

The Center for

Mind-Body Medicine[®]

Science. Training. Community. Outreach.

Survey of Mind-Body Medicine Alumni in the United States

Introduction:

An online survey of the Center for Mind-Body Medicine (CMBM) alumni from 1995 to 2008 was sent to 1069 participants in December 2008. Two hundred forty-five responded to the survey (196 women and 49 men).

Professions:

The most frequently reported professions were Physician 25%; Social Worker: 17%; Teacher/Faculty 16%, Nurse-RN 14%; Psychologist 10%, and certified Counselor 8%.

Trainings attended:

Everyone who responded had attended the Mind-Body Medicine Professional Training Program. Fifty-one percent had also attended the Advanced Training in Mind-Body Medicine. The other programs were as follows: CancerGuides 15%; Food as Medicine 14%; Children's Training 5%. Regarding the numbers of programs attended: 40% attended 2 training programs; 18% attended 3 training programs; 3% attended 4 training programs and one person attended all 5 training programs.

II. Use of Mind-Body Skills With Individuals

Eighty percent report teaching or having taught CMBM mind-body techniques on an individual basis (not in a small group).

The breakdown of those respondents teaching individuals is as follows: 14% have taught children (12 years and younger); 24% have taught adolescents (13 -18 years); and 82% have taught adults.

The estimated number of people reached by those teaching mind-body techniques to individuals was 9000-13,000.

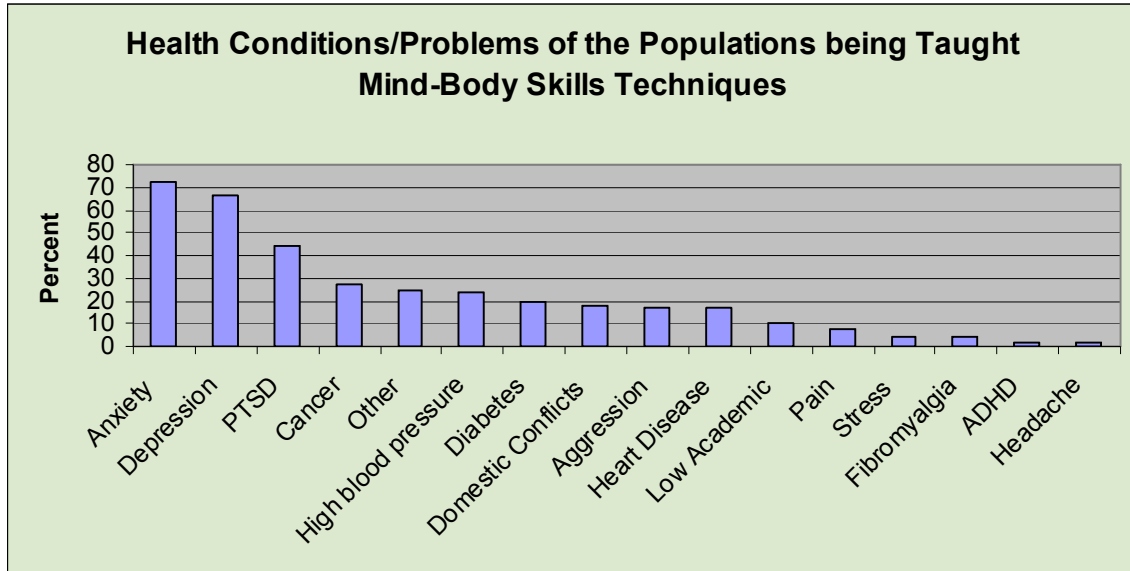
III. Use of Mind-Body Skills in Groups

Sixty-six percent report teaching or having taught CMBM mind-body skills groups.

The breakdown of those respondents teaching groups is as follows: 6% have taught children (12 years and younger); 13% have taught adolescents (13 -18 years); and 62% have taught adults.

The estimated number of people reached by those teaching mind-body skills groups was 6000-10,000.

The most common health conditions of the populations being taught mind-body techniques were anxiety (72 %) depression (66 %), PTSD (44%) and cancer (27%)



Nearly half of those responding to the survey practiced mind-body techniques daily for their own personal benefit as shown below.

