What CMBM Does

- Evidence-based mind-body medicine skills training
  - Awareness, mindfulness-based model
  - Skills and tools that support self-regulation, co-regulation, and self-expression, such as breathing, movement, biofeedback, writing, drawing, and guided imagery.
- Emphasis on small group model/delivery to support collectivist views, community-based/population-wide support
- In-depth exploration of the science/biology of stress, trauma, and body-mind-environment interactions
- Train the trainer model of sustainability
- The “ripple effect”
EXAMPLE AREAS IN WHICH CMBM SUPPORTS PUBLIC HEALTH

• Climate/Natural Disasters
• Mass Violence
• War and Conflict
• Healthcare
• Schools/Youth/Education
• Military/Veterans
• First Responders
• Caregivers
• Community Leaders
• Social Justice
• Indigenous Communities
Research

80%
or greater reduction in the numbers of children,adolescents, and adults who qualify* as having post-traumatic stress disorder after completing Mind-Body Skills Groups

72%
of adolescents treated for depression in primary care reported that Mind-Body Skills Groups changed their lives

Decreased
symptoms of PTSD, depression in children and adults

Increased
mindfulness, quality of life, empathy, sense of personal accomplishment, and compassion satisfaction in trainees

Decreased
burnout, secondary traumatic stress, anxiety, perceived stress, personal distress in health care students/professionals
Building a Community Project

EMERGENT FUNDS SUPPORT EARLY CO-CREATION

Need Arises/Presents

Disaster Preparedness, Community Building

Community Engagement and Co-Creation

Needs-Specific/Tailored Project Design

Project Implemented

Community Resilience/Support Sustained

PROJECT FUNDS SUSTAIN AND EXPAND WORK
Train
• Professional Training Program (PTP)
• Advanced Training Program (ATP) (4–5-day trainings)

Guide
• Delivery and Supervision
• Certification (spread out over 6-12 months)

Sustain
• Leadership Development
• Sustainability (1-2+ year process)
The ”ripple effect”

Each Trainee as an “Epicenter” (of awareness, knowledge, skill, presence, and wisdom)

Sharing with Family & Friends
*10-50 people reached per year

Professional Work (integration to individual clients if applicable)
*50-150 people reached per year

Workshop Delivery
*25-200 people reached per year

Small Group Delivery
20-40 people reached per year
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Thank you for your efforts!