

The Center for

Mind-Body Medicine[®]

Science. Training. Community. Outreach.

Testimonials from Gaza

From Participants in The Center for Mind-Body Medicine
Professional Training Program, March 7-11, 2009

The information, the relaxation techniques, meditation, and deep breathing. I deeply discovered myself and how to take care of myself. I discovered my neglected body and promised to be taken care of. I forgave my friends and relatives I have neglected and lived far from. Spirituality, I had neglected that part for so long, but realize how important it is for my healing. Grateful for the ability to apply these new techniques in my work. I met new friends. The family tree gave me a very good space to think of my relationships that I've ignored.

- **Ensherah Zqoot**
Gaza for Psychological Health Program
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First, I want to express my feelings. I'm happy and feel like I own the world. The training was wonderful and excellent. I felt changes in my physical, psychological and mental status. The techniques were great and worth teaching and sharing in such a training. For the first time I feel involved in a training for myself. I feel safe and comfortable with the team and the facilitator Jamil, who shared his feelings with us. I want to thank him but can't find words to express my gratitude. I won't forget the efforts of everyone who participated in this training. I just want to say I'm truly happy.

- **Jabr Hussien Theibet**
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I ended my nervousness which was very dominant in my character and personality. It made me more calm and quiet. It taught me how to express my feelings in a correct way and how to have others share their feelings. It provided me with new information, knowledge and wonderful skills that will enable me to address and overcome life stress and how to help others. It taught me to feel enjoyment with the utmost comfort and relaxation.

- **Anonymous Psychologist**
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I benefitted a lot from this training. I debriefed lots of feelings and emotions. I truly thank the mind-body medicine team especially Dr. Jim and Jamil and the rest of the faculty. I hope I will be involved in the advanced training so I can help others like you helped me.

- **Mohd Abu Omirah**
Psychological Support Association
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I was asked by my professor in the university to participate in this training and I didn't know anything about it. I felt sad and angry during and after the war, and I was furious about everything. Felt insecure and that all my dreams and rights have been violated on the beach of Gaza. I was thinking sometimes why live? And why continue living as long

as we're continually exposed to those violations? In the five days of this training my life has changes completely. I felt dreams could come true and might will not last long cause day is coming soon. I felt I was born again, like a new person. I felt like a loving human being, full of happiness and hope for the Gaza children. I have many things to say and deep happiness inside but I didn't want to talk much and bore you. In the last moments I had in room 402 that I will never forget for I had sad and happy moments. I want to thank Mr. Ahmed Theibet and the small family I lived with for 5 days and for Jim, Jamil and the rest of the faculty. Thank you all.

- **Anonymous Psychologist**
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This training provided me with the following:

1. To control my feelings when I face external stimuli
2. How to respond in a rational way and wisdom in the face of acute and difficult situations.
3. My wish that we implement this program with schools' teachers and guidance and counseling staff at the Ministry of Education to enable them to deal with students and how to face difficult problems.

- **Abeer Fathi Shareef**
Supervisor
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Thanks to Jamil and his incredible team on the fabulous training. Also thanks to Dr. Jim and his team for this incredible program which I believe has benefitted me a lot on 2 levels; my person life as well as my professional career, particularly to help our children and the Palestinian community as well. I think the mind-body. program is a successful one in terms of the healing effects, not only in the effects of psychological trauma but also from any other psychological or physical distress. Additionally, that these techniques are consistent with our Palestinian and Islamic culture and this is the secret beyond the programs success. My best wishes for you to succeed in your endeavor.

- **Fadel Shath**
Gaza Mental Health Center
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Training was very enjoyable in terms of changing the track of our lives and jumped with it that big leap. Therefore I have decided to change my life and to reshape my issues. I felt that the training was extremely individualized and it was directed for us as professionals, where always we are asked to care for others and in a very few occasions somebody remembered us and worked for us rather than the patients cases and clients. Thanks a lot for all of those who were behind the program.

- **Tawfig Abed A Hadi**
PCRP
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This course made us realize that our hearts are like Jim's, very beautiful and valuable. By awakening all the shine that it contains you had awakened our souls which was about to disappear in the sea of torture. We have lived moments that could be the road to the shining future.

- **Sada Ghabin**
Head of Guidance and Counseling in Ministry of Education