

Every day, physicians, nurses, and other health care providers see patients for whom pharmaceuticals or surgery are not effective. Often these hard-to-treat patients have chronic conditions and/or stress-related symptoms that can be significantly improved by the mind body interventions developed by the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital, a world leader in mind body medicine.

**The Benson-Henry Institute for Mind Body Medicine's Center for Training** teaches these interventions to health care professionals through a range of Harvard Medical School-sponsored courses and the Benson-Henry Institute individualized training programs in specific clinical areas.

Through these courses, participants learn strategies to help their patients:

- Reduce physical symptoms
- Increase coping skills
- Modify adverse lifestyle behaviors
- Take an active role in managing their health care and improving quality of life

These programs are based on 40 years of research and clinical practice of the relaxation response and other mind body interventions by Herbert Benson, MD and his colleagues.

*"This was a professionally-executed program that truly met our needs. It helped us administratively—by making our plans more concrete, and clinically—by reinforcing what we are doing with our patients."*

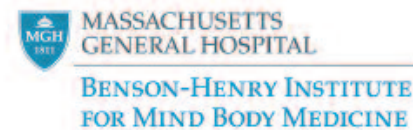
Clinical Director of a hospital system

*"Because of this training, I am now able to internalize the principles of mind body medicine. It was certainly worth the trip from Germany."*

Physician from Cologne, Germany

*"The concepts and skills presented and demonstrated in the workshop can revolutionize the practice of medicine."*

Psychologist



**DIRECTOR**  
Gregory L. Fricchione, MD

**DIRECTOR EMERITUS**  
Herbert Benson, MD

824 Boylston Street  
Chestnut Hill, MA 02467  
Tel: 617-732-9130  
[www.mbmi.org](http://www.mbmi.org)



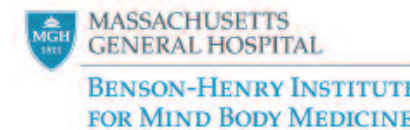
## The Center for Training

was established for health care practitioners who want to learn about the ground-breaking mind body programs developed by the expert staff of the Benson-Henry Institute for Mind Body Medicine.

The Center is the most up-to-date resource for the ever evolving body of knowledge supporting mind body interventions. Participants will gain a working knowledge of mind body medicine and its clinical efficacy based on the latest scientific evidence.

Training is offered to either individual practitioners or groups from clinical practices, hospitals and health care systems. Format varies from one- to two-day trainings to long-term relationships.

A hallmark of our center is flexibility. All attendees complete a needs assessment questionnaire prior to their training. Program content, duration, and location are then determined to provide a "custom fit".



## Center for Training

**CUSTOMIZED MIND BODY TRAINING**

**FOR HEALTH PROFESSIONALS**

## Overview

It is now generally recognized that roughly 60-90% of doctor visits are for conditions related to stress. As a result, the importance of mind body medicine is increasingly acknowledged.

The Center for Training programs combine didactic presentations, case histories, skill development exercises, and small group interactions.

Trainings are offered in the following areas:

- Cardiac Wellness (hypertension & heart disease)
- Cancer
- Chronic Pain/CFS/Fibromyalgia
- Medical Symptom Reduction
- Infertility
- Menopause
- Mindful Parenting
- Healthy Lifestyles
- Weight Management
- Stress Management for Students

Program components include training in:

- Elicitation of the relaxation response
- Cognitive/behavioral strategies
- Appropriate nutrition management
- Exercise regimens

all uniquely integrated into a cohesive whole.

Participants also receive an extensive instructor's manual with essential, detailed information on the Benson-Henry clinical practice. Trainings are conducted by a multi-disciplinary team that may include physicians, psychologists, advanced practice nurses, exercise physiologists, and registered dietitians.



## One-Day Consultation

Representatives from medical groups and hospitals who are considering adding a mind body component to their existing services spend a day at the Benson-Henry Institute to learn basics of the field and explore training options. Attendees' needs may range from training in a single clinical area to full affiliation with the Institute.

Typically, administrators and clinicians confer with Herbert Benson, MD and key clinical, research, and administrative staff. The Center for Training works collaboratively with the attendee, helping them determine how mind body medicine can be best integrated into their environment.

### CONTENT

Topics addressed during the consultation may include:

- An introduction to mind body medicine
- A broad overview of clinical programs
- Integrated model of health care
- A review of research of mind body interactions
- Various models of on-going relationships with the Benson-Henry Institute

### COST

The fee is \$1,500 for up to five participants. Consultations are arranged upon request and are held in Boston.



## Multi-Day Training

Multi-day customized mind body training programs, usually three to five days, provide flexible, in-depth training to meet the varied needs of health care professionals either in individual practices or in medical groups and hospitals.

Training is appropriate for health care professionals and organizations who:

- Have little or no prior exposure to mind body medicine
- Seek additional clinical skill development and in-depth experience
- Plan to establish a mind body program in a specific clinical area and have some components in place

### CONTENT

Training is tailored to the attendee's needs and focuses on specific program content in the chosen clinical area. The program provides skills training, as well as an explanation of the scientific rationale for a mind body program.

Consultation in the marketing and administration of a mind body program can also be incorporated into a multi-day program.

### COST

The fee for up to five participants is \$8,000 for a three-day training, and \$15,000 for a five-day training. An instructor's manual, patient materials, and CDs are provided.

Trainings are arranged upon request and held in Boston.



## One-Year Contract

The one-year contract is appropriate for representatives of medical groups and hospitals who:

- Plan to establish a mind body program in a specific clinical area
- Desire extended training and consultation

### CONTENT

The one-year program is structured in two phases.

The first phase provides training for up to five participants, including an administrator. The curriculum is tailored to the attendee's needs and focuses on specific program content in the chosen clinical area. The program provides skills/training, as well as an explanation of the scientific rationale for mind body interventions.

Training in the marketing and administration of a mind body program is incorporated in the second phase, when the attendee is supported through 40 hours of consulting on clinical, administrative, and marketing issues, and one site visit.

### COST

The fee is \$30,000, and includes an instructor's manual, patient materials, and CDs.

## Affiliates

Through its Affiliate Program, the Benson-Henry Institute provides an opportunity for a limited number of hospitals and health care systems to replicate the successful programs offered by the Benson-Henry Institute at their own sites. Affiliates receive intensive training in mind body interventions, and in the operation of clinical programs along with administrative and marketing assistance.



**For more information, please contact**

**Marilyn Wilcher:**

**[mwilcher@partners.org](mailto:mwilcher@partners.org)**

**(617) 732-9135**