

# CENTER FOR MIND-BODY MEDICINE

## Workshop

### OUR MODEL



The Center for  
**Mind-Body  
Medicine**

- Our model is inclusive, equitable and accessible.
- We work effectively with a wide range of local partners to integrate our model with the existing structures and services within any community.
- Together with the communities we serve, we co-create in-person and online programs that teach practical tools of self-care and provide a small group experience that fosters mutual support. Trainees practice a range of evidence-based self-care techniques that promote physiological and psychological balance, enhance self-awareness and compassion, and enable the skillful use of this approach with others.

### OUR APPROACH

- We collaborate with community leaders to co-create trauma relief and resilience-building programs that are responsive to the community's unique experiences, needs, goals, and culture. The programs we create together teach people skills to restore the physiological and psychological balance disrupted by all trauma, including chronic illness.
- We're able to scale our impact for communities of all sizes by adjusting program variables. Planning for sustainability is central to our work, as our programs build local capacity to train more facilitators. With our support, local leaders, institutions, and whole communities can progress toward making urgent and ongoing population-wide trauma relief and resilience building sustainable.



### AREAS OF FOCUS

- While not all trauma is the same, our model can be applied across cultures, populations, and experiences.
- We have seen our model change the lives of people of all backgrounds and identities: adults and children, educators and students, healthcare workers and patients, military veterans, first responders, and frontline workers.
- Some of our key focus areas are: survivors of mass violence, healthcare workers, veterans, first responders, caregivers, youth, community leaders, indigenous communities, survivors of natural disasters, and those wanting to improve mental and emotional wellbeing.