

# NATIONAL ONLINE PROFESSIONAL TRAINING IN MIND-BODY MEDICINE

September 23-25, 27-28, 2021

*The CMBM Professional Training Program had a great impact on me. While working to improve the well-being of everyone in the Baton Rouge community, I have learned the importance of self-care. PTP enhanced my ability to serve Baton Rouge and care for myself.*

- Joyce M. Plummer, JD  
ReCAST Project Director, Federal and State Grants Coordinator

[cmbm.org/mbm](http://cmbm.org/mbm)

Register with code: BATONROUGE to waive the tuition fee.

## TRANSFORM

your practice in a 5-day intensive training

## LEARN

the science and techniques of mind-body medicine and integrate what you learn into every aspect of your practice – and your life.

## EXPERIENCE

the depth and power of our unique Mind-Body Skills Groups (MBSGs) approach

## EXPLORE

the most effective tools for self-care and stress management, including:

- Meditation
- Biofeedback
- Breathing & movement
- Mindful eating
- Guided imagery
- Art & music
- Autogenic training
- Genograms

## INTEGRATE

what you learn into every aspect of your practice



"The Center for Mind-Body Medicine is doing pioneering work, making the best of the new medicine available to those who need it the most."

Dean Ornish, MD, Clinical Professor  
University of California, San Francisco

"These small groups are instrumental in healing, working through issues, and connecting to who you are on the inside. Absolutely fabulous!"

Brad Fields, Veterans' Peer Counselor  
Wichita, KS



"This training was life changing for me. I learned and grew more in the past week than I did in three years in my MSW program."

Christie Clayton, MSW, LCSW  
Indianapolis, IN

Scholarships, group discounts & CEUs are available  
For more information visit [cmbm.org](http://cmbm.org) or email [mindbody@cmbm.org](mailto:mindbody@cmbm.org)