

The Center for

Mind-Body Medicine[®]

Science. Training. Community. Outreach.

**Testimonial from Shaher, a Gaza Medic, reporting on her group's experience in
The Center for Mind-Body Medicine's Mind-Body Skills Group**
[minimally edited from original for clarity]

August 18, 2009

Dear Abu Mahmoud,

Medical Aid staff believes that this is the first time they find people who care for them. The sentences they used:

- How great to find somebody who ask[s] about our emotions and feelings; this is the first time. We are full of negative experience and help others, and at the same time none care about us; we feel happy with Mind-Body (MB) group and we hope it is the start.
- We start to feel there is hope; the hope of listening to the [cause] of Medical Aide and the hope to convince that psychosocial programs are helpful.
- MB skills is something different than other psychosocial activities in Gaza. We feel that we are friends and you are genuine and honest with your emotions and not like other counselors who work only to make their projects successful--they work for the sake of the project. We feel that you are working for us to help us feel better, which is great.
- We hope that MB activities continue to help us more and more and to help our children and wives, who suffer a lot. We ask to help our families too.
- MB skills integrate recreational activities which are helpful to us, and we hope and demand to continue greater project[s] for recreating ourselves and families.

I felt they have two negative experiences: one is related to war and the second is related to work stress. They have blocked communication channel with their administration so they feel abandoned, neglect[ed], and totally frustrated. The only thing keeps them going is their faith and commitment to their job – we will talk with you later about this.

Generally their attitudes changed drastically from resistance and unwillingness to joy, happiness, relax[ation] and commitment to come; some of them swear not to [be] absent or miss any session.

Also, we feel so happy that we made it differently and successfully.

Shaher