

DEPARTMENT OF HEALTH
CITY OF NEW ORLEANS

C. RAY NAGIN
MAYOR

KEVIN U. STEPHENS, SR., MD, JD
DIRECTOR

March 28, 2006

James S. Gordon, MD
5225 Connecticut Avenue, NW
Suite 414
Washington, DC 20015

Dear Dr. Gordon:

It was a pleasure to meet you and your staff on your recent visits to New Orleans. It has given me an opportunity to understand the Center for Mind-Body Medicine's (CMBM) approach to trauma and its aftermath. We appreciate the support of CMBM and commend you on your efforts of trying to assist us during this grave time of need.

We are in full support of your efforts to bring self-care model of stress management to New Orleans' healthcare providers, emergency responders, law enforcement officers, teachers, and government employees. This program, geared towards professionals who are working daily with trauma survivors, will be crucial in aiding them in reducing their own stress and healing themselves in order to better serve the populations with which they work.

Since Hurricanes Katrina and Rita destroyed many parts of Louisiana, the people of New Orleans and its neighboring parishes have dealt with many challenges such as devastated homes, dislocation, economic challenges, pollution, and uncertainty regarding the future. Many first responders have been working under tremendously stressful conditions as they work with diminished resources to help a community with vastly increased needs while rebuilding their own homes and lives. These challenges have the potential to affect their ability to function professionally and socially. Assistance in getting back on track is most needed at this time.

We believe that if healthcare providers learned how to heal their selves using self-care techniques based on mind-body medicine approaches and also were trained in how to incorporate these techniques into their own work, we would be able to see a reduction of stress related deaths. Therefore we are in full support of the Center for Mind-Body Medicine program coming to New Orleans expeditiously.

We look forward to seeing your program in our area soon. Should you be in need of our services in the future, please feel free to call me at anytime.

Sincerely,


Kevin U. Stephens, Sr. MD, JD
Director

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LSU Health Sciences Center
NEW ORLEANS

School of Medicine
Department of Psychiatry

School of Medicine
School of Dentistry
School of Nursing
School of Allied Health Professions
School of Graduate Studies
School of Public Health

May 1, 2007

James S. Gordon, MD
Center for Mind-Body Medicine
5225 Connecticut Avenue, NW, Suite 414
Washington, DC 20015

Dear Dr. Gordon:

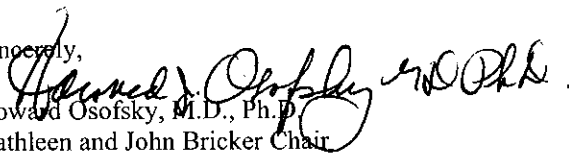
My colleagues, Dr Margaret Bishop-Baier and Dr. Henri Roca of the LSU School of Medicine, attended your *Mind-Body Medicine Training Program* in New Orleans from January 28- February 1, 2007 and highly recommends this training for professionals working with those traumatized by Hurricane Katrina and its aftermath. I appreciate your efforts to bring your self-care model of stress management to the nurses, doctors, social workers, government staffers, emergency response teams and other professionals in Louisiana who have been working under tremendously stressful conditions.

Since Hurricane Katrina devastated many parts of Louisiana, our mental health sector has been inundated with patients requiring treatment as they face the difficulties in rebuilding their homes, workplaces and lives. The level of psychological trauma and ongoing disturbance is dauntingly high. We at LSU have responded to the needs of the Police, fire, and other emergency personnel; however the larger community is also in dire need of efficient, cost-effective methods to enhance mental self care.

Your program, initially geared towards professionals who are themselves highly stressed and who are working daily with trauma survivors, will be crucial in aiding them in reducing their own stress and healing themselves in order to better serve the populations with which they work. Utilizing the CMBM approach- which incorporates stress-reduction techniques (including biofeedback, meditation, guided imagery, nutrition and exercise) and group support- will enhance the capacity of local professionals to provide mental health services in a sustainable and effective way. Once this initial level of intervention is accomplished, I am hopeful that the process can be expanded to a broader community.

I believe this comprehensive program will be of great benefit to Louisiana communities and the professionals who work towards alleviating the psychological stress and trauma that was initially caused by Hurricane Katrina and continues to grow. I applaud your efforts and welcome your thoughts on how the LSU Department of Psychiatry might collaborate on this vital project.

Sincerely,


Howard Osofsky, M.D., Ph.D.
Kathleen and John Bricker Chair
Professor and Head
LSUHSC Department of Psychiatry