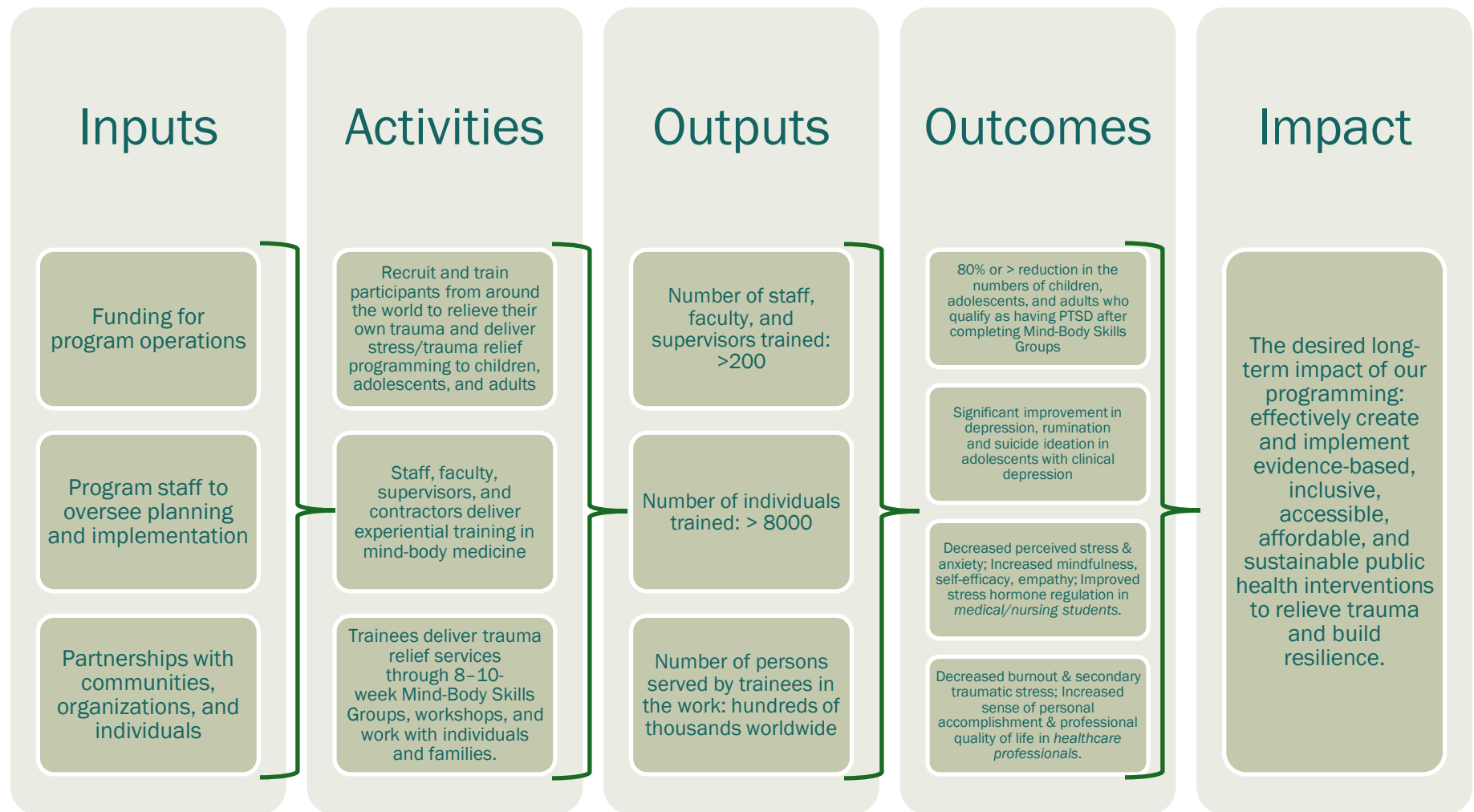




The Center for Mind-Body Medicine (CMBM) offers an evidence-based mind-body medicine skills training model that includes tailored techniques delivered in a standardized small group format. The CMBM approach supports enhanced self-awareness/mindfulness, improved physiological/self-regulation at individual and collectivist/relational levels, and provides various avenues for therapeutic self-expression such as breathing, movement, biofeedback, writing, drawing, and guided imagery. CMBM's model offers an in-depth and accessible exploration of the science of stress, trauma, and body-mind-environment interactions that acknowledges and addresses the impact of social determinants of health. The model is built upon a standardized and researched curriculum that strengthens community. CMBM emphasizes a train-the-trainer design that supports sustainability. The CMBM adult, teen, and children's models of stress and trauma relief are strength-based and carry potential for positive influence at any level of impact as represented in stepped care models of mental health. Each Trainee serves as an "epicenter" of awareness, knowledge, skill, presence, and wisdom, which is then shared in a ripple effect with family/friends, through integration into professional work when applicable, and through workshops, seminars, and the delivery of small groups to impacted populations.