

**SAYBROOK GRADUATE SCHOOL AND THE CENTER FOR MIND-BODY
MEDICINE ANNOUNCE EDUCATIONAL AFFILIATION FOR GROUND-BREAKING
GRADUATE EDUCATION IN HEALTHCARE AND
THE APPOINTMENT OF JAMES S. GORDON, M.D. AS DEAN OF SAYBROOK'S
FUTURE COLLEGE OF MIND-BODY MEDICINE**

San Francisco, Ca. and Washington D.C. (April 20, 2009) – Dr. Lorne M. Buchman, President of [Saybrook Graduate School](#) and Dr. James S. Gordon, Founder and Director of [The Center for Mind-Body Medicine \(CMBM\)](#), today announced an affiliation for educational initiatives in mind-body medicine that will revolutionize graduate education in healthcare. The affiliation will bring the resources and expertise of The Center for Mind-Body Medicine to Saybrook's masters, doctoral, and certificate programs in Mind-Body Medicine* and provide unique opportunities for professional and personal enrichment to a broad range of students interested in enhancing their skills in mind-body and integrative medicine.

Dr. Buchman also announced the appointment of Dr. Gordon as Dean of Saybrook's Mind-Body Medicine program and its future College of Mind-Body Medicine. The future College of Mind-Body Medicine will be the focal point for Saybrook's graduate programs in healthcare and is one of the future colleges Saybrook will be creating as it evolves into a multidisciplinary university.

[James S. Gordon M.D.](#) is a Harvard educated psychiatrist and a world renowned expert in using mind-body medicine to heal depression, anxiety, and psychological trauma. He is the Founder and Director of The Center for Mind-Body Medicine, a Clinical Professor in the Departments of Psychiatry and Family Medicine at Georgetown Medical School, and recently served as Chairman of the White House Commission on Complementary and Alternative Medicine Policy. He also served as the first Chair of the Program Advisory Council of the National Institutes of Health's Office of Alternative Medicine and is a former member of the Cancer Advisory Panel on Complementary and Alternative Medicine of the National Institutes of Health. Dr. Gordon has created ground-breaking programs of comprehensive mind-body healing for physicians, medical students, and other health professionals; for people with cancer, depression, and other chronic illnesses; and for traumatized children and families in Bosnia, Kosovo, Israel, and Gaza as well as in post 9/11 New York and post-Katrina southern Louisiana. He is the author of more than 150 articles, and a dozen books, the most recent book is *Unstuck: Your Guide to the Seven Stage Journey Out of Depression*. He also helped develop and write the

* M.S. and Ph.D. Mind-Body Medicine pending WASC approval.

educational materials to supplement the public television series, “Healing and the Mind with Bill Moyers.”

The Center for Mind-Body Medicine emphasizes an approach to health that makes self-care central to all healthcare, to the training of all health professionals, and to the education of our children. The Center has a global trauma relief initiative that has provided aid to populations in crisis all over the world, including Kosovo, Gaza, Israel, Macedonia, Bosnia, New York City post- 9/11, and the Gulf Coast post- Hurricane Katrina. The Center also provides professional training workshops in Mind-Body Medicine, Food as Medicine, and integrative oncology. With Dr. Gordon’s appointment and through the activities of The Center for Mind-Body Medicine, students will have the opportunity to work with global leaders who are doing cutting edge work in mind-body medicine and integrative care.

In announcing the affiliation and Dr. Gordon’s appointment, Dr. Buchman stated: “There has been a growing demand from consumers and healthcare professionals for an approach to wellness that recognizes the whole human being – body, mind, and spirit. Saybrook has pioneered a holistic approach to the study of human experience and well-being for almost 40 years. Our affiliation with The Center for Mind-Body Medicine and Dr. Gordon’s appointment will enable us to offer exceptional educational and training opportunities for students across a broad range of professional interests. Our students want to make a difference in the world of healthcare, a difference that honors each individual as whole human being.”

Dr. Gordon, Dean of Saybrook’s Mind-Body Medicine program and the future College of Mind-Body Medicine said: “Our staff, international faculty and Board are unanimous in embracing this partnership with Saybrook. Our collaboration will make it possible for us to unite the spirit of healing with rigorous scholarship to create a new kind of education for healers of all professions-a nourishing home for the future leaders who will transform healthcare.”

Saybrook Graduate School is accredited by the Western Association of Schools and Colleges (WASC). It is also authorized by the Washington Higher Education Coordinating Board and meets the requirements and minimum educational standards established for degree-granting institutions under the Degree Authorization Act. Grounded in the humanistic tradition and values, Saybrook’s focus is graduate education for a humane and sustainable future that honors the human capacity for choice and growth and encourages each student to reach their highest levels of personal development and potential. Saybrook Graduate School is affiliated with the Leadership Institute of Seattle (LIOS) and has locations in San Francisco, CA and Seattle, WA. For more information, visit www.saybrook.edu.

The Center for Mind-Body Medicine is a non-profit, educational organization dedicated to reviving the spirit and transforming the practice of medicine. The Center is working to create a more effective, comprehensive and compassionate model of healthcare and health education. The Center's model combines the precision of modern science with the wisdom of the world's healing traditions, to help health professionals heal themselves, their patients and clients, and their communities. For more information, visit www.cmbm.org.