

# Mind-Body Medicine in Behavioral Health and Primary Care Settings

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# Mind-Body Medicine

- Using the mind to affect the body
- And the body to affect the mind
  
- Through self-care practices
- That mobilize innate healing dynamics

# Mind-Body Self-Care Practices

- Diaphragmatic breathing concentrative meditation
- Autogenic relaxation
- Safe place imagery
- Mindfulness meditation
- Active (shaking, dynamic breathing) meditation
- Drawings of self in one's situation
- Inner guide imagery

# Mind-Body Self-Care Practices

- Dialogue-with-a-symptom imagery
- Drawing one's genogram
- Yes/No speaking-shouting-dancing
- Forgiveness imagery
- Whole food eating, mindfully
- Tai chi / Yoga moving meditation
- Whole body exercise

# Innate Healing Dynamics

- Induce relaxation response to relieve toxic stress
- Heal trauma by relieving hyper-/hypo-arousal, facilitating grieving, and promoting reintegration
- Cultivate self-awareness to empower self-direction
- Positively channel emotional energy
- Reduce chronic toxic systemic inflammation
- Access inner wisdom and self-compassion
- Optimize physiologic functions, reduce intoxication

# Mind-Body Medicine

- Can be effectively applied
- By behavioral health or medical clinicians
- In our settings
- To improve a wide range of emotional & physical problems, and enhance resilience
- Satisfying patients and clinicians alike
- At minimal cost and without adverse effects
- “complementing” conventional care

# MBM works with our nature

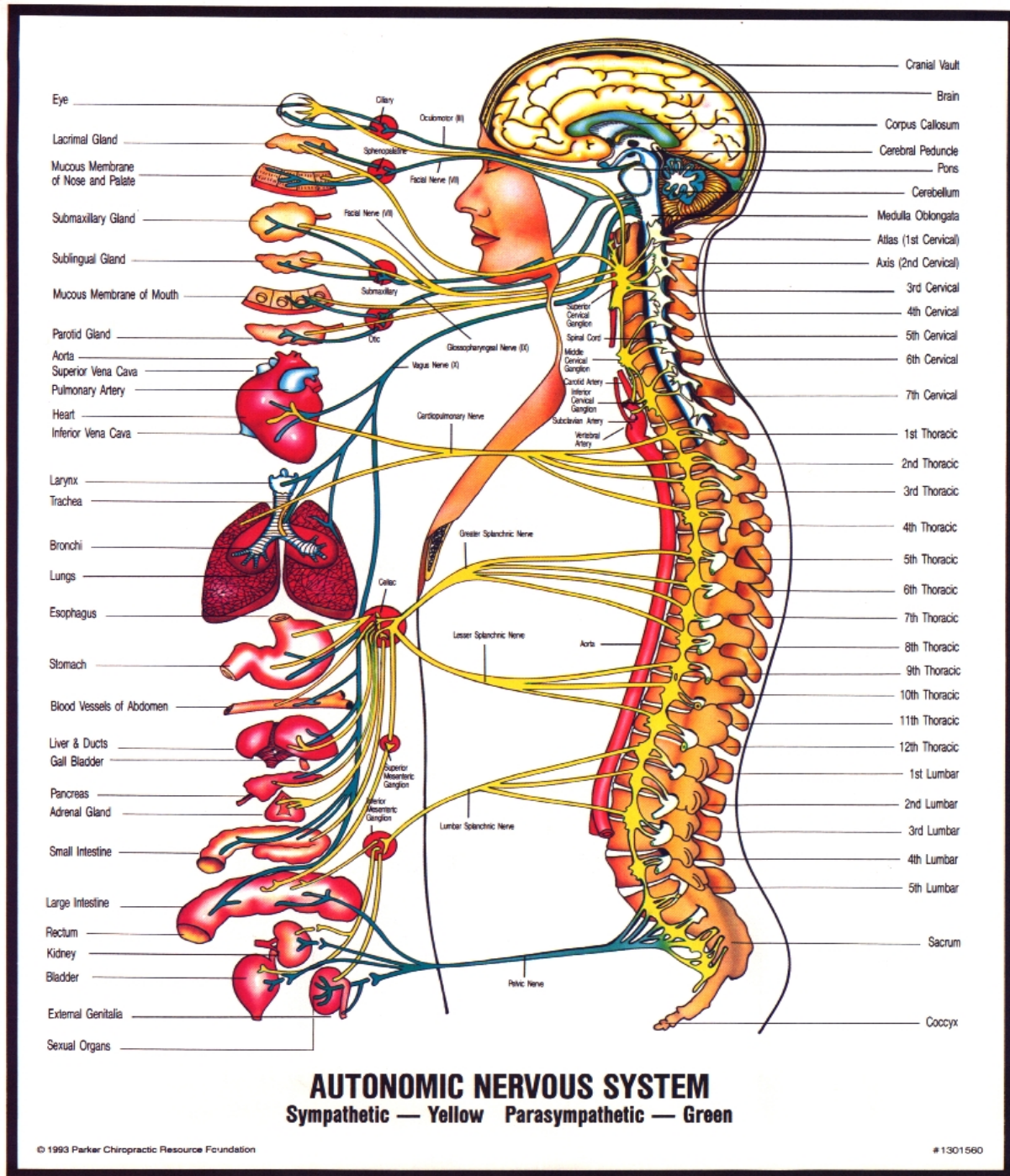
- We are an integrated system:
  - Perception, thought and emotion in the brain
  - Affect regulatory systems: nervous, immune, endocrine
    - Neurotransmitters, cytokines, hormones
  - Affect tissue state & function:
    - cardio-resp-vasc, gut-metab-renal, repro, musculo-skeletal
  - Tissues produce physiol effects & messengers that
    - Feedback to regulatory systems and affect brain state
- “psycho-neuro-immuno-endocrino-logy”, MB soup

# MBM works with our nature

- Our integrated system has built within it
- Intelligence for self-regulation
- To maintain internal conditions
- That optimize function
- To adapt to experience
- And to regain “balance” when it’s lost







- Eye
- Lacrimal Gland
- Mucous Membrane of Nose and Palate
- Submaxillary Gland
- Sublingual Gland
- Mucous Membrane of Mouth
- Parotid Gland
- Aorta
- Superior Vena Cava
- Pulmonary Artery
- Heart
- Inferior Vena Cava
- Larynx
- Trachea
- Bronchi
- Lungs
- Esophagus
- Stomach
- Blood Vessels of Abdomen
- Liver & Ducts
- Gall Bladder
- Pancreas
- Adrenal Gland
- Small Intestine
- Large Intestine
- Rectum
- Kidney
- Bladder
- External Genitalia
- Sexual Organs

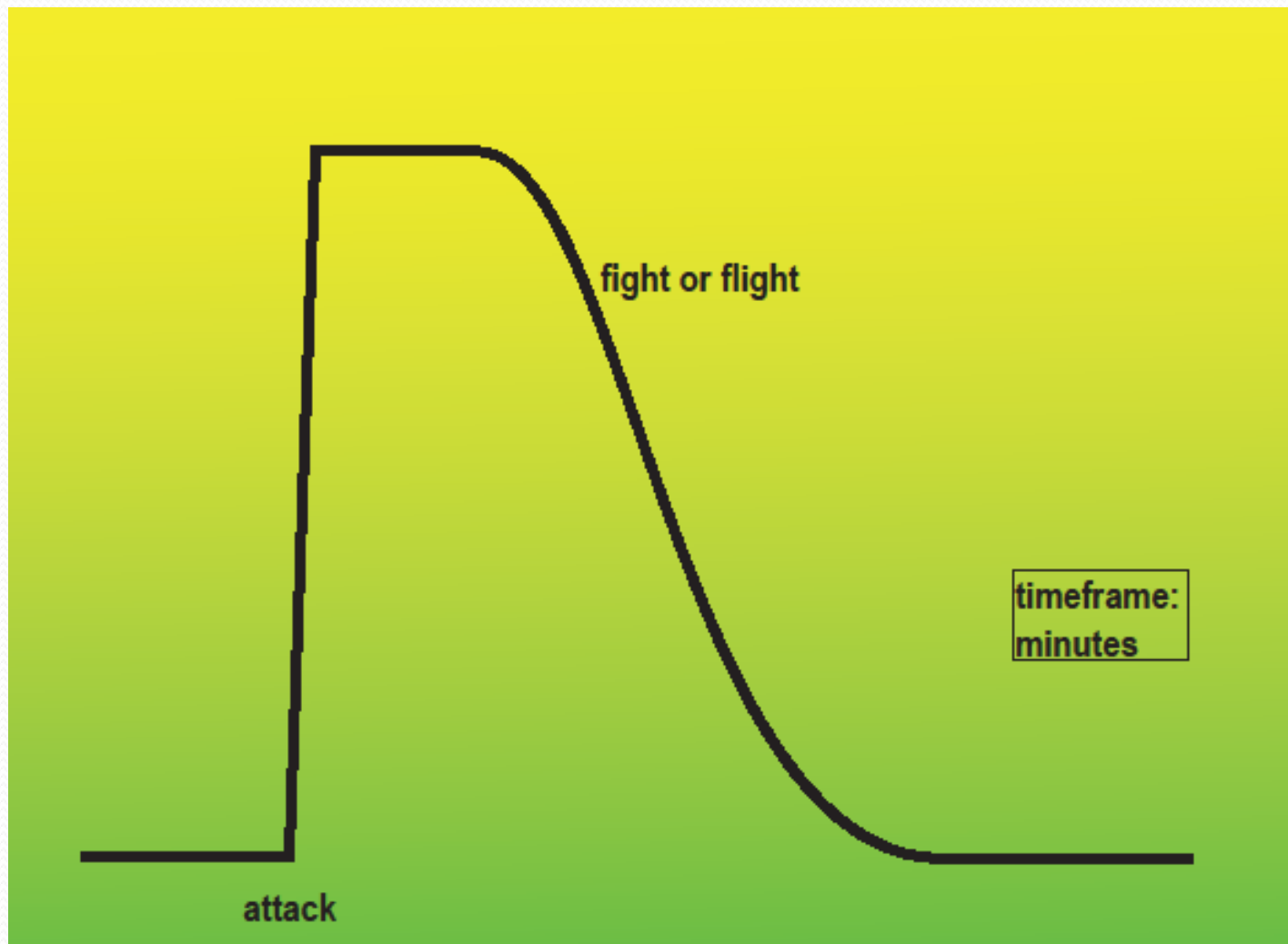
- Cranial Vault
- Brain
- Corpus Callosum
- Cerebral Peduncle
- Pons
- Cerebellum
- Medulla Oblongata
- Atlas (1st Cervical)
- Axis (2nd Cervical)
- 3rd Cervical
- 4th Cervical
- 5th Cervical
- 6th Cervical
- 7th Cervical
- 1st Thoracic
- 2nd Thoracic
- 3rd Thoracic
- 4th Thoracic
- 5th Thoracic
- 6th Thoracic
- 7th Thoracic
- 8th Thoracic
- 9th Thoracic
- 10th Thoracic
- 11th Thoracic
- 12th Thoracic
- 1st Lumbar
- 2nd Lumbar
- 3rd Lumbar
- 4th Lumbar
- 5th Lumbar
- Sacrum
- Coccyx

**AUTONOMIC NERVOUS SYSTEM**  
 Sympathetic — Yellow Parasympathetic — Green

| Optimized for<br>Healing, Growth, & Reproduction   | Relaxed Mode<br>(Parasympathetic)   | Hypothalamus / ANS<br>Organ Systems |
|--|---|-------------------------------------|
| Full circulation to all organs<br>(less thrombosis)  | Normal heart rate<br>Normal blood pressure<br>Less blood clotting<br>Increased blood flow to skin           | Cardiovascular                      |
| Flexible muscles   | Relaxed muscles   | Musculature                         |
| Normal metabolism  | Lower blood sugar and fats<br>Lower insulin, cortisol   | Metabolism                          |
| Good digestion of food,<br>absorption of nutrients<br>elimination of waste                             | More digestive secretions<br>More intestinal blood flow<br>More intestinal movement                         | Gastrointestinal                    |
| Ovulation & Spermatogenesis<br>Conception < Coitus<br>Childbirth<br>Breastfeeding                      | Normal GnRH > FSH & LH outflow<br>Normal sexual arousal<br>Oxytocin enhances labor<br>Prolactin > lactation | Reproductive                        |
| Resistance to infection<br>Resistance to cancer<br>Lower systemic inflammation<br>Faster wound healing | Acquired Immunity <u>more</u> protective<br><br>Innate Immunity <u>less</u> reactive                        | Immune System                       |
| Relaxed awareness<br>Better learning<br>Creative problem solving<br>Engagement with others             | Calm alertness<br>Open receptive thinking<br><br>Cooperative relational behavior                            | Brain & Thinking                    |



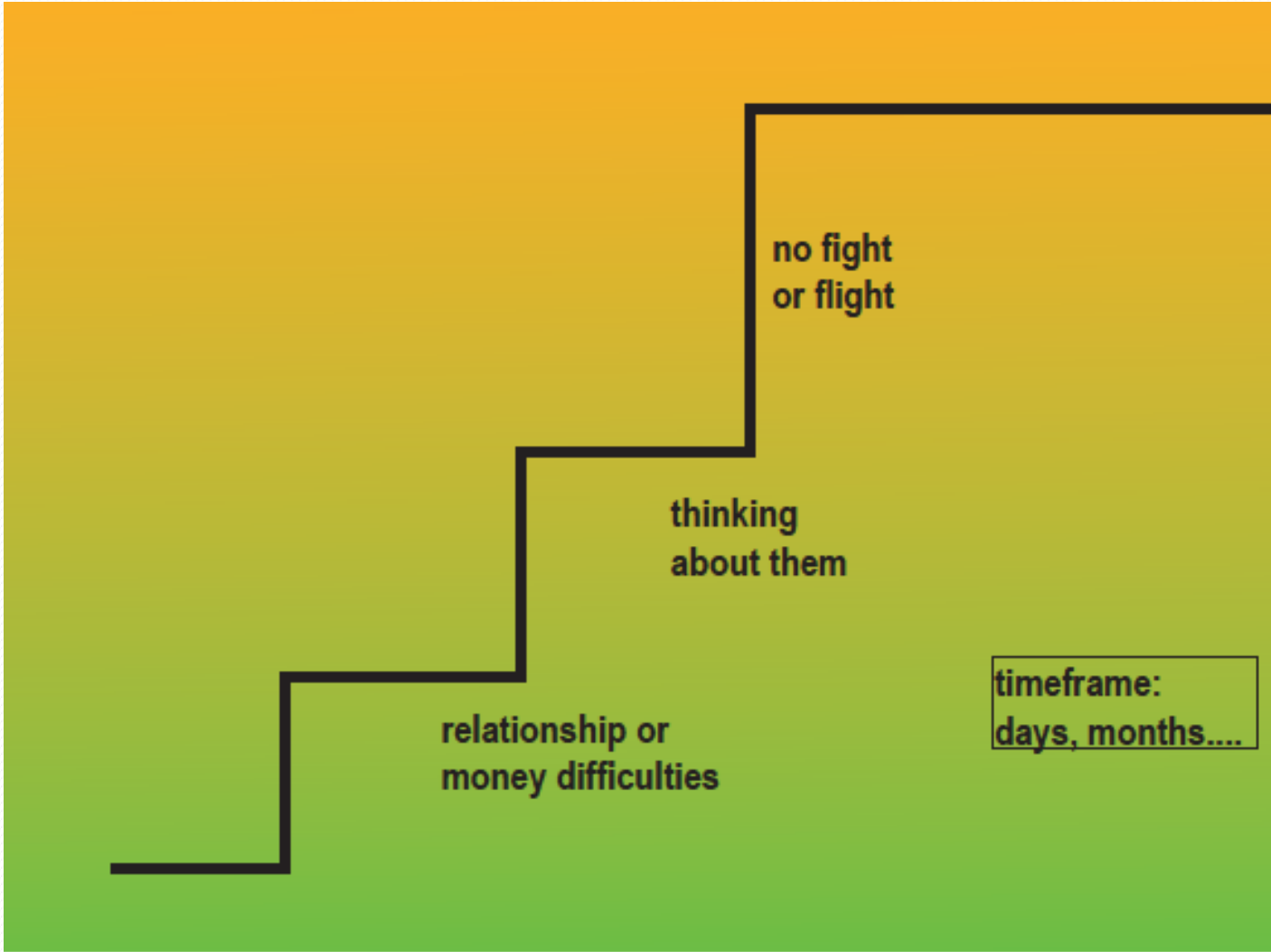
| Hypothalamus / ANS<br>Organ Systems | Tense Mode<br>(Sympathetic)   | Optimized for<br>Fighting or Fleeing Attacker                               |
|-------------------------------------|---|---|
| Cardiovascular                      | Faster heart rate<br>Higher blood pressure<br>Increased blood clotting<br>Less blood flow to skin | Increased blood flow to<br>muscles<br><br>Less bleeding if cut in the fight |
| Musculature                         | Tense muscles   | Quick reaction  |
| Metabolism                          | Higher blood sugar and fats   | More fuel for muscles   |
| Gastrointestinal                    | Less intestinal blood flow<br>Less intestinal movement<br>Less digestive secretions               | Blood flow shifted to muscles<br><br>(Danger, danger! No time to eat!)      |
| Reproductive                        | Suppressed sexual arousal   | (Danger, danger! No time for sex!)  |
| Immune System                       | <u>Acquired</u> Immunity <u>LESS</u> protective<br><u>Innate</u> Immunity <u>MORE</u> reactive    | Less infection if cut in the fight  |
| Brain & Thinking                    | Hyper-alert<br>Closed defensive thinking<br>Aggressive behavior                                   | Focus on danger<br>Self-protection  |







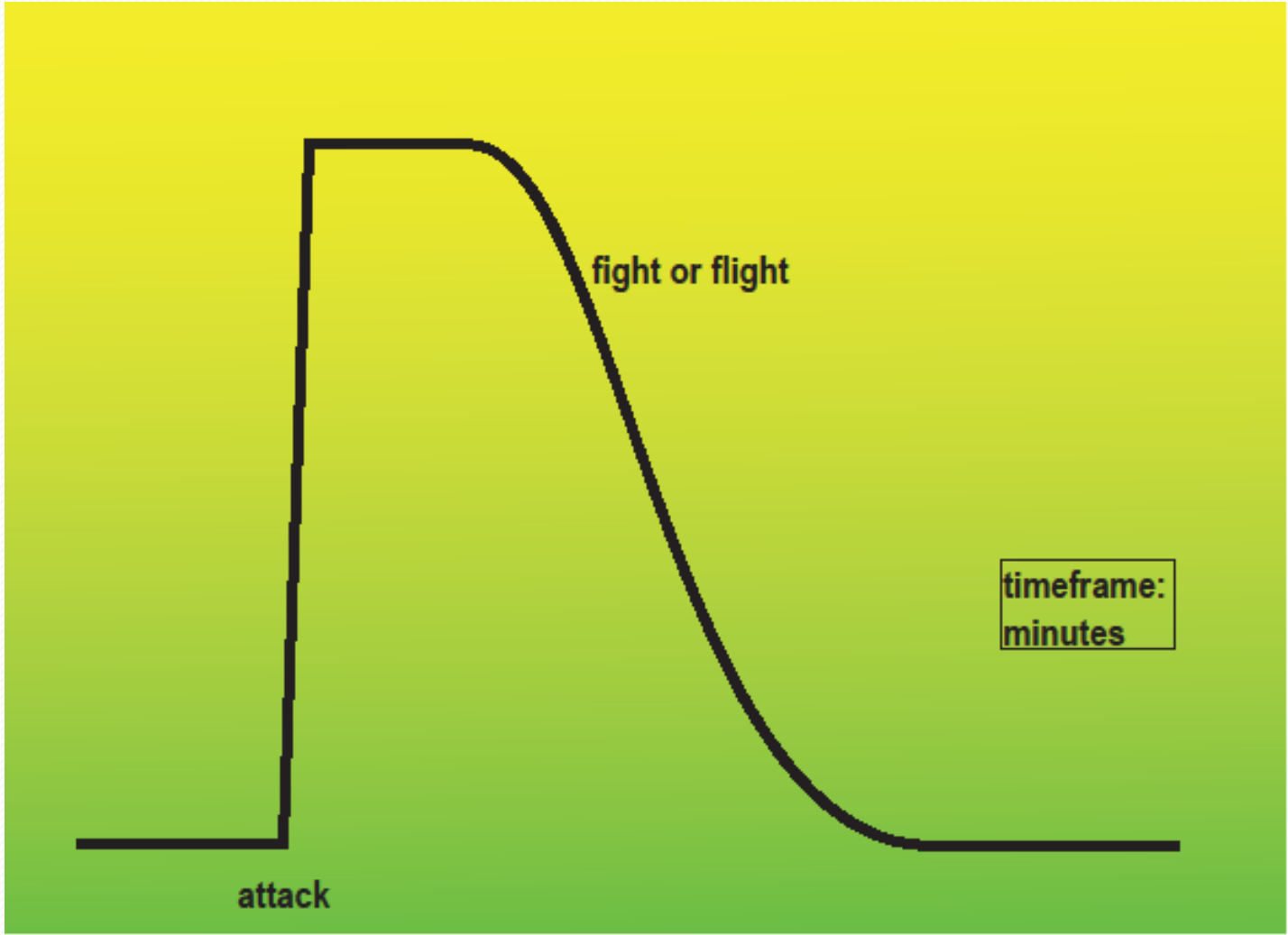
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| Hypothalamus / ANS<br>Organ Systems | Tense Mode<br>(Sympathetic)   | Stuck in the Tense Mode:<br>TOXICSTRESS   |
|-------------------------------------|---|---|
| <b>Cardiovascular</b>               | Faster heart rate<br>Higher blood pressure<br>Increased blood clotting<br>Less blood flow to skin | palpitations<br>chest pain<br>thrombosis<br>cold hands and feet                                 |
| <b>Musculature</b>                  | Tense muscles   | headache, neck pain<br>muscle cramps, back pain   |
| <b>Metabolism</b>                   | Higher blood sugar and fats<br>Higher cortisol  | hi cortisol > central obesity<br>insulin resistance > syndrome                                  |
| <b>Gastrointestinal</b>             | Less intestinal blood flow<br>Less intestinal movement<br>Less digestive secretions               | gastroesophageal reflux<br>dyspepsia, indigestion<br>gas/bloating, diarrhea, constipation       |
| <b>Reproductive</b>                 | Suppressed genital parasymp fxn   | ↓ sexual arousal (vag trans lub)  |
| <b>Immune System</b>                | <u>Acquired</u> Immunity <u>LESS</u> protective<br><u>Innate</u> Immunity <u>MORE</u> reactive    | increased systemic inflammation<br>impaired wound healing                                       |
| <b>Brain &amp; Thinking</b>         | Hyper-alert<br>Closed defensive thinking<br>Aggressive behavior                                   | tense, fearful, insomnia, fatigue<br>poor concentration, distractibility<br>irritability, anger |



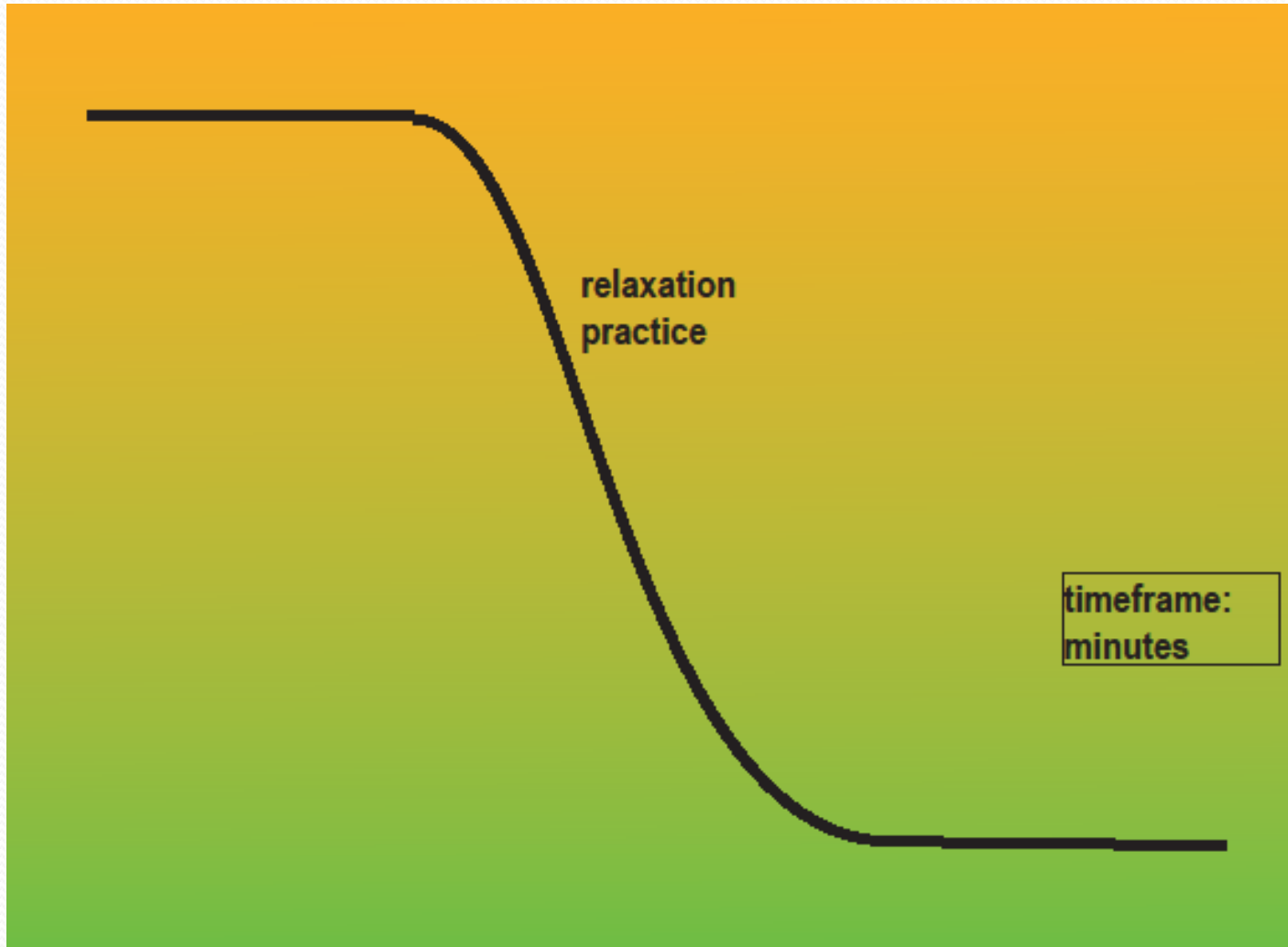
| Tense Mode<br>(Sympathetic & Hormonal)   | Stuck in the Tense Mode:<br>CHRONIC TOXICSTRESS  | Conditions Worsened by STRESS  |
|--|--|--|
| Faster heart rate<br>Higher blood pressure<br>Increased blood clotting<br>Less blood flow to skin                    | palpitation, chest pain<br>LV hypertrophy<br>accelerated atherosclerosis,<br>increased thrombosis<br>cold hands and feet | Arrhythmias<br>Hypertension, LVH<br>CAD: infarction, heart failure<br>Deep vein thrombosis<br>Stroke, migraine |
| Tense muscles  | headache, neck pain<br>muscle cramps, back pain  |  |
| Higher blood sugar and fats<br>Higher cortisol, insulin  | increased central obesity<br>metabolic syndrome  | Diabetes<br>Hyperlipidemia   |
| Less intestinal blood flow<br>Less intestinal movement<br>Less digestive secretions                                  | gastroesophageal reflux<br>dyspepsia, indigestion<br>gas/bloating, diarrhea, constipation                                | Reflux esophagitis<br>Gastric ulcers<br>Irritable bowel syndrome   |
| ↓ GnRH > ↓LH<br>↓Hypothal & genital parasymp fxn<br>elevated CRH<br>(? Mechanism)<br>higher estrogen / lower progest | anovulation<br>↓sexual arousal, ↓ vag lubrication<br>preterm labor<br>Impaired lactation<br>estrogen dominance           | Infertility<br>Sexual dysfunction<br>Premature birth<br>Failure of breastfeeding<br>PCOS                       |
| <u>Acquired</u> Immunity <u>LESS</u> protective<br><u>Innate</u> Immunity <u>MORE</u> reactive                       | increased systemic inflammtion<br>impaired wound healing   | Infections, Cancers<br>Auto-immune diseases  |
| Hyper-alert<br>Closed defensive thinking<br>Aggressive behavior  | tense, fearful, insomnia, fatigue<br>poor concentration, distractibility<br>irritability, anger<br>PMS                   | Anxiety disorders<br>Depression<br>Relational conflict<br>Professional burnout                                 |





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## “Soft Belly” concentrative meditation with diaphragmatic breathing

1. Diaphragm action neurally associated with relaxation: vagal afferents stimulated by diaphragm > brain > efferent parasymp outflow
2. Longer expiration > reduces blood return to heart > parasympathetic outflow to slow HR. Optimal RR 6/m with exp twice as long as insp
3. Replacing stressor thinking with concentration on belly movement with breathing

*Am J Cardiol.* 2005 May 1; 95(9): 1060–1064.

## **Long-Term Effects of Stress Reduction on Mortality in Persons $\geq 55$ Years of Age With Systemic Hypertension**

**Robert H. Schneider, MD, Charles N. Alexander, PhD<sup>\*</sup>, Frank Staggars, MD, Maxwell Rainforth, PhD, John W. Salerno, PhD, Arthur Hartz, MD, Stephen Arndt, PhD, Vernon A. Barnes, PhD, and Sanford I. Nidich, EdD**

*From the Institute for Natural Medicine and Prevention, Maharishi University of Management, Fairfield, Iowa; the West Oakland Health Center, Oakland, California; the Departments of Family Medicine and Psychiatry, University of Iowa College of Medicine, Iowa City, Iowa; and the Georgia Prevention Institute, Medical College of Georgia, Augusta, Georgia.*

### **Abstract**

Psychosocial stress contributes to high blood pressure and subsequent cardiovascular morbidity and mortality. Previous controlled studies have associated decreasing stress with the Transcendental Meditation (TM) program with lower blood pressure. The objective of the present study was to evaluate, over the long term, all-cause and cause-specific mortality in older subjects who had high blood pressure and who participated in randomized controlled trials that included the TM program and other behavioral stress-decreasing interventions. Patient data were pooled from 2 published randomized controlled trials that compared TM, other behavioral interventions, and usual therapy for high blood pressure. There were 202 subjects, including 77 whites (mean age 81 years) and 125 African-American (mean age 66 years) men and women. In these studies, average baseline blood



# Relaxation Response RCT

\*

N of 202, 8 year study, urban US

- Calmer, happier life
- 30% less CV death
- 49% less cancer death
- 23% lower total mortality

| Tense Mode<br>(Sympathetic & Hormonal)   | Stuck in the Tense Mode:<br>CHRONIC TOXICSTRESS  | Conditions Worsened by STRESS  |
|--|--|--|
| Faster heart rate<br>Higher blood pressure<br>Increased blood clotting<br>Less blood flow to skin                    | palpitation, chest pain<br>LV hypertrophy<br>accelerated atherosclerosis,<br>increased thrombosis<br>cold hands and feet | Arrhythmias<br>Hypertension, LVH<br>CAD: infarction, heart failure<br>Deep vein thrombosis<br>Stroke, migraine |
| Tense muscles  | headache, neck pain<br>muscle cramps, back pain  | <i>[Effect Size: 1/3 CV death<br/>1/2 cancer death, 1/4 all death]</i>   |
| Higher blood sugar and fats<br>Higher cortisol, insulin  | increased central obesity<br>metabolic syndrome  | Diabetes<br>Hyperlipidemia   |
| Less intestinal blood flow<br>Less intestinal movement<br>Less digestive secretions                                  | gastroesophageal reflux<br>dyspepsia, indigestion<br>gas/bloating, diarrhea, constipation                                | Reflux esophagitis<br>Gastric ulcers<br>Irritable bowel syndrome   |
| ↓ GnRH > ↓LH<br>↓Hypothal & genital parasymp fxn<br>elevated CRH<br>(? Mechanism)<br>higher estrogen / lower progest | anovulation<br>↓sexual arousal, ↓ vag lubrication<br>preterm labor<br>Impaired lactation<br>estrogen dominance           | Infertility<br>Sexual dysfunction<br>Premature birth<br>Failure of breastfeeding<br>PCOS                       |
| <u>Acquired</u> Immunity <u>LESS</u> protective<br><u>Innate</u> Immunity <u>MORE</u> reactive                       | increased systemic inflammtion<br>impaired wound healing   | Infections, Cancers<br>Auto-immune diseases  |
| Hyper-alert<br>Closed defensive thinking<br>Aggressive behavior  | tense, fearful, insomnia, fatigue<br>poor concentration, distractibility<br>irritability, anger<br>PMS                   | Anxiety disorders<br>Depression<br>Relational conflict<br>Professional burnout                                 |



# Relaxation Response Practices

- “Soft Belly” concentrative meditation with diaphragmatic breathing
- Safe place guided imagery
- Mindfulness meditation (additional dynamics)
- Autogenic Technique
- Vigorous physical exercise (additional dynamics)
- Hatha Yoga
- Progressive Muscle Relaxation
- “Heart Math” technique
- Other concentrative meditations (mantras, prayers)

# Relaxation Efficacy in Anxiety

- [Int Clin Psychopharmacol](#). 2015 Jul;30(4):183-92.
- **Efficacy of treatments for anxiety disorders:**
- **a meta-analysis.**
- [Bandelow B](#)<sup>1</sup>, [Reitt M](#), [Röver C](#), [Michaelis S](#),  
[Görlich Y](#), [Wedekind](#)
- 
- 
- Effect size for psychotherapies were mindfulness therapies, 1.56 (n = 4); **relaxation, 1.36** (n = 17); individual cognitive behavioural/exposure therapy (CBT), 1.30 (n = 93); group CBT, 1.22 (n = 18); psychodynamic therapy 1.17 (n = 5); therapies without face-to-face contact (e.g. Internet therapies), 1.11 (n = 34); eye movement desensitization reprocessing, 1.03 (n = 3); and interpersonal therapy 0.78 (n = 4).

# Relaxation Efficacy in Depression

- [Cochrane Database Syst Rev.](#) 2008 Oct 8;(4)
- **Relaxation for depression.**
- [Jorm AF<sup>1</sup>](#), [Morgan AJ](#), [Hetrick SE](#).
- **MAIN RESULTS:**
- There were 15 trials with 11 included in the meta-analysis. Five trials showed relaxation reduced self-reported depression compared to wait-list, no treatment, or minimal treatment post intervention (SMD -0.59 (95% CI -0.94 to -0.24)). For clinician-rated depression, two trials showed a non-significant difference in the same direction (SMD -1.35 (95% CI -3.06 to 0.37)). Three trials showed no significant difference between relaxation and psychological treatment on clinician-rated depression at post intervention (SMD 0.29 (95% CI -0.18 to 0.75)). Nine trials showed relaxation produced less effect than psychological (mainly cognitive-behavioural) treatment on self-reported depression (SMD = 0.38 (95% CI 0.14 to 0.62)).

# Relaxation Efficacy in Anxiety & Depression

- [Ageing Ment Health](#). 2015;19(12):1043-55.
- **Effects of relaxation interventions on depression and anxiety among older adults: a systematic review.**
- [Klainin-Yobas P<sup>1</sup>](#), [Oo WN](#), [Suzanne Yew PY](#), [Lau Y](#).
- **RESULTS:**
- Our findings suggested that older adults who received relaxation interventions experienced greater reductions in depression and anxiety than controls in most studies. Progressive muscle relaxation training, music intervention, and yoga had the strongest intervention effects on depression. Music intervention, yoga, and combined relaxation training most effectively reduced anxiety symptoms among older adults. Furthermore, the impact of some relaxation interventions remained in effect for between 14 and 24 weeks after the interventions.

# Relaxation Response

- Innate skill easily developed with simple techniques, improves with practice
- Induced by various forms of meditation and imagery, also vigorous physical exercise
- Benefits extend beyond practice period
- Therapeutic dose: 10-15 minutes 5 days/week
- Effective immediately, or may take 6 weeks
- Physical symptoms improve sooner than mental symptoms
- Practice reduces reactivity, increases resilience

# Relaxation Practice

- enjoyable
- free
- no adverse effects
- accommodates personal preferences
- available wherever you are
- self-regulation in stressful moment
- no conflict with other therapies
- Requires 10-15 minutes (1/100)

# Relaxation Practice

- Effective even as stressors persist
- Enhances ability to cope effectively

**Relaxed  
awareness**

**Better  
learning**

**Creative  
problem  
solving**

**Engagement  
with others**

**Calm alertness**

**Open receptive  
thinking**

**Cooperative  
relational  
behavior**

**Brain  
&  
Thinking**

**Tense  
Fearful  
Irritable  
Angry**

**Insomnia  
Fatigue**

**Poor  
Concentration  
Easily  
distracted**

**Anxiety  
disorders**

**Depression**

**Relational  
conflict**

**Professional  
burnout**



# Relaxation Practice

- Effective even as stressors persist
- Enhances ability to cope effectively
- Awakens a locus of control: very helpful when threatened (no control terrifying)
- Engenders self-efficacy (there's something I can do about it) > empowerment > hope
- Mobilizes innate resources for healing, being more well, coping with difficulty, prevention

# Relaxation is the beginning of Mind-Body Medicine

- Simple, easy, palpable first step
- Relieves ubiquitous toxic stress
- Relaxing the brain makes next steps possible
- Allows access to a wellspring of internal resources for healing in the conscious and unconscious mind

# Other Mind Body self are practices

# Relaxation

"the time to relax is when  
you don't have the time for it."  
Sidney J. Harris



cosmic connection | mind. body. soul

# Autogenics and Bio-feedback

“Open your mind to the  
power of self-  
suggestion”

Johannes Schultz



# Guided imagery





# Exercise and movement

**EXERCISE AS THE  
BEST MEDICINE**



# Spirituality

## Power of Faith, Hope

- praying for others
- placebo effect

## Forgiveness – imagery

## Loving Relationship

- resilience
- healing

GOD GRANT ME THE  
**SERENITY**  
TO ACCEPT THE THINGS  
I CANNOT CHANGE  
**COURAGE**  
TO CHANGE THE  
THINGS I CAN AND  
**WISDOM**  
TO KNOW THE DIFFERENCE



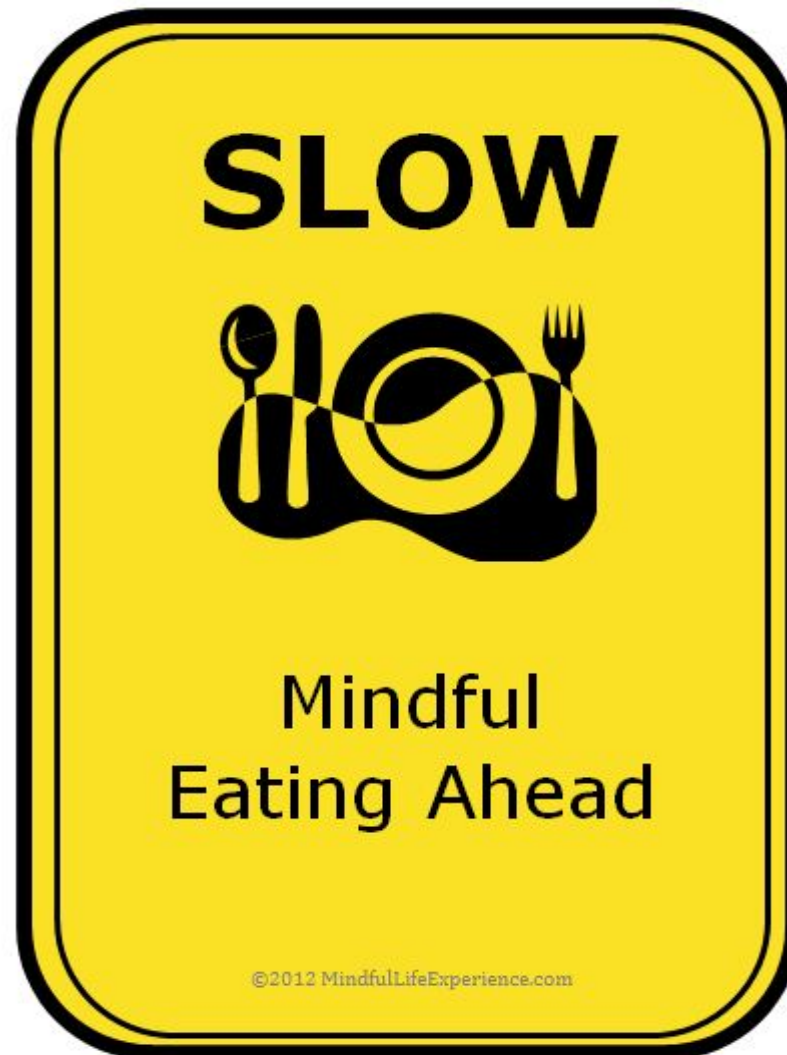
# Healthy Eating

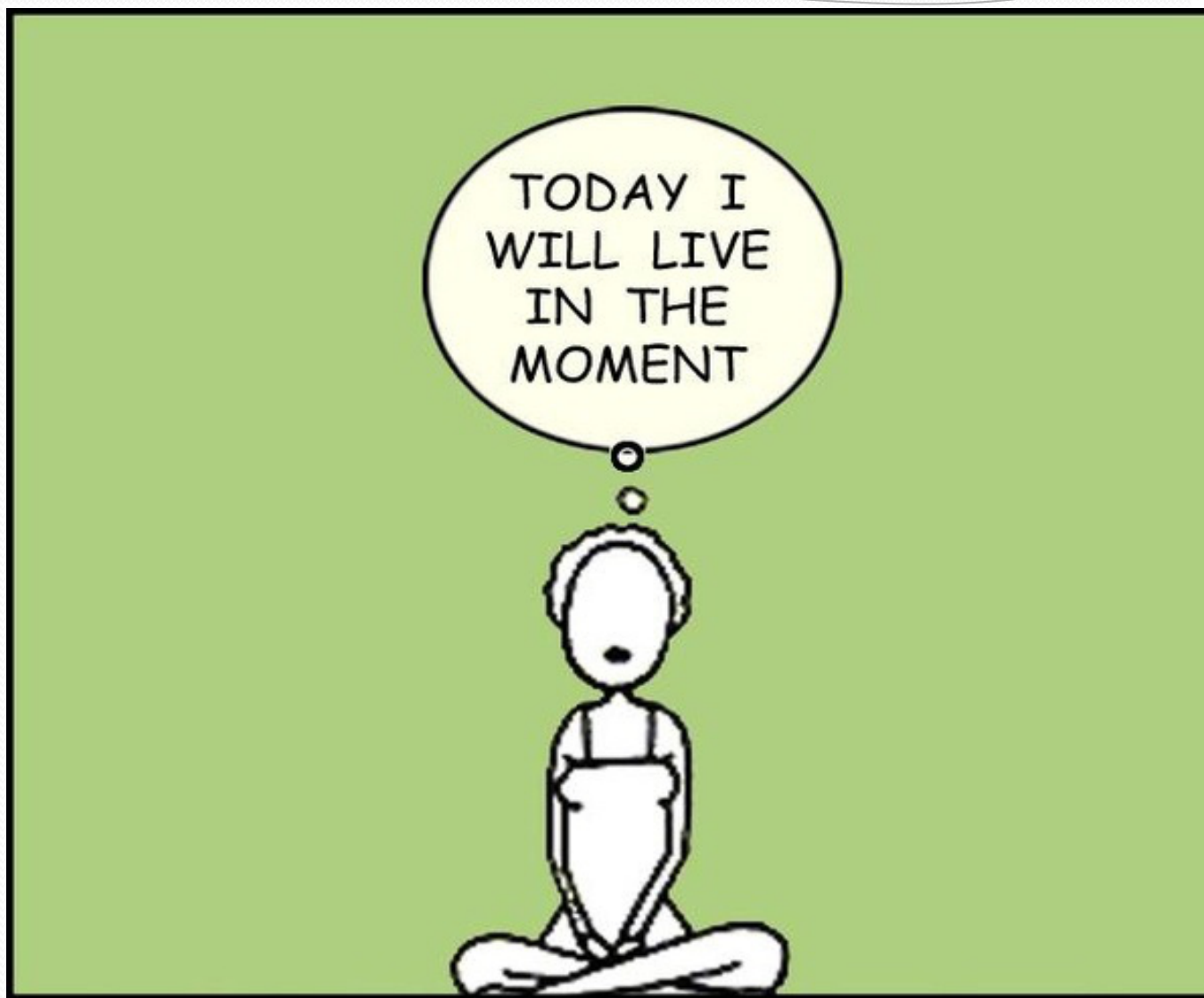
- Relationship with food
  - Emotional
    - Serotonin spike with junk food

“what we eat = who we are”



# Mindful Eating





UNLESS THE MOMENT IS UNPLEASANT,  
IN WHICH CASE I WILL EAT A COOKIE

# Mindful Eating- Benefits

- Enjoyment
- Eating with intention
- Eating less
- Better digestion
- Nutritional benefit



# Meditation





# Meditation

- 3 Types: Concentrative, Mindfulness, Expressive
- Benefits
  - Brain
    - Increase in neurotransmitter level
    - Increase in grey matter
    - Increase in serotonin, melatonin, endorphins
    - Increase in “alpha waves” in brain
      - Positivity, love and happiness

# Meditation Efficacy in Depression

- [Psychosomatics](#). 2015 Mar-Apr;56(2):140-52.

**Critical analysis of the efficacy of meditation therapies for acute and subacute phase treatment of depressive disorders: a systematic review.**

- [Jain FA](#)<sup>1</sup>, [Walsh RN](#)<sup>2</sup>, [Eisendrath SJ](#)<sup>3</sup>, [Christensen S](#)<sup>4</sup>, [Rael Cahn B](#)<sup>5</sup>.

- **CONCLUSIONS:**

A substantial body of evidence indicates that meditation therapies may have salutary effects on patients having clinical depressive disorders during the acute and subacute phases of treatment.

# Meditation Efficacy in Anxiety

- [Br J Clin Psychol](#). 2012 Sep;51(3):239-60. doi: 10.1111/j.2044-8260.2011.02024.x. Epub 2011 Sep 9.
- **Mindfulness- and acceptance-based interventions for anxiety disorders: a systematic review and meta-analysis.**
- [Vøllestad J<sup>1</sup>](#), [Nielsen MB](#), [Nielsen GH](#).
- **CONCLUSIONS:**
- MABIs are associated with robust and substantial reductions in symptoms of anxiety and comorbid depressive symptoms. More research is needed to determine the efficacy of MABIs relative to current treatments of choice, and to clarify the contribution of processes of mindfulness and acceptance to observed outcome.





# Meditation Efficacy in Mental Illness

- [J Psychosoc Nurs Ment Health Serv.](#) 2015 May;53(5):15-9. doi: 10.3928/02793695-20150330-01. Epub 2015 Apr 8.

**Meditation for older adults: a new look at an ancient intervention for mental health.**

[Sorrell JM.](#)

- **Abstract**

New research is providing health care professionals with evidence for the effectiveness of mindfulness meditation as an intervention for older adults. Recent studies have provided evidence that meditation results in observable changes in brain structure related to memory, sense of self, empathy, and stress. Health care professionals should consider mindfulness training as a helpful intervention for older adults with problems such as depression, anxiety, chronic pain, loneliness, and caregiver burden.

# Yoga Efficacy in Mental Illness

## Effectiveness of Yoga Therapy as a Complementary Treatment for Major Psychiatric Disorders: A Meta-Analysis

Patricia Cabral, BA, Hilary B. Meyer, BA, and Donna Ames, MD

### Abstract

**Objective:** To examine the efficacy of yoga therapy as a complementary treatment for psychiatric disorders such as schizophrenia, depression, anxiety, and posttraumatic stress disorder (PTSD).

**Conclusions:** As current psychopharmacologic interventions for severe mental illness are associated with increased risk of weight gain as well as other metabolic side effects that increase patients' risk for cardiovascular disease, yoga may be an effective, far less toxic adjunct treatment option for severe mental illness.

# Active / Expressive Meditation

Shaking and Dancing





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# Mind Body Skills Group model



# Group format



# CMBM Model Application Settings

- War torn villages: Kosovo, Gaza,
- Refugee camps: Macedonia, Syria
- Bomb-stricken cities: New York (911), Tel-Aviv
- Natural disasters: New Orleans, Haiti, New Jersey
- Traumatized US veterans: DC, San Fran, Kansas City
- Medical Students in 15 US medical schools
- Native Americans: Minneapolis, Pine Ridge
- Medical Center & Community Mental Health: Indy

# MBSG efficacy in PTSD, depression

- Staples JK, Abdel Attai JA, Gordon JS. Mind-body skills groups for posttraumatic stress disorder and depression symptoms in Palestinian children and adolescents in Gaza. *Int J Stress Manag.* 2011; 18(3): 246-262. doi: 10.1037/a0024015
- PTSD symptom scores were significantly decreased (56%) following the program. This improvement was partially maintained at 7 month follow-up with a 39% decrease in scores compared to baseline. The depression scores were significantly decreased (29%) following the program. This improvement was partially maintained at 7 month follow-up with a 20% decrease in scores compared to baseline. The children felt more hopeful about their future and their lives as indicated by a statistically significant decrease in hopelessness scores (28% decrease) following participation in the mind-body skills groups. This improvement was fully maintained at follow-up.



# MBSG efficacy in PTSD

- [J Clin Psychiatry](#). 2008 Sep;69(9):1469-76.

**Treatment of posttraumatic stress disorder in postwar Kosovar adolescents using mind-body skills groups: a randomized controlled trial.**

[Gordon JS](#)<sup>1</sup>, [Staples JK](#), [Blyta A](#), [Bytyqi M](#), [Wilson AT](#).

- **CONCLUSIONS:**

Mind-body skills groups can reduce PTSD symptoms in war-traumatized high school students and can be effectively led by trained and supervised schoolteachers.

# Our training with CMBM

- Center for Mind-Body Medicine ([www.cmbm.org](http://www.cmbm.org))
- Initial Professional Training Program – *self-care*
- Advanced Training Program – facilitating groups
- Certification Program – personal supervision

# You can do MBM in your setting



- Using the mind to affect the body
- And the body to affect the mind
  
- Through self-care practices
- That mobilize innate healing dynamics

# Questions?

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