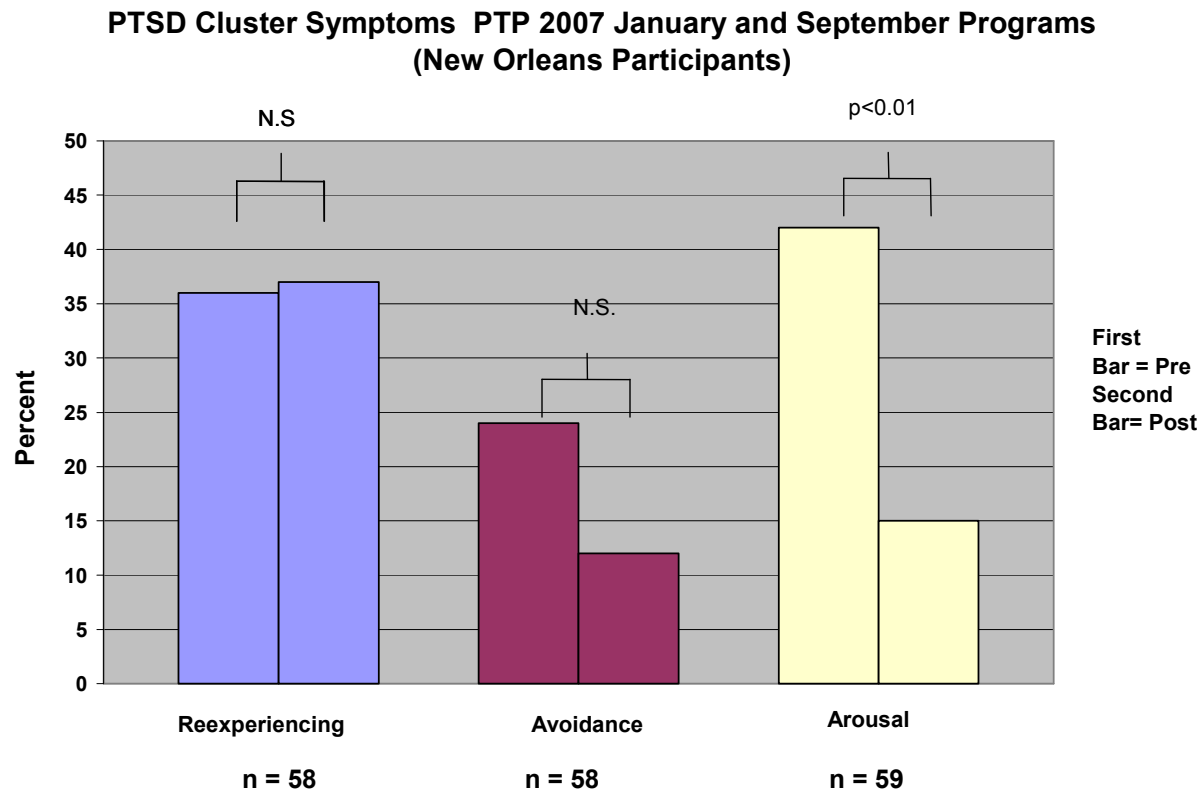


Beneficial Effects of the Professional Training Program in Mind-Body Medicine in New Orleans Participants

Posttraumatic Stress Disorder (PTSD):

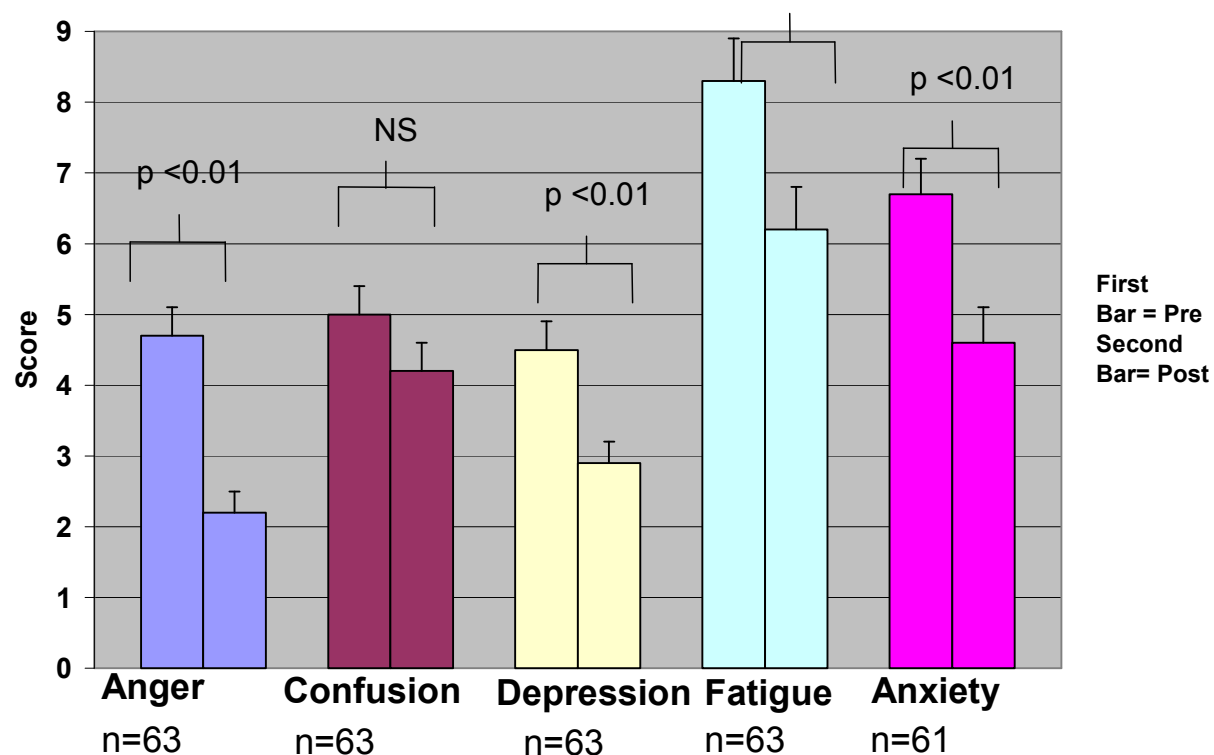
There was a significant decrease (17%) in the overall PTSD scores following the training. Significantly fewer participants also reported hyperarousal symptoms (i.e. difficulty sleeping and concentrating, outbursts of anger, exaggerated startle response, hyper-vigilance) (42% pre vs 15% post-training).



Mood States:

There were statistically significant improvements in anxiety, depression, anger, fatigue and vigor after the training. The largest statistically significant changes were measured in the Anger-Hostility (53% decrease) and Depression-Dejection (36% decrease) subscales. There was also a significant increase (19%) in vigor (not shown on graph).

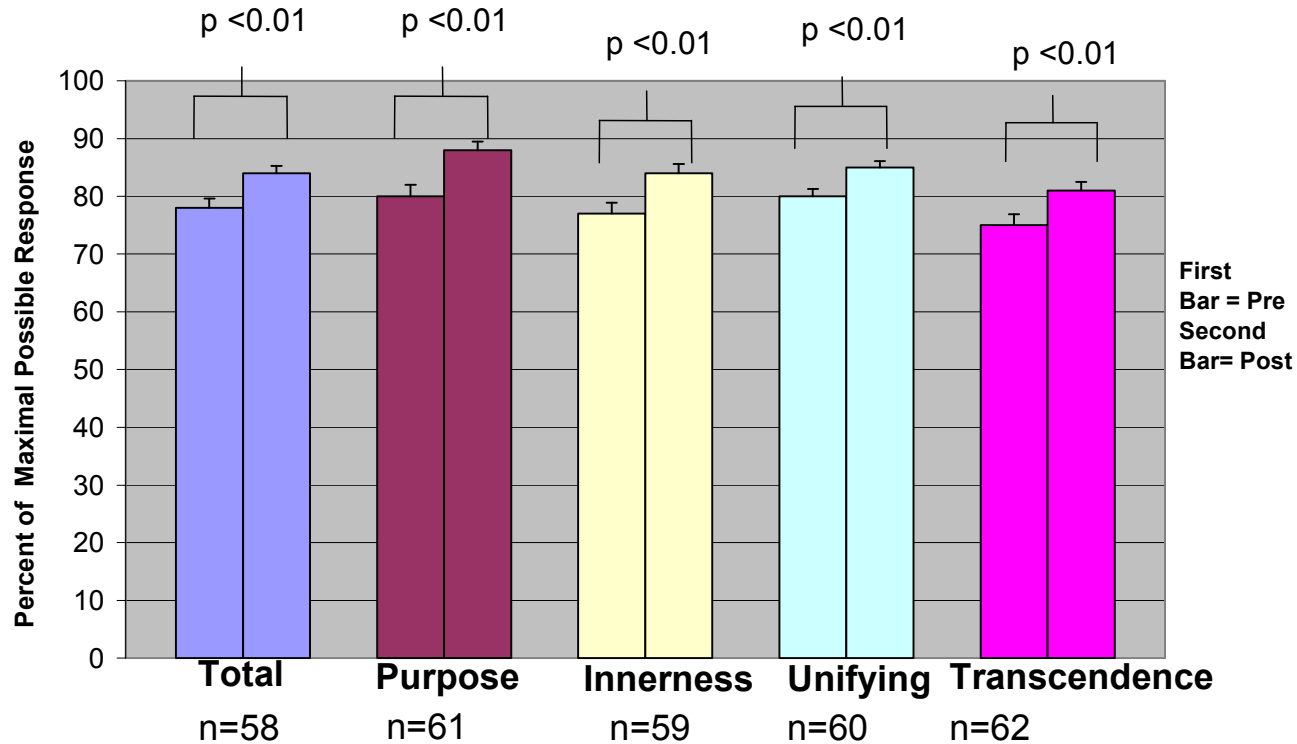
**Profile of Mood States PTP 2007 January and September Programs
(New Orleans Participants) $p < 0.05$**



Spirituality Assessment:

Following the training participants reported a significantly increased sense of the following aspects of spirituality: (1) purpose and meaning in life; (2) inner resources (the process of striving for or discovering wholeness, identity and a sense of empowerment); (3) unifying interconnectedness (the feeling of relatedness or attachment to others, a sense of relationship to all of life, a feeling of oneness with the universe and/or a Universal Being); and (4) transcendence (the ability to reach or go beyond the limits of usual experience).

**Spirituality Assessment Scale PTP 2007 January and September Programs
(New Orleans Participants)**



Professional Quality of Life:

Three months after the training there was significantly less burnout and compassion fatigue/secondary trauma related to work in those participants responding to the follow-up. The level of Compassion Satisfaction was not significantly different indicating the pleasure derived from work was unchanged.

**Professional Quality of Life Scale PTP 2007 3 Month Follow-Up
(New Orleans Participants January and September)**

