



Sonoma Community Resilience Collaborative

A Practical Approach to Post-Fire Resilience and Wellbeing

James S Gordon, MD

Jerrold Kimmel, RN, MA

Mind-Body Medicine

The understanding that mind and body are inextricably connected and all of us can use tools and techniques of self-care to:

- Relieve stress
- Enhance resiliency
- Reverse the damage that trauma does
- Restore hope





- Founded in 1991 by James S Gordon M.D., Professor of Psychiatry and Family Medicine at Georgetown Medical School and Chairman of the White House Commission on Complementary and Alternative Medicine Policy under Presidents Clinton and G.W. Bush
- 10,000 health professionals, educators, and community leaders trained in CMBM's pioneering models of mind-body medicine (self-care, self-awareness, group support) and nutrition
- A worldwide leader in making self-care, group support, and community building central to healthcare
- An international faculty of more than 160
- Programs for healing population wide trauma and stress in: Kosovo, Israel, Gaza, Haiti, Southern Louisiana after Hurricane Katrina, Houston after Hurricane Harvey, Jordan with Syrian refugees, South Dakota on the Pine Ridge Indian Reservation, with US Military and Veterans at 30 military bases, VA facilities and Broward County Florida after the school shooting.

Meditation and Medicine

- ▣ Definition: relaxed moment-to-moment awareness
 - ▣ Meditation is central to mind-body medicine and to healing
 - ▣ Meditation and medicine: come from the same Sanskrit root word, meaning to “take the measure of” and “to care for”





3 Kinds of Meditation

Concentrative

Mindfulness

Expressive

Soft Belly Meditation

A Concentrative
Meditation





“Fight or Flight”

- Walter Cannon, MD (1926) recognized that certain immediate physiological changes occur in response to an acute stressor.
- This is an important adaptive response
- It occurs in all vertebrates
- Crucial to Survival
- These changes are consistent with dominant activity of the Sympathetic Nervous System.

Fight or Flight

- Walter Bradford Cannon, MD, 1926
- Danger or stress
- Arousal and preparation
- Increased heart rate
- Faster breathing
- Muscular tension
- Coldness and sweating
- Decreased intestinal activity, generally but increased in distal colon (diarrhea)
- Dilated pupils
- Increased blood viscosity
- Mediated by periorbital, frontal cortex (limbic system), hypothalamus, and autonomic nervous system

PARASYMPATHETIC

Constricts pupil

Inhibits tear glands

Increases salivation

Slows heart

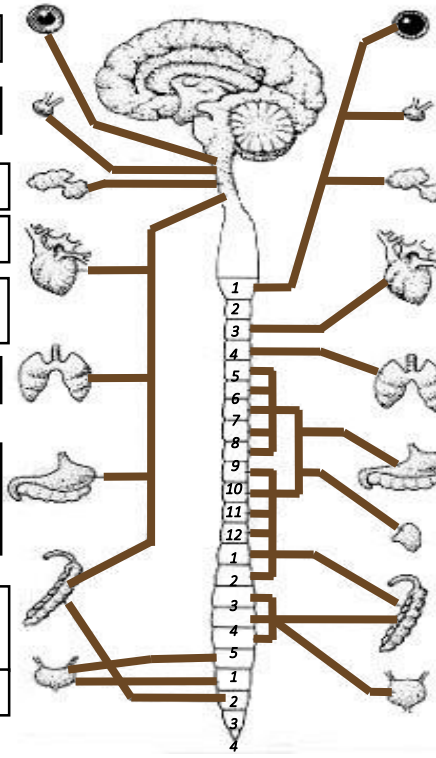
Decreases blood pressure

Constricts bronchi

Increases digestive functions of stomach and pancreas

Increases digestive functions of intestines

Bladder contraction



SYMPATHETIC

Dilates pupil

Stimulates tear glands

Inhibits salivation

Accelerates heart

Increases blood pressure

Dilates bronchi

Decreases digestive functions of stomach and pancreas

Adrenaline secretion

Decreases digestive functions of intestines

Inhibits bladder contraction

The *Freeze* Response

- “Deer In Headlights; Mouse & Cat; Trapped in War
- In extremely threatening situations, response may be **Parasympathetic dominance**.
 - Most primitive response
 - Inhibition of motor function
 - Slow heart rate, decreased blood pressure, etc.
- Higher baseline anxiety may predispose.
- May be persistent in those with PTSD.

Mongeau R et al. Neural correlates of competing fear behaviors evoked by an innately aversive stimulus. *J of Neuro*. 2003 May; 23:3855-3868.

Porges, SW. Social engagement and attachment: A phylogenetic perspective. *Ann NY Acad Sci*. 2003 Dec; 1008:31-47 .

Fight or Flight and Freeze are natural and life saving. They are meant to be quickly turned on and off.

Problems come when they persist.

The Stress of Life Hans Selye, 1956

- In general, stress comes when fight or flight is prolonged beyond immediate reaction and/or repeated.
- Alarm (Fight or Flight)
- Adaptation
- Exhaustion

EFFECTS OF STRESS
ON RATS THAT WERE
FORCEFULLY
IMMOBILIZED

Adrenals

Thymus

A group of 3
lymph nodes

Inner surface
of the stomach

NORMAL

STRESSED*



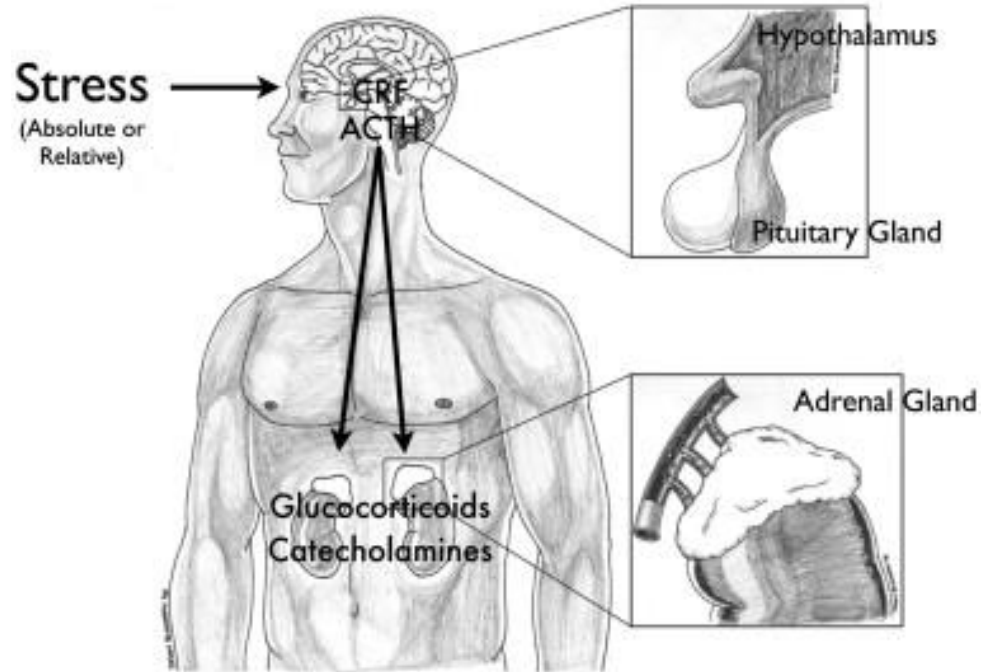
Marked
enlargement
and dark
discoloration

Intense shrinkage

Intense shrinkage

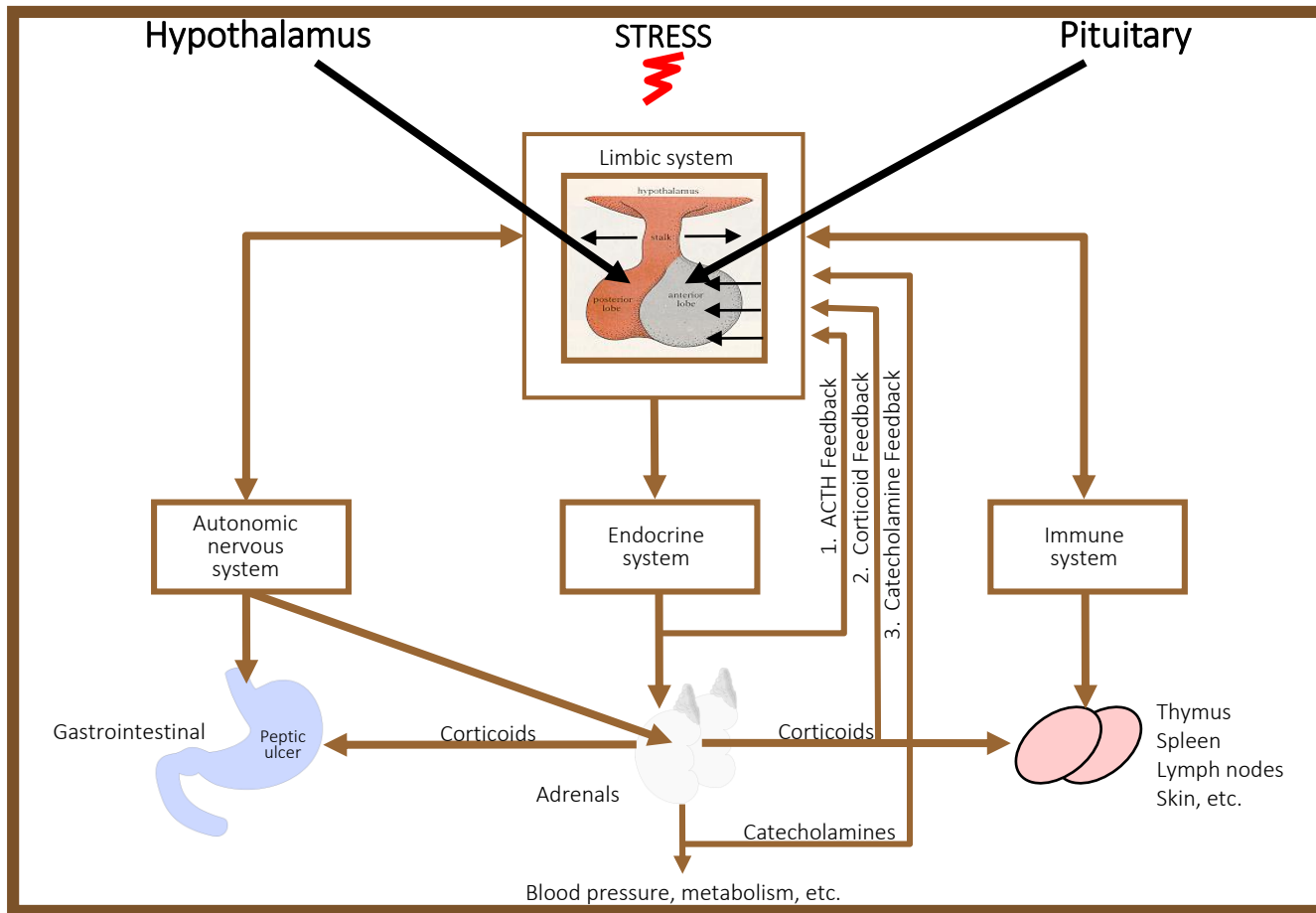
Numerous
blood-covered
stomach ulcers

The HPA Axis



S.J. Lupiena, F. Maheub, M. Tuc, A. Fioccoa, T.E. Schrameka (2007)

The effects of stress and stress hormones on human cognition:
Implications for the field of brain and cognition. *Brain and Cognition.*
Volume 65, Issue 3, December 2007, Pages 209–237

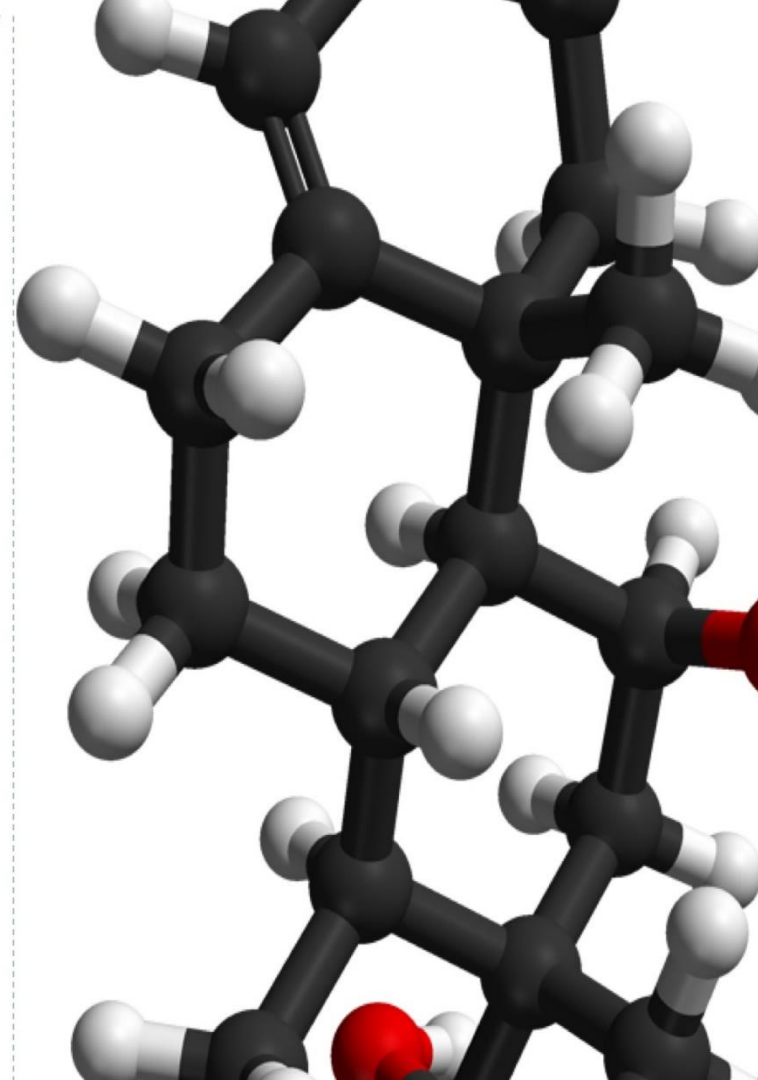


Effects of Stress

- Over time, stress increases activity in the amygdala and decreases activity in the frontal cortex as well as deplete the cortex's capacity to respond to new stressors.

In Response to Prolonged Stress

- ↑ Elevated levels of serum cortisol
- ↑ Abdominal fat deposits
- ↓ Sensitivity of fat cells
- ↑ Cholesterol
- ↑ Appetite
- ↓ Immunity
- ↓ Cells in hippocampus



Stress affects DNA (Telomeres) and Shortens Life

- Telomeres = repetitive regions of DNA at the end of chromosomes associated with longevity. They protect against deterioration in the DNA replication process.
- Considered normal for telomeres to get shorter with age, BUT **accelerated telomere shortening** has been correlated with stress.

Blackburn EH, Greider CW, Szostak JW. Telomeres and telomerase: the path from maize, Tetrahymena and yeast to human cancer and aging. Nat Med. 2006 Oct;12(10):1133-8.

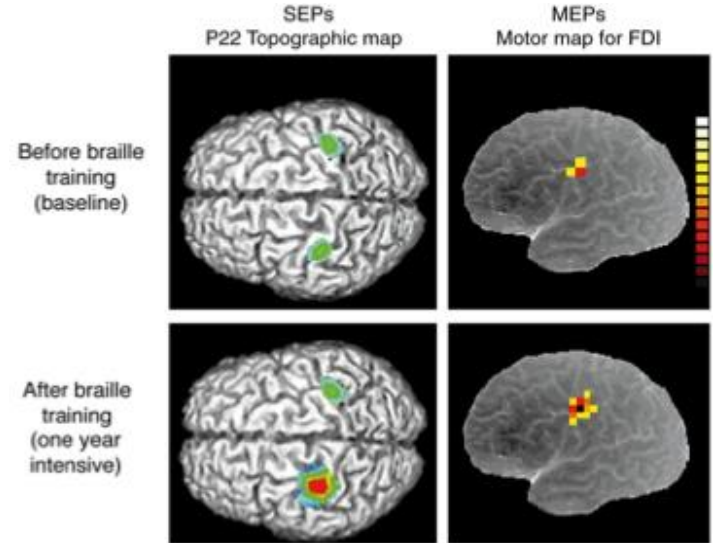
Most of what has been
damaged can be replaced.

Neuroplasticity

- The brain's ability to reorganize itself by forming new neural connections experiences and actions can cause structural changes in the brain.

Ex: Enlargement of the sensorimotor cortical area devoted to the reading finger found in those learning to read braille.

- Major implications for our understanding of one's potential to heal and change behavior



Stress Reduction & Structural Changes in the Amygdala

- The amygdala is known to registers threats and is a critical part of the “fight or flight” response. Chronic stress is associated with greater connectivity between the bilateral amygdala and anterior cingulate.
- Stronger connections between the bilateral amygdala and anterior cingulate is the basis of fear memory formation
- Studies have shown that a 3-day intensive mindfulness meditation training intervention reduced right amygdala and anterior cingulate connectivity in a sample of stressed unemployed community adults (N=35)
- Stress may increase the connections between the amygdala and anterior cingulate cortex but brief training in mindfulness meditation could reverse these effects.

Taren, A. A., Gianaros, P. J., Greco, C. M., Lindsay, E. K., Fairgrieve, A., Brown, K. W., ... Marsland, A. L. (2015). Mindfulness meditation training alters stress-related amygdala resting state functional connectivity: a randomized controlled trial. *Social Cognitive and Affective Neuroscience*, nsv066.

Neurogenesis

- The process by which new brain and nerve cells are generated from stem cells.
- Eriksson first demonstrated growth of new cells in the **adult human hippocampus** - *memory/emotion processing*.
- Newer research suggests that neurogenesis also takes place in **cerebral cortex** – *executive function*.
- Neurogenesis shown in additional areas in animal models.

Eriksson PS, Perfilieva E, Bjork-Eriksson T, Alborn AM, Nordborg C, Peterson D, Gage F. Neurogenesis in the adult human hippocampus. *Nature Medicine*. 1998.4;1313-17.

We Can Induce Neuroplasticity and Neurogenesis

Other natural, non-pharmacological techniques including psychotherapy, meditation, and exercise can produce these positive changes.

Goldapple, K., et al. Modulation of cortical-limbic pathways in major depression: treatment – specific effects of cognitive behavior therapy. *Arch Gen Psychiatry*. 2004. 61(1):34-41.

Rhodes, J.S., et al., Exercise increases hippocampal neurogenesis to high levels but does not improve spatial learning in mice bred for increased voluntary wheel running. *Behav Neurosci*. 2003. 117(5):1006-16.

van Praag, H., G. Kempermann, and F.H. Gage, Running increases cell proliferation and neurogenesis in the adult mouse dentate gyrus. *Nat Neurosci*. 1999. 2(3):266-70.

van Praag, H., et al., Exercise enhances learning and hippocampal neurogenesis in aged mice. *J Neurosci*. 2005. 25(38):8680-5.

Lazar, S.W., et al., Meditation experience is associated with increased cortical thickness. *Neuroreport*. 2005. 16(17):1893-7.

Meditation Increases Cortical Thickness

- The brains of typical western meditation practitioners (about 2-6 hours weekly) were compared to those with no experience of meditation
- Brain regions associated with attention, interoception (perception of internal sensation) and sensory processing were thicker in the meditation group
- Among those who meditate cortical thickness increased with years of meditation

Lazar, S.W., Kerr, C.E., Wasserman, R.H., Gray, J.R., Greve, D.N., Treadway, M.T., McGarvey, M., Quinn, B.T., Dusek, J.A., Benson, H., Rauch, S.L., Moore, C.I., Fischl, B. Meditation experience is associated with increased cortical thickness. *Neuroreport*. 2005 Nov; 16(17): 1893-97

Meditation Increases Telomerase Activity

- Intensive meditation practice promotes increase in telomerase activity and may well enhance telomere length, the lifespan of cells and, indeed, human longevity.

Jacobs, T. L., Epel, E. S., Lin, J., Blackburn, E. H., Wolkowitz, O. M., Bridwell, D. A., ... & King, B. G. (2011). Intensive meditation training, immune cell telomerase activity, and psychological mediators. *Psychoneuroendocrinology*, *36*(5), 664-681.

Exercise and Depression

Effects of exercise on depressive symptoms in older adults with poorly responsive depressive disorder: randomized controlled trial.

- Results: at 10 weeks a significantly higher proportion of the exercise group (55% v.33%) experienced a greater than 30% decline in depression
- Exercise was 45 min. class of wts and music two times weekly for 10 weeks

(Mather et al, Br J Psychiatry. 2002 May;180:411-5.)

Shaking and Dancing: An Expressive Meditation that Helps us Move Through and Beyond Trauma

- Stress reducing physical activity
- Breaks up physical tension and mental rumination
- Energizes trauma-depleted (frozen) bodies
- Encourages emotional awareness and expression

Guided Imagery



Guided Imagery

A gentle, but powerful technique, that focuses us inward and directs the imagination

Imagery is something we can *Learn* and *Use* to:

- Understand ourselves and access inner wisdom
- Bring about physiological changes for healing
- Heal trauma



Naperstek, Belleruth (1995). *Staying well with guided imagery*
Rossman, M (2000). *Guided imagery for self healing*
Naperstek, Belleruth (2005). *Invisible Heroes: Survivors of trauma and how they healed*



IMAGERY;

The more senses used in Imagery, the greater the impact

Details, Details!!!!

Sight

Sound

Smell

Taste

Touch

IMAGINE



Imagery in healing is best known for its direct effects on physiology

Crowther, J.H. (1983). Stress management training and relaxation imagery in the treatment of essential hypertension. *J Behav Med.* 6 (2): 169-87.

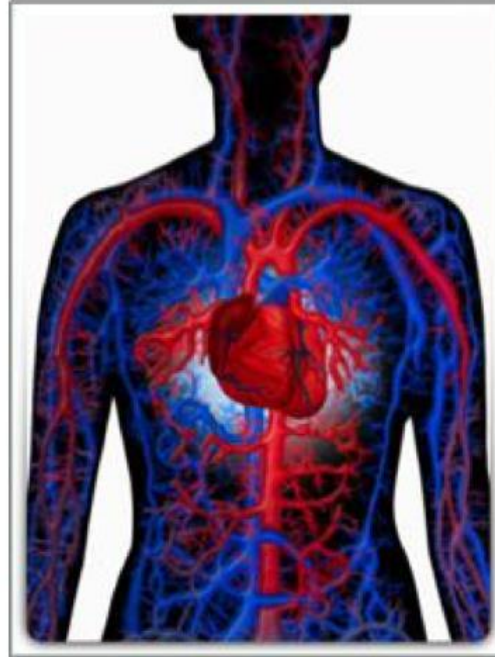
Dreher, H. (1998). Mind-body interventions for surgery: evidence and exigency. *Adv Mind Body Med.* 14:207-222.

Clinical Applications

- Physiological Relaxation
- Stress Management
- Optimal Performance (sports, academics)
- Trauma and PTSD
- Anxiety, Panic Disorder, and Depression
- Pain Reduction and Relief
- Insomnia and nightmares
- Symptom Management
- Preparation for surgery and medical procedures
- Reduce the negative effects of chemotherapy, especially nausea, depression and fatigue
- and many more...

Physiological Functions affected by Imagery

- Breathing
- Heart Rate
- Blood Flow
- Blood Pressure
- Immune Function
- Skin Temperature
- Waking/Sleeping Rhythms
- Digestion
- Sexual Function

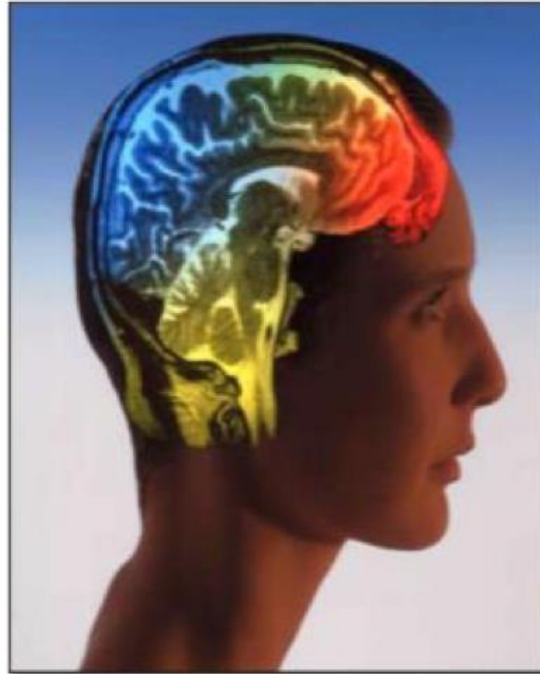


How Imagery Works

- Our bodies do not discriminate between sensory images in the mind and what we call reality
- In a relaxed and focused state, we may be capable of rapid and intense healing, growth, learning, and change
- Often involves relaxation and self-regulation of the nervous system
- Increase sense of mastery and self-control

Imagery & The Brain

Consists of brain states like those that rise in perception but occurs in the absence of the appropriate immediate sensory input.



It's All the Same To the Brain!

PET scans indicate the section of the brain that is **active**.



Imagine *seeing* something activates *occipital cortex*



Imagine *listening* to music activates *temporal cortex*

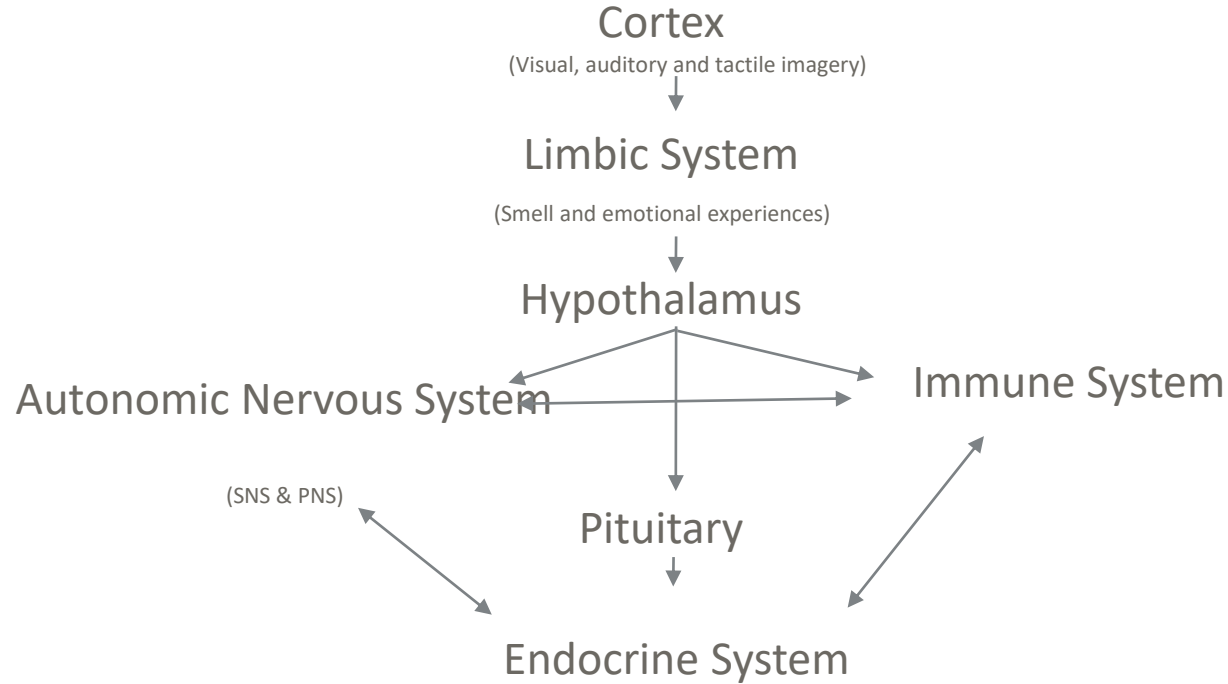


Imagine *moving* activates *prefrontal motor cortex*



Imagine *Touch* activates *sensory cortex*

Imagery and the Brain



Rossmann, 1986

The most common form of imagery is
WORRY.

*You go into the future,
make something up and
scare yourself NOW!*

What message do you want to send?



Worry Message

If worry becomes a way of life, a habit, then we are vulnerable to illness.



Calm Message

Imagery can intervene and bring about physiological changes for healing.



-Charlie Brown

Bottom Line

- Fast, powerful, costs little or nothing, more effective with continued use
- Very effective in changing physiology and enhancing self awareness
- Is a tool everyone has the capacity to utilize to transform their emotional, physical and spiritual well-being



Trauma and Transformation



Trauma

Trauma means “injury” —
to our mind, body, and spirit

It may come to any or all of us

Change and Trauma

Healthy systems (beings) move toward complexity (includes differentiation and integration)

After trauma we tend to oscillate between rigidity (withdrawal, inhibition, flashback) and chaos (agitation, disorganization)

Biological Structure of Traumatic Stress

Structural changes to the brain have been identified in trauma-exposed people in three key areas:

1. Hyperactivation of the Amygdala
2. Alteration in Hippocampal Functioning and Volume
3. Hypoactivation of the Medial Prefrontal Cortex (encompassing the Anterior Cingulate Cortex, ACC), Ventromedial Prefrontal Cortex, Subcallosal Cortex, and Orbitofrontal Cortex) produce hypersensitivity to potential trauma and decreased ability to mobilize judgment, make decisions, feel grounded in body and have empathy for others

Patel R, Spreng RN, Shin LM, Girard TA. Neurocircuitry models of posttraumatic stress disorder and beyond: A meta-analysis of functional neuroimaging studies. *Neuroscience & Biobehavioral Reviews*. 2012 Oct; 36(9):2130-42.

Some Principles, Thoughts and Impressions

PTSD is often a mixed picture:

- Agitation and withdrawal
- Feeling overwhelmed, passive and angry
- Intrusive thoughts and inability to think
- Fight or Flight and Freezing



Some Principles, Thoughts and Impressions

- Though some people, according to some studies, appear to be more susceptible to PTSD, it is humanly important to regard PTSD as a normal response to an utterly abnormal situation.
- Large Scale PTSD is becoming more and more a part of our life in the US as well as in countries at war and those which have repeated natural disasters

Some Principles, Thoughts and Impressions

Of the signs and symptoms of PTSD, avoidance and numbing appear to be the most significant predictors of long-term suffering.

We do not really understand the full significance and consequences of ongoing and/or overwhelming trauma in human lives and for our societies – diagnoses and epidemiological data are only fingers pointing to the moon.



Some Principles, Thoughts and Impressions

- We also do not comprehend the extraordinary human capacity for resilience and regeneration, the healing power of love, forgiveness and community

Trauma

- Often challenges the integrity of our body and our sense of ourselves
- Challenges our beliefs about: life, death, meaning, our sense of mastery and potency in the world
- Can challenge the very foundations upon which we build our lives
- Affects our identity and identification
- Often in small children & sometimes in adults, it may profoundly alter and reform normal brain development and mental, emotional, and social functioning

Trauma Can Resemble Ancient Initiations



Taken from what you knew into the unfamiliar

Isolated

Period of fasting, drugs, or induced 'altered states'

Fear of possible death

Given information in stages

Sense of loss of identity-Will I ever be the same?

Period of confusion, turmoil and transition – “liminality”

Rite of passage, marks the movement from one stage or state to another

** But these initiations are either freely chosen, culturally sanctioned or both

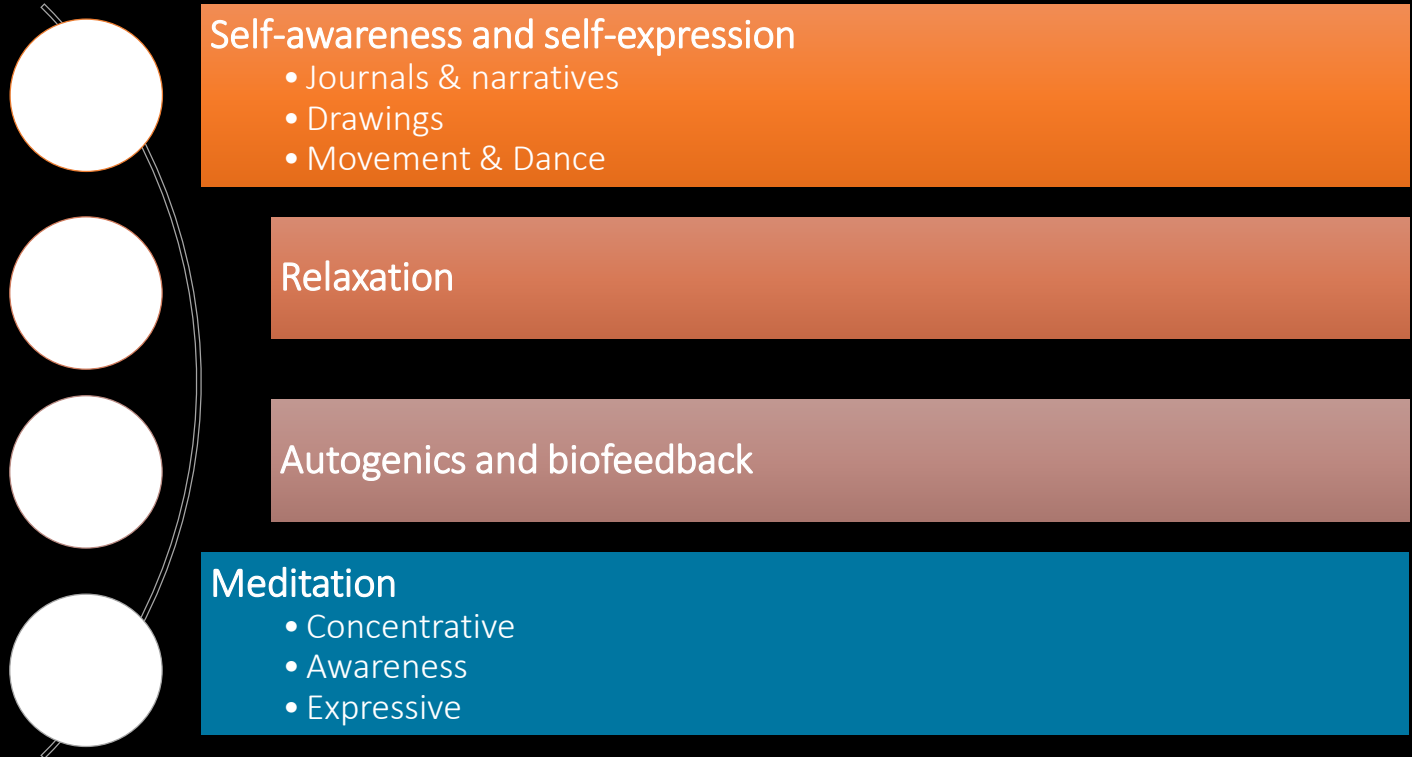
Post Traumatic Growth

Trauma may catalyze a psychological/spiritual crisis which leads to transformation

In shattering all our beliefs and ideas, our bodily integrity, the structures which defined and anchored us, trauma can create the space for a new identity and growth to a more integrated self



CMBM Model: Self-Care is the Heart of All Health Care



CMBM Model: Self-Care is the Heart of All Health Care



How Imagery Heals Trauma

- Bypasses left-brain linear thinking, judging, analyzing and deciding
- Accesses the limbic system and the right hemisphere, where images, body sensations and feelings are stored
- Stimulates imaginative and cognitive integration across the corpus callosum and among ANS, limbic system and both hemispheres of cortex

How Imagery Heals Trauma

- Delivers healing messages by way of simple symbols and metaphors
- With calming voice tones, soothing music and symbolic representations of safety, imagery can settle down hyper-vigilant brain functioning
- Avoids psychological resistance, fear, hopelessness, worry, and doubt

Meta-analysis of Imagery Research for PTSD

- **13 studies reviewed**
- Results indicate that imagery rehearsal had large effects on nightmare frequency, sleep quality, and PTSD symptoms from the initial to post-treatment assessments. These effects were sustained through 6 to 12 months follow-up. Furthermore, interventions that included both imagery rehearsal and cognitive behavioral therapy for insomnia resulted in greater treatment-related improvement in sleep quality than imagery rehearsal alone.

Casement, MD, Swanson, LM (2012). A meta-analysis of imagery rehearsal for post-trauma nightmares: Effects on nightmare frequency, sleep quality, and posttraumatic stress, *Clin Psychol Rev.*, Aug 32(6): 566-74.

CMBM Model

- Engages people in actively helping themselves Focuses on strengths and capacity for self-reliance rather than psychopathology
- Optimism rather than past trauma
- Builds resiliency and recovery
- Group format naturally reproduces aboriginal models of help and healing
- Interfaces well with therapeutic and educational approaches
- Integrates well within existing structures: clinics, hospitals, community group

Mind-Body Approaches

Balance the Autonomic Nervous System

- Directly address issues of hyper-arousal by promoting physiological relaxation response
- Balance of the sympathetic fight or flight with the parasympathetic relaxation response

Mind-Body Approaches

Freezing and Avoidance

- Remedy the freeze response by using active techniques
- Offer, through meditative practice and a meditative approach, a more relaxed perspective on trauma, traumatic memories, flashbacks, dreams, etc.
- Use activities that are both left and right brain and may therefore encourage reintegration of traumatic experience and the emotional reaction it produces

Mind-Body Approaches

Open Up Options

- Stimulate imaginative and cognitive integration through the use of drawings, imagery—possibly promoting integration across the corpus callosum and among ANS, limbic system and both hemispheres of cortex.

Social Support is the Single most important
“treatment” for trauma





Mind-Body Skills Groups

Principles

- Meditative
- Safe Place
- Respect
- Educational
- Staying in the moment
- Leader as teacher and real person
- Power of each person to know him/herself
- Power of each person to care for him/herself
- Mutual—we are all mirrors for one another
- Group as growth organism
- Balance of structure and flexibility



Mind-Body Groups and Trauma

Mind Body Groups

- Provide a safe place, which permits those who are avoidant to come easily into contact with others
- This may evoke the “tend and befriend” response of bonding under stress, a process in which cortisol and catecholamines decrease and oxytocin and opioids increase

Mind-Body Groups and Trauma

Possible Mechanisms for Efficacy

- Integrate emotional experience and verbal sharing—limbic system and cortex and left and right hemisphere
- Possibly enhance motor and sensory integration through dance, movement, yoga, drawings, genograms, etc.
- Allow people to make coherent meaning out of their experience of which the recall, recognition and reintegration of trauma are a part—by using verbal expression, drawings and genograms.

Mind-Body Skills Groups may also provide an ongoing supportive community

- Observed in our trainings in Kosovo and at Georgetown Medical School, and in ongoing programs in Israel, Gaza, New Orleans. Haiti
- Diminishes isolation and stress
- May be used with people of all ages with chronic illness, addiction, chronic pain, bereavement, learning and behavioral disorders, etc as well as those who identify as traumatized
- Promotes transformation
- Best described and most easily accepted as program for all those who would like to learn “MBSG for self-care”









Randomized Controlled Trial

Measuring: Posttraumatic Stress in Kosovar High School Students

- First ever RCT published on any intervention with children with post-war PTSD
- 82 adolescents meeting PTSD criteria using the Harvard Trauma Questionnaire
- 25% of Kosovar Albanians 15 years or older reported PTSD symptoms
- 12 session mind-body group
- Significant decrease in PTSD symptom scores (90%)
- Maintained at 3-month follow up
- Paper published in *Journal of Clinical Psychiatry*, Fall 2008

Gaza

- Represents *the largest and most effective program for healing population-wide trauma in the world.*
- 650 health and mental health professionals trained
- 300 more bring trained
- There are currently 200-350 mind-body skills groups meeting every week. Each group lasts 10 weeks
- One group ends, the next one begins
- Approximately 3500 groups in years (with 150-200 leaders)
- 45,000 have participated in 10 week long Mind-Body Skills Groups
- 115,000 more served in workshops, individual, family, and classroom settings.



US Military – CMBM Randomized Controlled Trial: Preliminary Results

- 62 Veterans, 3 Reserve and 6 National Guard members
- Participants were randomized to either an intervention group of mind-body skills groups or standard treatment
- 2 hr sessions once a week for 10 weeks
- Measured:
 - Symptoms of PTSD
 - Feelings of anger
 - Quality of sleep
 - Symptoms of depression
 - Anxiety
 - Posttraumatic growth
 - Quality of life

US Military – CMBM Randomized Controlled Trial: Preliminary Results

- Results—trend toward change in:
 - PTSD checklist $d = 0.53$ (medium)
 - State Anger $d = 0.52$ (medium)
 - Sleep Disturbance $d = 0.73$ (medium)
 - Sleep Efficiency $d = 0.32$ (medium)
 - Friendships and Socializing psychosocial function $d = 0.83$ (large).

The data collected in this study so far suggest that the participation in mind-body skills groups by Veterans may be helpful in reducing PTSD symptoms, decreasing anger, and improving some sleep and psychosocial functions

CMBM Partnership with Eskenazi Health

- Largest Safety Net Health System in Indiana
- Collaborating with Eskenazi Health to bring self-care, group support, health promotion, nutrition, wellness, and lifestyle medicine to Eskenazi Health staff and patients
- 200 Eskenazi Health leaders (administrative, clinical, and natural leaders) trained by CMBM in mind-body medicine and nutrition
- Consultation and mentoring of Eskenazi Health Nutrition Services to revamp all aspects of food services
- Results- Employee health care costs, which were increasing at 5% per year, are now increasing at 1%, 400% increase in revenue at Eskenazi Health cafes and cafeterias, and significant contribution to culture of wellness at Eskenazi Health

Mind-Body Medicine at Midtown Mental Health

- The Center for Mind-Body Medicine's Professional Wellness Training Program was implemented for the clinicians and administrators of Eskenazie Health's Midtown Community Mental Health Center
- 104 participants were in the initial training, 94 participants in the advanced training, and 80 participants were in the follow-up survey
- Average age of the participants was 39 years old and the average for the years of experience was 11 years
- Results- Significant improvements were found in various categories: Secondary Traumatic Stress, Perceived Stress, Health Promoting Lifestyles, Health Responsibility, Physical Activity, Nutrition, Spiritual Growth, Interpersonal Relations, Stress Management, and Friendliness

Testimonials

- *This experience has been life changing! The implementation of the teachings have been restorative and transformative. I am excited and hopeful for Eskenazi and the ways that our organization, our patients, and our community will benefit from our own transformations from within!*

- Rana Snipe Berry, MD, Eskenazi Health, Indianapolis, IN
- *I did not know what I was getting into but know I wanted to learn how to live a happier, healthier life. This course has given me the tools and science to decrease stress and be mindful in my work, personal life, and relationships. I feel renewed.*

- LeeAnn Blue, RN, MSN, Eskenazi Health, Indianapolis, IN
- *I have learned that as professionals, we don't acknowledge nor take care of ourselves especially feelings. We minimize them. This training has allowed me to connect my mind and emotions, as long as I have an open mind, desire, positive attitude, and motivation to learn and do it. Anyone can learn and do it regardless of different backgrounds, culture, level of education, and disciplines/ roles. We should make it simple and practical.*

- Weldon Koech, MSW, Eskenazi Health Hospital, Indianapolis, IN

The New York Times

Opinionator

SEPTEMBER 26, 2012, 7:00 AM

For Veterans, a Surge of New Treatments for Trauma

By *TINA ROSENBERG*

Suicide is now the leading cause of death in the army. More soldiers die by suicide than in combat or vehicle accidents, and [rates are rising](#): July, with 38 suicides among active duty and reserve soldiers, was the worst month since the Army began counting. General Lloyd Austin III, the army's second in command, called suicide "the worst enemy I have faced in my 37 years in the army." This Thursday, the Army is calling a "Suicide Stand-Down." All units will devote the day to suicide prevention.

There are many reasons a soldier will take his own life, but one major factor is post-traumatic stress.

Anyone who undergoes trauma can experience post-traumatic stress disorder - victims of rape and other crimes, family violence, a car accident. It is epidemic, however, among soldiers, especially those who see combat. People with PTSD re-experience their trauma over and over, with nightmares or flashbacks. They are hyperaroused: the slam of a car door at home can suddenly send their minds back to Iraq. And they limit their lives by avoiding things that can bring on the anxiety - driving, for instance, or being in a crowd.

PTSD has affected soldiers since war began, but the Vietnam War was the first in which the American military started to see it as a brain injury rather than a sign of cowardice or

SEPTEMBER 26, 2012, 7:00 AM

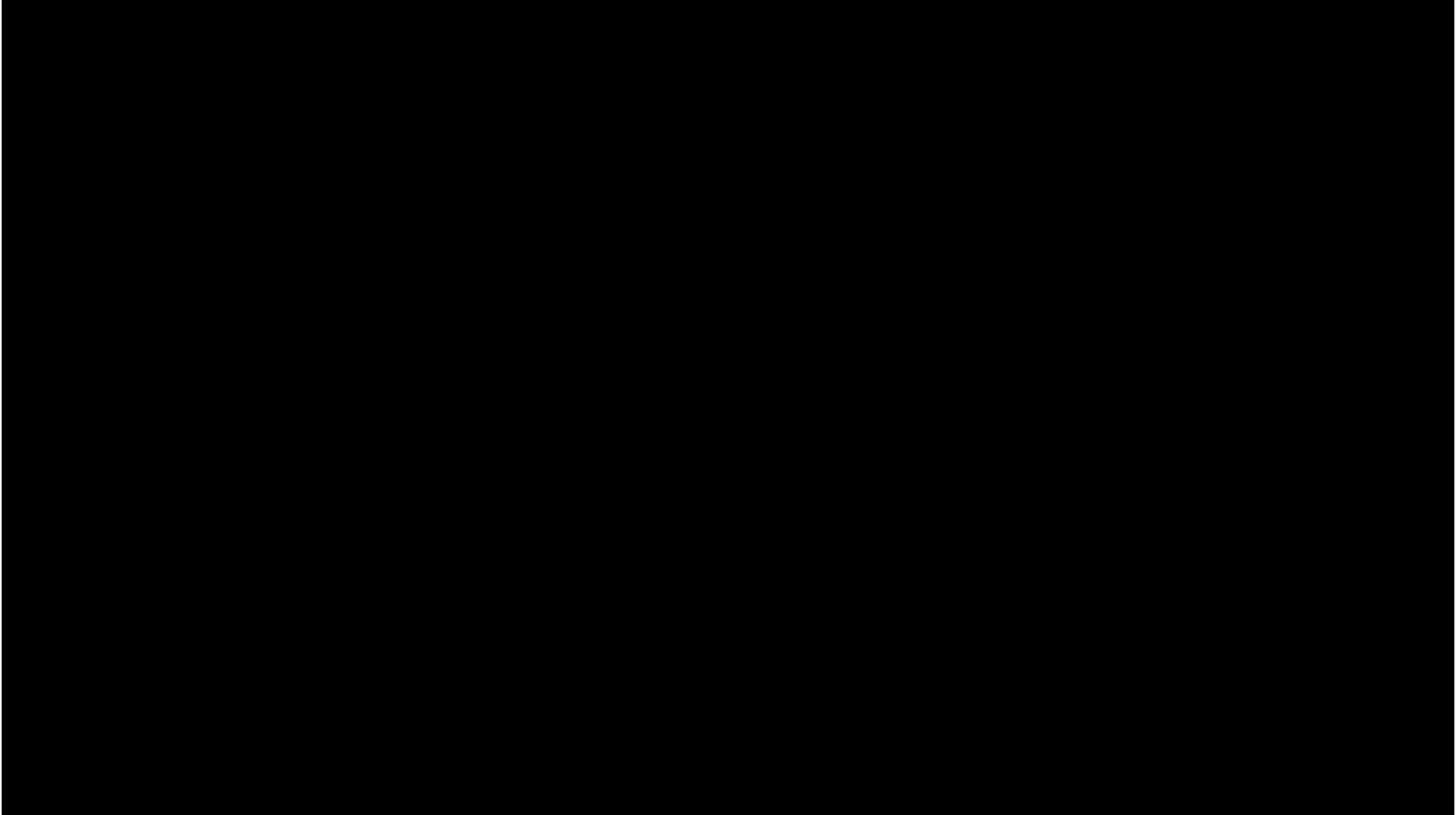
For Veterans, a Surge of New Treatments for Trauma

By [Name]
Su [Name]
cor [Name]
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my [Name]
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“The Center for Mind-Body Medicine’s program...is the most comprehensive of all [treatments], giving participants a variety of different strategies to choose from: breathing, meditation, guided visual imagery, bio-feedback, self-awareness, dance, self-expression, drawing. And it is the one with the strongest evidence that it works to cure PTSD.”

The New York Times, Sept 26, 2012

An [Name]
rape and other crimes, family violence, a car accident. It is epidemic, however, among soldiers, especially those who see combat. People with PTSD re-experience their trauma over and over, with nightmares or flashbacks. They are hyperaroused: the slam of a car



Some Lessons

- Begin work as soon as possible because fixed patterns are harder to transform

Some Lessons

- First teach the teachers
- Help the helpers to help themselves
- Work with the helpers to serve and help others
- Create an ongoing network and community of professional supervision and personal support



Professional Training Program in Mind-Body Medicine

Transform your Life, your Practice, your Community

Ellicott City, Maryland
Turf Valley Resort
October 11 - 15, 2018

cmbm.org/mbm



Advanced Training in Mind-Body Medicine

Taking your training to the next level

Deadline for Early Bird Discount Coming Up

Sign up by July 31 to save on your tuition!

Ellicott City, Maryland

Turf Valley Resort

January 24 - 28, 2019

cmbm.org/ambm



Food As Medicine for Women's Health



Big Sur, CA

Esalen Institute

May 19 - 24, 2019

cmbm.org/fam

CMBM Uses the “Unstuck” Approach to Trauma

Unstuck: Your Guide to the Seven Stage Journey Out of Depression

- Profiles techniques designed to reduce stress, break-up fixed patterns by engaging the body and mind, enhance a sense of community, and utilize innate wisdom to facilitate creative solutions and promote growth and healing.
- **Video on CBS 60 Minutes – “The lessons of War”** - <http://cmbm.org/cmbm-stories/stories/cbs-gaza/>

"A world expert offers a practical, proven guide to finding hope and happiness in the ashes of depression. *Unstuck* is superb."
Mehmet Oz, author of *YOU: The Owner's Manual*



UNSTUCK

Your Guide to
the Seven-Stage Journey
Out of Depression

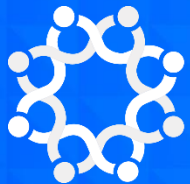
JAMES S. GORDON, MD

James S. Gordon, MD

jgordon@cmbm.org

Jerrold Kimmel, RN, MA

jerrolkimmel@mac.com



The Center for
Mind-Body
Medicine

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