



Faculty Training in Mind-Body Medicine

Program: Educating for Enhanced Self-Awareness and Self-Care: *An Experiential Faculty Training in Mind-Body Medicine*

Dates: March 29 – April 1, 2012

Location: Aspen Wye River Marriott Conference Center, Queenstown, Maryland

<http://www.marriott.com/hotels/travel/bwiwy-aspen-wye-river-conference-centers/>



Purpose: The purpose of this program is to provide faculty at health professional schools with the necessary training, tools, materials and strategic thinking to enable them to implement mind-body medicine skills groups at their institutions. Specifically, the 3-day training program is an immersion experience that will introduce faculty to a variety of mind-body techniques so that they can experience them for themselves, see first-hand the power of this approach, and gain insight into how to lead mind-body groups for students.

Description: Mind-body approaches—including meditation, guided imagery, biofeedback, and breathing techniques to name a few, are skills that can alleviate stress and foster self-awareness and self-care. The training program will be conducted as a retreat, and includes 7 sessions involving group experiences, a number of individual activities, several didactic presentations, as well as daily yoga or tai chi. Participants will be provided with all the course materials as well as ongoing coaching and mentorship after the training program.

Who should apply: Faculty members in the health professions interested in launching mind-body medicine skills groups at their institutions.

Cost: The tuition of \$2,400 is subsidized by TIIH and includes 3 nights lodging, 3 health-conscious gourmet meals daily, access to workout facilities, pool, acres of gardens and trails, and all course materials.

Facilitators: Nancy Harazduk, MEd, MSW
Course Director

Aviad Haramati, PhD
Course Director

For further information or an application visit: www.tiih.org or email: mindbody@tiih.org.

About the Facilitators:

Nancy Harazduk, MEd, MSW, is Assistant Professor and Director of the Mind-Body Medicine Program at Georgetown University School of Medicine in Washington, DC. To integrate Mind-Body Medicine into curricula of the medical school and law school, she directs and teaches Mind-Body Medicine courses for medical students, law students, physiology master's students, and the faculty of Georgetown University School of Medicine and Georgetown Law Center. As presenter, facilitator and supervisor, Ms. Harazduk has trained over 700 healthcare professionals in Mind-Body Medicine. She has developed and led Mind-Body Medicine groups for people with cancer, depression, chronic illness, and severe stress. She has done extensive work with chronically and terminally ill people at the National Institutes of Health and in hospice. She also travels to the Middle East to teach Mind-Body Medicine skills to participants of the Middle East Cancer Consortium.

Ms. Harazduk graduated from Lehman College in the Bronx, New York, with a Master's degree in Education. She later earned a Master's degree in Social Work from Catholic University in Washington, DC. Ms. Harazduk has completed post-graduate training in Mindfulness-Based Stress Reduction with Jon Kabat-Zinn, PhD; the Healer's Art Professional Training course with Rachel Naomi Remen, MD; and the Clinical Training Program in Mind-Body Medicine with Herbert Benson, MD. She is certified in Interactive Guided Imagery by the Academy of Guided Imagery, Mill Valley, California.

Aviad "Adi" Haramati, PhD, is Professor in the Departments of Physiology & Biophysics and Medicine at Georgetown University School of Medicine, with research interests in renal and electrolyte physiology. Currently his activities are more centered on medical education and rethinking how health professionals are trained. Dr. Haramati has taught medical and graduate students for over 30 years and received institutional and national awards for his teaching. He served on the Physiology Test Development Committee (USMLE Step 1) for the *National Board of Medical Examiners*, and is currently Chair of the Examination Section for the *Certification Board of Nutrition Specialists (CBNS)* of the American College of Nutrition. Dr. Haramati is the past Vice-Chair of the *Consortium of Academic Health Centers for Integrative Medicine* and recently chaired the Organizing Committee for the 2009 North American Research Conference on Complementary and Integrative Medicine. His interests in integrative medicine focus on the use of Mind-Body Medicine Skills for stress management and in health professions education. Dr. Haramati was principal investigator of a 5-year NIH grant that supported a broad educational initiative to incorporate CAM and integrative medicine into the 4-year medical curriculum at Georgetown. He co-leads the faculty training program in Mind-Body Medicine at Georgetown University and at The Institute for Integrative Health with Nancy Harazduk.
