

The Center for

Mind-Body Medicine®

Science. Training. Community. Outreach.



James S. Gordon, MD, a Harvard-educated psychiatrist, is a world-renowned expert in using mind-body medicine to heal depression, anxiety, and psychological trauma. He is the Founder and Director of The Center for Mind-Body Medicine (CMBM), a Clinical Professor in the Departments of Psychiatry and Family Medicine at Georgetown Medical School, and recently served as Chairman of the White House Commission on Complementary and Alternative Medicine Policy.

Dr. Gordon has created ground-breaking programs of comprehensive mind-body healing for physicians, medical students, and other health professionals; for people with cancer, depression and other chronic illnesses and conditions; for traumatized children and families in Bosnia, Kosovo, Israel, and Gaza as well as in post-9/11 New York and post-Katrina southern Louisiana; and with U.S. military returning from Iraq and Afghanistan. Dr. Gordon and his colleagues have trained 3,000 health and mental health professionals in the U.S. and overseas to more effectively address the psychological trauma within their communities, as well as to deal with chronic illness. He and his CMBM colleagues have also supervised and trained local leadership teams to make the CMBM model a fully integrated and sustainable part of the local healthcare system.

Dr. Gordon's most recent book is *Unstuck: Your Guide to the Seven Stage Journey Out of Depression* (Penguin). He is also the author of *Comprehensive Cancer Care: Integrating Alternative, Complementary and Conventional Therapies* (with Susan Curtin) and *Manifesto for a New Medicine: Your Guide to Healing Partnerships and the Wise Use of Alternative Therapies*. His work has appeared in leading professional journals including *The American Journal of Psychology*, *The Journal of Clinical Psychiatry*, *The American Family Paper*, and *The Journal of Traumatic Stress*, as well as in *The New York Times*, *The Washington Post*, and *The Atlantic Monthly*.