

Healing Our Troops

A Self-Care & Resiliency Program for Military Healthcare Providers & Veterans

The Center for Mind-Body Medicine (CMBM) has developed a trauma-healing model that can address the crisis in the mental health of US troops returning from Iraq and Afghanistan, and their families.

CMBM has already trained more than 240 professionals working with Active Duty, National Guard, Reserves, Veterans, and Military Families.

CMBM teaches simple, yet effective, PTSD management and resiliency building techniques to caregivers. We give them the science and the skills necessary to address their own stress, trauma, and compassion fatigue, as well as to enable them to use the same non-stigmatizing self-care techniques for stress management with traumatized soldiers and their families.

The model has already been used on a population-wide scale in Kosovo, Israel, and Gaza, and in post-Katrina New Orleans, and now in Haiti—and with organizations such as NATO, OSCE, and the Israeli Army.

The CMBM model is:

- **Cost effective** (invests in current providers who can immediately teach a large pool)
- **Preventative** as well as responsive
- **Focused on psychological self-care**, not stigmatizing therapy
- **Easily integrated into** existing institutional structures
- **Providing skills that can be used in any time of heightened stress**—undercutting the cost of emergency treatment and longer more conventional talk therapy



Current Research: a DoD-funded randomized controlled trial studying our model with veterans in Southeast Louisiana

An evaluation of 115 military participants shows positive changes in their mood and their view of themselves – personally and professionally – as well as significantly reduced rates of burnout and compassion fatigue.

A 2008 randomized controlled trial in Kosovo showed that **82%** of the war-traumatized adolescents who participated in CMBM Mind-Body Skills Groups significantly reduced their PTSD symptoms.