

An email sent from Col Brumage to Acting Assistant Secretary of Defense Embrey and Brigadier General Sutton (sent September 24, 2009)

Ma'am,

I am not sure whether you remember me, but I had worked to help host the AFEB Meeting in Honolulu in 2005 which you attended. I would never ordinarily write you directly, but I wanted to tell you how much I enjoyed the Mind-Body Medicine course in San Diego from 12-16 September. I have heard that you are supportive of the materials presented by Dr. Gordon. There were other Army personnel in attendance, to include COL Wayne Boyd, who works for BG Cornum with CSF, and representatives from the AMEDD C&S who are using the materials to help with provider resiliency training, which some of my staff attended in San Antonio. Likewise, there was a large Navy contingent present as well.

Ma'am, I know I will personally use the materials I learned and hope we can use this in a number of clinical and preventive settings. I hope we can continue to see such innovative, evidence-based approaches to helping our Soldiers and their Families. I believe there is a terrific opportunity to help others in the future using such approaches and indeed we are starting a Mindfulness Center here starting next month.

With Respect and Aloha!

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