

James S. Gordon, MD



James S. Gordon, MD, 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), Dean of the Graduate College of Mind-Body Medicine at Saybrook University, 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 groundbreaking programs of comprehensive mind-body healing for physicians, medical students, and other health professionals; for people with cancer, depression, and other chronic illnesses; and for traumatized children and families in Bosnia, Kosovo, Israel, Gaza, and Haiti, as well as in post-9/11 New York, post-Katrina and post-oil spill southern Louisiana, and with US military returning from Iraq and Afghanistan and their families.

Dr. Gordon and his colleagues have trained over 3500 health and mental health professionals in the US 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 also supervised and trained local leadership teams to match the CMBM model -- a fully integrated and sustainable part of local health care 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 Sharon Curtin), and *Manifesto for a New Medicine: Your Guide to Healing Partnerships and the Wise Use of Alternative Therapies*.

For more info on CMBM, visit www.cmbm.org.

To read more about Dr. Gordon and to find his blog about the Global Trauma Relief Program, visit www.jamesgordonmd.com/healingourselves.