 - \$25,000)

Judith L. Chiara Charitable
Fund
Himmel Family Foundation
Jaffe Family Foundation
The Karan-Weiss
Foundation
Lipshy Family Philanthropic
Fund
Nordberg Family Fund
The Stempler Family
Foundation
Tides Foundation
The Heartland Fund of RSF
Associates

(\$1000 - \$5000)

Frederick Alexander
Allison Berardi
Carol Blum
Susan Blum
Linda Ganbaldi
Jean Kayser
Charles Marqusee
Merk Partnership for Giving
Mark Mutkoski
Philip Milstein
John Nano
Andrew Nathan
Anita K. Roe
Barbara Stohlman

(\$500 - \$999)

Maki Nakamura Bara
Brian Collins
Jonathan Cott
Gwenn Eckel
Jill and Stephen Galowitz
Anne Ivanhoe
Robert Kline
Gregg Lorberbaum
Gerald & Peggy Sturman
Pam Warshaw

(\$499 and under)

Rachelle Alkalay
Deborah Cohen
Colleen Dick
Jill Fife
Linda Flaxer
Karen Friedman
Amy Glickman
Max Heirich
Jennifer Heyneman
Nancy Jacobs
Robin Lampert
William Leibstone
Joan Lohrfink
Elizabeth Punch
Alison Simon
Jewish Family & Children
Services
Kim Reichig
Susan Rosenthal
Bonnie Sacarny
Kim Sands
Richard Schapiro
Lauren Sorkin



BOARD OF DIRECTORS

James S. Gordon, M.D.

President

Donald de Laski, J.D., C.P.A.

Secretary / Treasurer

Honorable Lane Evans

Ambassador Marc Grossman

Ann Hoopes

Mark Hyman, M.D.

Dennis J. Jaffe, Ph.D.

John Jeppson III, J.D.

Robert Schwartz

BOARD OF ADVISORS

Jeanne Achterberg, Ph.D.

Rudolph Bauer, Ph.D.

Herbert Benson, M.D.

Janet Bickel, M.A.

Joan Borysenko, Ph.D.

Barrie Cassileth, Ph.D.

Robert Coles, M.D.

Larry Dossey, M.D.

James A. Duke, Ph.D.

Joel Elkes, M.D.

Jon Kabat-Zinn, Ph.D.

Michael Lerner, Ph.D.

Isabel Letelier

Dean Ornish, M.D.

Kenneth Pelletier, Ph.D., M.D. (h.c.)

Candace Pert, Ph.D.

Harold E. Puthoff, Ph.D.

Rachel Naomi Remen, M.D.

Archbishop Emeritus Desmond Tutu, O.M.S.G., D.D., F.K.C.

John E. Upledger, D.O.

Jan Walleczek, Ph.D.

DIRECTOR

James S. Gordon, M.D.



PROGRAMS SCHEDULED 2009 / 2010

September 12 – 16, 2009
Initial Training In Mind-Body
Medicine, San Diego, CA

November 19 – 22, 2009
Food As Medicine, Miami, FL

January 30 – Feb. 3, 2010
Advanced Training In Mind-Body
Medicine, San Diego, CA

April 2010
CancerGuides®, Date & Location
TBD

June 2010
Food As Medicine, Date & Location
TBD

September 2010
Initial Training In Mind-Body
Medicine, Date & Location TBD

November 2010
Food As Medicine, Miami, FL, Date
TBD



The Center for
Mind-Body Medicine[®]
Science. Training. Community. Outreach.

www.cmbm.org

5225 Connecticut Avenue, NW • Washington, DC 20015 • 202.966.7338