

2010 Military Health System Conference

How We Care for the Caregivers: Healing Our Troops

Sharing Knowledge: Achieving Breakthrough Performance

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The Center for Mind-Body Medicine

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The Center for

Mind-Body Medicine[®]

Science. Training. Community. Outreach.

Organizational Mission

To educate healthcare professionals to combine the precision of modern science with the principles of self care, including mind-body techniques for stress management so they can heal themselves, their patients and clients, and their families and communities.

The Center for Mind-Body Medicine



History

- Founded in 1991 by James S. Gordon, MD, Founder & Director, a former researcher at the National Institute of Mental Health, a clinical professor of Psychiatry and Family Medicine at Georgetown Medical School, and former Chair of the White House Commission on Complementary and Alternative Medicine Policy.
- Alumni base of 7,000 professionals around the world who have attended CMBM programs; these professionals work with hundreds of thousands of patients and clients.
- Worldwide faculty of 100 professionals (70 English speaking) capable of leading groups and lecturing in trainings



Healing our Troops: Description

- Global trauma healing program for populations in crisis suffering from posttraumatic stress disorder (PTSD), anxiety, and/or depression resulting from war, violence, societal desolation or natural disaster
- Comprehensive and holistic program for individual self-care, mutual help community building which makes use of a wide variety of scientifically proven techniques for self-awareness, stress management and problem solving in a small group setting
- Successfully used on a population-wide level in post-war Kosovo, Israel and Gaza, as well as in post-Katrina New Orleans

US Military



Research done on 115 Initial Training in Mind-Body Medicine, 80 Advanced Training participants reveals the following:

- Statistically significant improvement in mood, states of anger, anxiety and fatigue using Profile of Mood Scale
- Statistically significant improvements in “relating to others,” openness to “new possibilities” and “personal strength,” using Post-Traumatic Growth Inventory.
- Statistically significant decreases in “burnout” and compassion fatigue, using The Quality of Life Scale
- 130 more clinicians working with the military and their families participated in the first phase of training September 12th-16th, 2009 in San Diego



Healing our Troops: Description

The CMBM trauma healing approach is comprised of:

- Self expression in words, drawings, and movement.
- Mind-body approaches including meditation, guided imagery, biofeedback and yoga.
- A supportive and educational small group format.



Healing our Troops: Description

The HWW program model is comprised of three training programs and ongoing support for program participants:

- Professional Training Program
- Advanced Professional Training Program
- Leadership Training Program
- Ongoing Supervision and Consultation



Healing our Troops: Description

The techniques and approaches used directly address symptoms of PTSD and depression:

- Quieting anxiety and agitation
- Providing perspective on flashbacks and nightmares
- Inviting but not forcing emotional openness and connection
- Enhancing energy
- Restoring control
- Promoting hope
- Working with participants' strengths
- Building cohesion and mutual support
- Enhancing resiliency



Healing our Troops: Effectiveness

- Demonstrated, in the first randomized controlled trial of any intervention, to significantly decrease symptoms of PTSD in war traumatized adolescents.
- Demonstrated to decrease stress, improve mood, enhance feelings of professional competence, and promote hope and optimism in professionals (in the Balkans, the Middle East, and the US) who care for war traumatized populations as well as in war traumatized adults and children.
- It has been welcomed and used successfully by military in NATO, OSCE, and the Israeli Army, as well as within the US military.



Meeting current challenges

Challenge: Large Numbers of troops experiencing PTSD and depression.

- Research and experience demonstrates that model significantly decreases levels of PTSD and depression.
- Teaches program participants the lifelong skills they need to effectively heal the psychological consequences of trauma.

Challenge: Shortage of mental health providers for military and current resources are stretched thin.

- Train the trainer model” teaches practitioners self-care. The program also uses a group model that allows access to services by large numbers of military and their families



Meeting current challenges (cont.)

Challenge: Most approaches to depression and PTSD are isolated interventions: cognitive behavioral therapy or EMDR or meditation or medication.

- CMBM model is comprehensive-integrating a variety of mind-body approaches for stress management, problem-solving with self-expression in words drawings and movement plus group support.

Challenge: Soldiers are reluctant to seek mental health services due to the a perceived stigma.

- CMBM model is an educational peer support model which reduces stigma



Meeting current challenges (cont.)

Challenge: The quality and availability of mental health services is inconsistent across the system.

- The CMBM trauma healing model is based on evidenced-based methods that have been proven to heal PTSD and its related symptoms.

Current program Status



- Trained an initial group (in 2007) of 15 military health professionals across the country who are using the CMBM model.
- Trained over 100 military and VA related personnel at training program in Minneapolis 2008-2009.
- Both groups of trainees are using the CMBM model on bases, at VA's and in communities across the country.



Current program Status (cont.)

- Received a research award to study our model by Defense Center of Excellence for Psychological Health and Traumatic Brain Injury (DCoE).
- Raised a total of \$450,000 from private foundations and donors to support development and start-up activities.
- More than 150 military and veteran related personnel in current program in San Diego.
- Support for current training from the Navy's BuMed and DCoE

Next Steps



- Provide consultations, Advanced Training and ongoing Supervision to military participants in the San Diego Professional Training Program
- Continue our research efforts to increase the evidence for the efficacy of these services for the military.
- Identify several military bases and VA Centers for large scale trainings of military and military-related personnel.

Next Steps (cont.)



- Seek government funding to integrate these programs into ongoing military and VA systems nationally and overseas.
- Update Healing Our Troops Program model based on feedback received from military personnel at the current training program.



Next Steps (cont.)

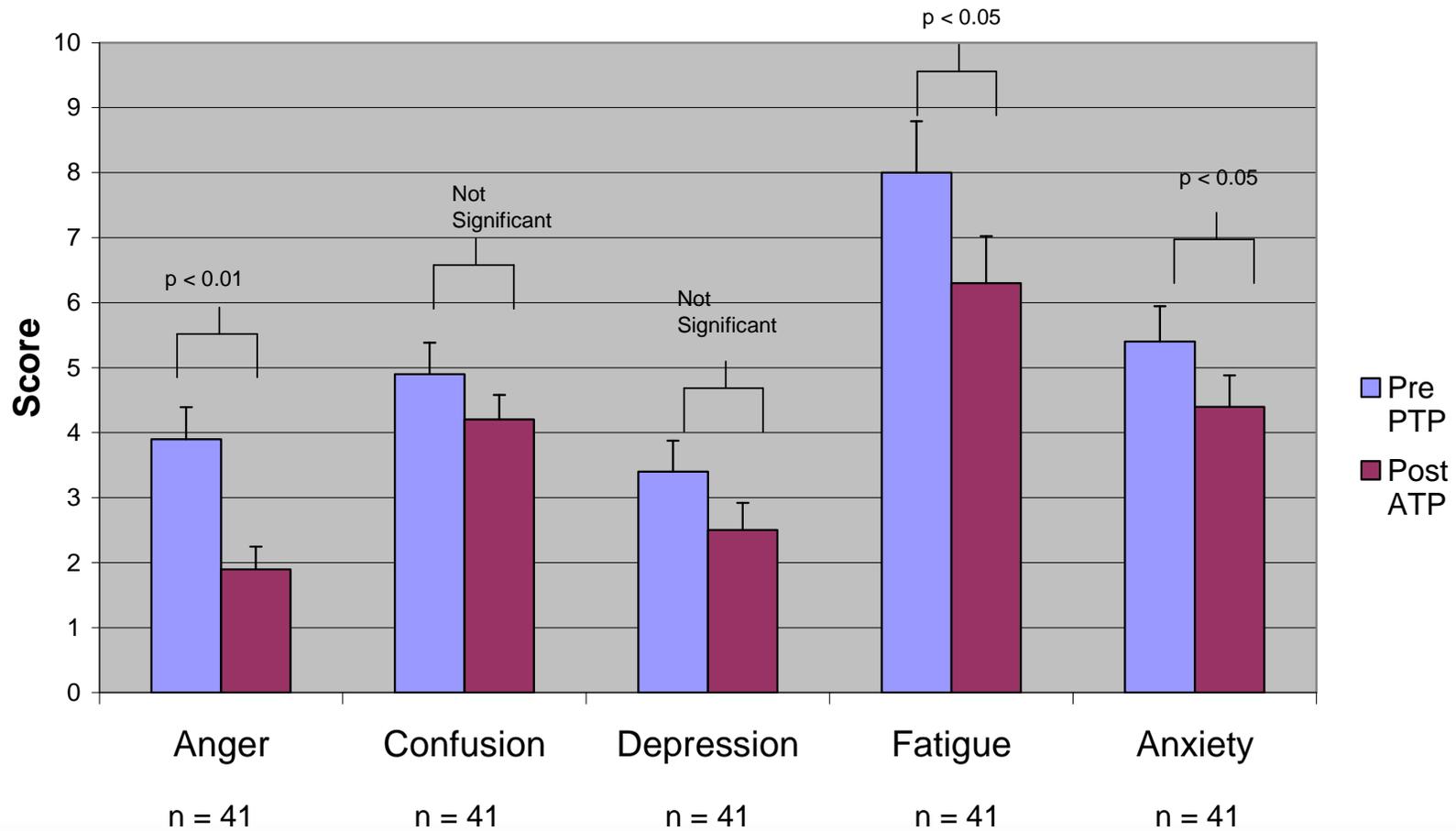
Questions for current program participants:

- Overall what are the program's strengths in meeting your needs and those of the military and their families with whom you work?
- How should the content be adapted to meet the needs of the military and veterans and their families?

Data: Profile of Mood States



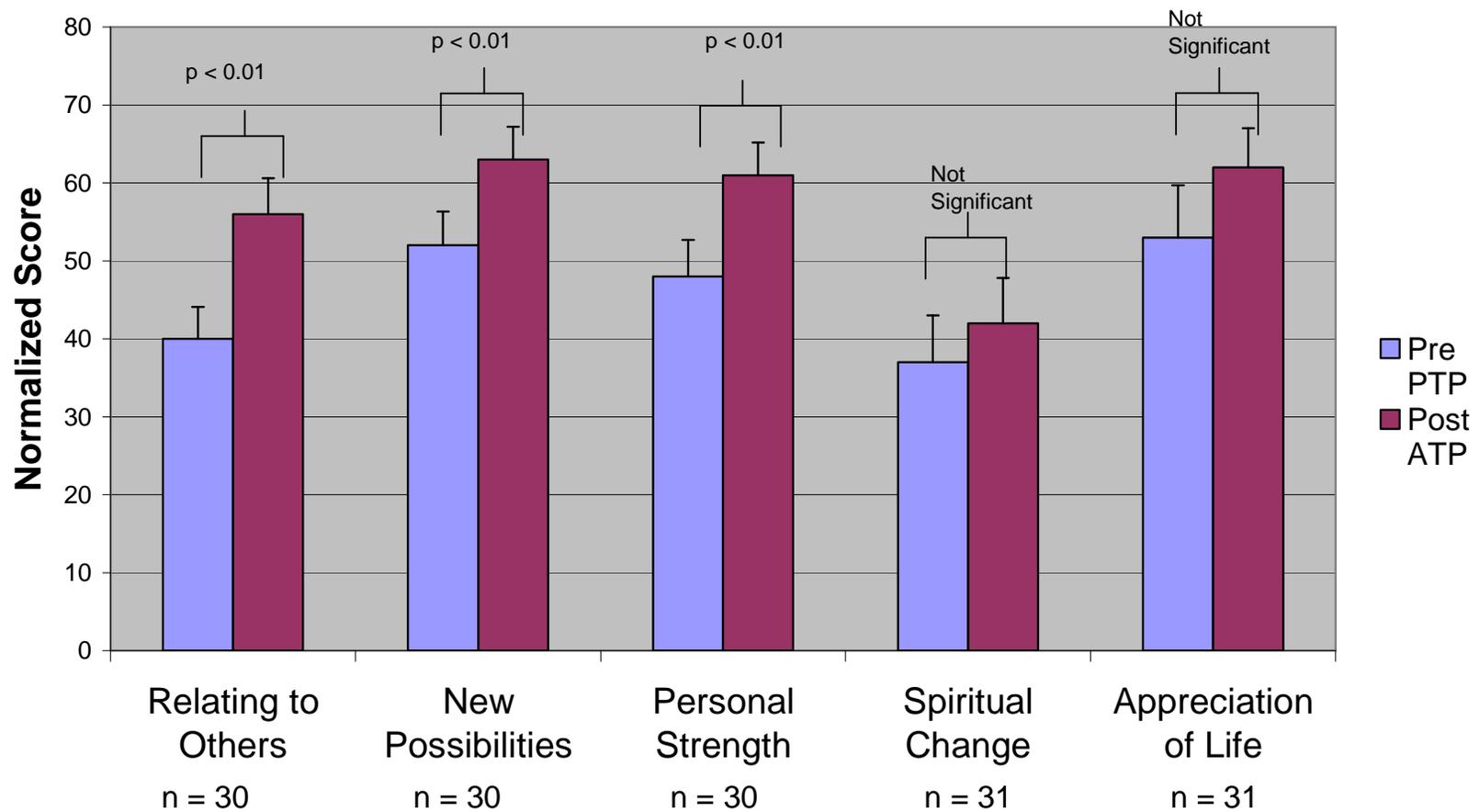
Profile of Mood States (POMS)



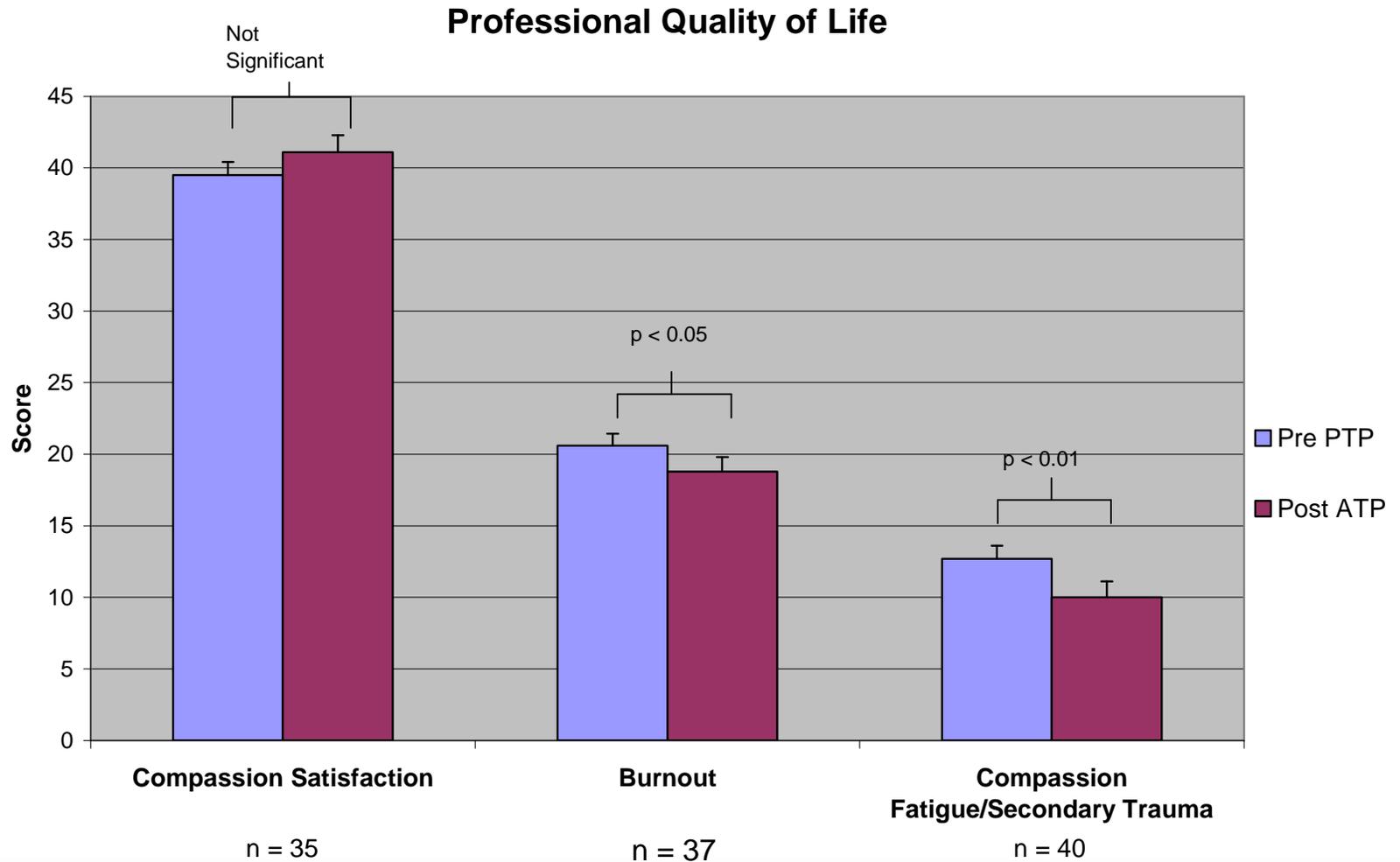
Data: Posttraumatic Growth Inventory



Posttraumatic Growth Inventory



Data: Professional Quality of Life



Questions?



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