

MIND BODY

Therapy & Consultation Services

Bringing Back Hope

The Benson-Henry Institute for Mind Body Medicine is a non-profit scientific and educational organization dedicated to research, teaching, and clinical application of mind body medicine and its integration into all areas of health. Clinical studies over the years have shown the effectiveness of these interventions on a wide range of medical problems caused or made worse by stress such as hypertension, arrhythmias, heart disease, pain, insomnia, allergies, menopause symptoms, and infertility, among many others. Practicing the relaxation response daily can enhance the immune system and make one more resistant to the harmful effects of constant stress.

When the stress in your life interferes with your ability to feel healthy... the Benson-Henry Institute for Mind Body Medicine can help.

DIRECTOR

Gregory L. Fricchione, MD

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MASSACHUSETTS
GENERAL HOSPITAL

**BENSON-HENRY INSTITUTE
FOR MIND BODY MEDICINE**

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You can now access the expertise of the Benson-Henry Institute for Mind Body Medicine (BHI) staff on an individual basis through therapy and medical and informational consultations. The BHI specializes in treating stress-related conditions using the latest medical and psychological research.

SERVICES INCLUDE EVALUATIONS AND TREATMENT FOR:

- Adults
- Children
- Couples
- Families

Our staff clinicians have extensive training and experience in providing mind body therapy, including elicitation of the relaxation response and cognitive behavioral restructuring.

AMONG THE REASONS PATIENTS CHOOSE INDIVIDUAL SESSIONS:

- To obtain mind body training on an individual basis
- To address certain issues in-depth
- To learn how to cope with stressful medical conditions and interpersonal issues
- To extend learning beyond the group program

WE OFFER TREATMENT FOR:

- Mood disorder
- Anxiety disorder
- Chronic stress disorders
- Post traumatic stress disorder
- Eating disorders

We also offer **psychopharmacology** and short-term specific group work for people with anxiety.

WE SPECIALIZE IN TREATMENT FOR MEDICAL CONDITIONS WHICH INCLUDE:

- Cardiac illness
- Insomnia
- Chronic pain
- Irritable bowel syndrome
- Autoimmune disorders
- Cancer
- Infertility
- Menopause
- Headache

FOR MORE INFORMATION:

Call 617.732.9130, email mindbody@partners.org or visit our website at www.mbmi.org.
Most insurances accepted.



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