

The Center for

Mind-Body Medicine[®]

Science. Training. Community. Outreach.

Professional Training Program Israel July 2006

One hundred sixteen health professionals attended the CMBM professional training program in July 2006. A summary of the data is as follows:

Trauma exposure:

20% of participants had been a victim of an act of violence as a result of the Israeli-Palestinian conflict.. 4% had been injured as a result. 41% had family members or close acquaintances that had been a victim of these acts of violence. Of these, 18% had family members or close acquaintances who had been killed and 15% were injured.

Professional Quality of Life Scale:

Significant improvement work satisfaction and burnout, following training.

Optimism Questions:

Participants felt significantly more optimistic about their personal future following the training and scored significantly higher on how much of a positive contribution they feel they make to the psychological welfare of their fellow citizens. However, they also felt that their lives were in more danger, were more troubled by the conflict within society, and found the current situation more personally threatening. These increases were a reflection of the war that began during the training.

Profile of Mood States:

Significant improvement in anxiety, anger, confusion, fatigue and vigor subscales.

Spirituality Assessment Scale:

Significant improvement in all subscales of the Spirituality Assessment Scale including an enhanced sense of purpose and meaning in life, of wholeness, empowerment, and feelings of connectedness and transcendence.

Advanced Training Program Israel December 2006

Seventy-six health professionals attended the CMBM professional training program in December 2006. A summary of the data is as follows:

Personal Use of Modalities

Significant increase in the personal practice of all modalities since the initial training including biofeedback, autogenics, meditation, imagery, and movement/exercise. The use of meditation and imagery increased the most. Personal meditation doubled from 5 to 10 days a month and imagery increased from 4 to 6 days a month.

Professional Use of Modalities

Significant increase in the use of biofeedback, autogenics, meditation, imagery, movement/exercise, and genograms with individuals and a significant increase in the use of biofeedback, autogenics, drawings, meditation, and imagery in groups from the baseline taken at initial training .

Optimism Questions:

Participants felt significantly more optimistic about their personal future following the training and scored significantly higher on how much of a positive contribution they feel they make to the psychological welfare of their fellow citizens. They also reported being significantly less troubled by the level of conflict within their society and felt that the lives of their family members and close acquaintances were in less danger.

Profile of Mood States:

Significant improvement in anxiety, anger, confusion, fatigue and vigor subscales.

Spirituality Assessment Scale:

Significant improvement in all subscales of the Spirituality Assessment Scale including an enhanced sense of purpose and meaning in life, of wholeness, empowerment, and feelings of connectedness and transcendence.