



August 28–September 2, 2011 (Sunday–Friday)

Breath~Body~Mind© Training for Trauma

Richard P. Brown, Patricia Gerbarg, and Heather Mason

For therapists looking to integrate mind-body techniques into their clinical work and yoga teachers working with traumatized populations.

Breath~Body~Mind Training is a fusion of ancient and modern mind-body techniques designed to rapidly restore balance to the stress-response system by optimizing brain, heart, and lung function.

In this 5-day trauma-sensitive training, participants will learn how to use this practice for self-care and healing others. Didactic sessions will cover neurophysiology, current research, clinical issues, and teaching methods. Experiential training will include movement, breathing, meditation, and practice-teaching under supervision. The unique techniques taught in this workshop serve to calm the body's central fear-processing networks and reduce the physical and psychological symptoms of anxiety, depression, and post-traumatic stress disorder (PTSD).

Developed and researched by medical doctors Richard P. Brown and Patricia Gerbarg, Breath~Body~Mind methods have been used successfully to work with military veterans as well as survivors of mass disasters, including the Southeast Asia tsunami, World Trade Center attacks, earthquake in Haiti, and war in Rwanda. **CE Credits are available for this program.**

Recommended reading: Richard P. Brown, Patricia L. Gerbarg, and Philip R. Muskin, *How to Use Herbs, Nutrients, and Yoga in Mental Health Care* (Norton).

Note: Wear comfortable clothing for yoga and qigong.



Richard P. Brown, MD, associate professor in clinical psychiatry at Columbia University, teaches advanced breath techniques with movement and meditation to help stressed and traumatized people improve energy, sleep quality, stress resilience, and peace of mind. He coauthored over 90 scientific articles, books, and chapters including the books, *Stop Depression Now*; *The Rhodiola Revolution*; and *How to Use Herbs, Nutrients, and Yoga in Mental Health Care*. Richard is a certified teacher of Aikido (4th Dan), qigong, yoga, and meditation. His research shows that special breath-body-mind practices can relieve anxiety, depression, and PTSD. www.haveahealthymind.com



Patricia Gerbarg, MD, assistant professor in psychiatry at New York Medical College, is a graduate of Harvard Medical School and Boston Psychoanalytic Institute. She practices Integrative Psychiatry and focuses her research on developing safe, effective mind-body practices for survivors of mass disasters (see www.stws.org) and veterans. Patricia coauthored *The Rhodiola Revolution*; "Yoga in Psychiatry" in *Clinical Manual of Complementary and Alternative Treatments in Psychiatry*; and *How to Use Herbs, Nutrients, and Yoga in Mental Health Care*. Her chapter, "Yoga and Neuro-Psychoanalysis," appeared in *Bodies in Treatment: The Unspoken Dimension*. www.haveahealthymind.com



Heather Mason, MA, is the founder of Yoga for the Mind, an integrative approach for the treatment of depression, anxiety, and PTSD. A yoga therapist and mindfulness teacher, she spent three years living in Buddhist monasteries and has developed a unique course for the complementary treatment of depression and anxiety. www.yogaforthemind.info



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