

**The Center for**

*Mind-Body Medicine*<sup>®</sup>

**Science. Training. Community. Outreach.**

---



***James S. Gordon, MD, Founder & Director***

Former Chairman of the White House Commission on Complementary and Alternative Medicine Policy; author of *Manifesto for a New Medicine*, *Comprehensive Cancer Care* and the soon-to-be-released *Unstuck: Your Guide to the Seven Stage Journey out of Depression* (Penguin, June 2008)

***The Center for Mind-Body Medicine*** is a non-profit educational organization dedicated to reviving the spirit and transforming the practice of medicine. The Center is working to create a more effective, comprehensive and compassionate model of healthcare and education. The Center's model combines the precision of modern science with the wisdom of the world's healing traditions, to help health professionals heal themselves, their patients and clients, and their communities.

This model is based on self-awareness and relies on ***self-care*** as its core. 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, nutrition, exercise and group support. The Center has worked with the National Institutes of Health, the National Cancer Institute, and the World Health Organization, as well as many medical schools, to educate healthcare professionals and the public in the US and around the world. Our programs include:



---

**Mind-Body Medicine**

---

***Mind-Body Medicine*** is the most comprehensive mind-body training program in the United States. It combines large group didactic training with our unique, small-group model, making it possible for healthcare professionals to integrate the best of mind-body medicine into clinical practice and teaching. This is the Center's core program. We have been teaching it around the world for 12 years, providing over 2500 practitioners with the tools they need to become more effective healers and to find more meaning in their work. Both experiential and science-based, this program is rewarding and transformative. ***Advanced Mind-Body Medicine*** training and an individual, in-depth ***Mind-Body Medicine Certification Program*** are also available for those who wish to take this work to the highest level.

***Introductory Training coming October 25 - 29, 2008 in Minneapolis, MN***  
***Advanced Training coming January 31 - February 4, 2009 in Minneapolis, MN***

---

***"The Center is a prototype, combining compassion and community with scientific understanding. In its programs, people are healed and inspired in body, mind and spirit."***

***--Joan Borysenko, PhD***



## CancerGuides®

---

**CancerGuides®** is the most comprehensive weeklong training for integrative oncology in the United States, training health professionals 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 week’s events, as they return to their work with newfound perspective and inspiration, along with the latest scientific research.

*Coming Spring 2009 – visit our website for details*



## Food As Medicine

---

**Food As Medicine** provides the best introduction to medical nutrition therapy in the U.S. This annual professional training 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, 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 and their families’ diets, and to authentically recommend healthy transformations for their patients.

*June 12 – 15, 2008 in Baltimore, MD*



## Global Trauma Relief

---

**Global Trauma Relief** is the Center’s groundbreaking international program, offering training to health and mental health professionals to assist the healing of psychological trauma in war-torn and disaster-afflicted areas of the world. Our published research shows remarkable results. Areas of work have included Bosnia, Kosovo, Macedonia, Israel and Gaza, and here in the United States with NYC firefighters

post-9/11, in post-Katrina New Orleans, and programs for the military and veterans.

*Visit our website for details about all our programs.*

---

*“The experiment begins with you.”*

*--James S. Gordon, MD, Founder & Director*

---

## *The Center for Mind-Body Medicine*

5225 Connecticut Avenue, NW, Suite 414, Washington, DC 20015

Phone 202.966.7338 Fax 202.966.2589

[www.cmbm.org](http://www.cmbm.org)

*Continuing Education Credits & Partial Scholarships available*