

## This program is intended for:

- Physicians
- Psychiatrists
- Psychologists
- Mental Health Counselors
- Social Workers
- Nursing Professionals
- Occupational/ Physical Therapists



## Certification Pathway

1. Provider has a plan in place for MBM in their respective department (Includes Command approval) or professional practice
2. 3 Online Didactics
3. Staff Class as student at NMCSO (On-line option in development)
4. Train the Trainer 2 Day workshop (How to teach the material)
  - a. Written and Experiential Test
  - b. Associate Certification
5. Mentorship with master trainers
6. Experiential Exam
7. Full Certification
8. Ongoing mentorship as needed

## Provider Plan

The provider works with their respective department and Command to formulate a structured plan of implementation. This would include the appropriation of departmental resources, teaching staff, place of group/ individual implementation, and negotiation of scheduling/ approval from supervisors and Command staff.



## Online Didactic Offerings

### Stress and the Relaxation Response Fundamentals of MBM

An interactive 4 week course providing evidence based insight into some of the underlying scientific principles of stress and its impact on health, as well as the fundamentals of the relaxation response. Providers will learn an overview of mind-body interactions and an understanding of how mind-body implements decrease stress and facilitate well-being.

## Online Didactic Offerings Cont'd

### Using Mind Body Techniques in Your Health Care Practice

This four-week course will provide participants both a broad and deeper look at the numerous methods available to elicit the relaxation response. Providers learn how to build their own meditation practice along with effective approaches for instructing their patients to do the same. The interactive learning environment is appropriate for both beginners and those with some experience in eliciting the relaxation response.



### Cognitive Appraisal

This course will assist providers in refining knowledge and skill in using interventions that offset the harmful influence of stress. Many of these interventions are lifestyle changes that can be implemented to build long-term resiliency in patients. This four week course includes content on the importance of sleep, proper nutrition, relaxation techniques, adequate social support, exercises that reduce stress, and humor. Providers will learn how to guide patients towards these behavior changes that promote health.

## Staff Class

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Experience the full 7 week curriculum of the Mind Body Medicine Program as a student participant during your lunch hour. Providers will experience first-hand the methodology they will eventually provide patients. One hour classes conducted over 14 weeks will cover the following topics:

- Session 1: Stress Physiology and the Relaxation Response
- Session 2: Building a Practice and Recuperative Sleep
- Session 3: Mindfulness, Positive Psychology, and Cognitive Restructuring
- Session 4: Qi Gong, Developing Cognitive Resiliency
- Session 5: Yoga, the Power of Journaling and the Inner Critic
- Session 6: Enhancing Social Connection and Communication
- Session 7: Putting it all Together



## Train the Trainer

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In this two day on-site workshop, participants will learn strategies to teach the full 7 week Mind Body Medicine Program curriculum to patients. At day two's conclusion, participants will engage a written and experiential exam to earn an Associate MBM Certification. Associate MBM Certification will allow providers the opportunity to begin implementing their own MBM program under the mentorship and guidance of master trainers.

## Mentorship with Master Trainers

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With the guidance of our Master Trainers, providers will hone their skill-sets as MBM Facilitators. Through collaboration and support, Associate Certified Mind Body Medicine providers will gain the necessary confidence to make their unique program succeed.

## Experiential Exam and Full Certification

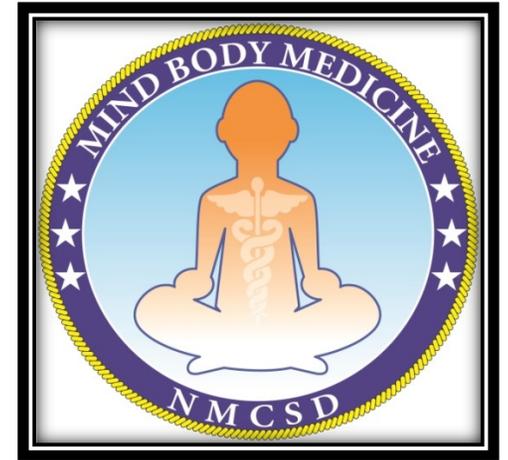
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Upon successful integration of a Mind Body Medicine Program in their respective department, providers will engage a brief final experiential test supervised by Master Trainers. Successful completion of this exam will result in Full MBM Certification.

## Ongoing Mentorship and Support

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Fully certified providers are eligible for on-going consultation with Master Trainers as their MBM program expands.



## MIND BODY MEDICINE PROGRAM CERTIFICATION

The NMCS D Mind Body Medicine (MBM) Program proudly presents our health care provider certification program based on the Benson Henry Institute's Stress Management and Resiliency Training (SMART) Program. This certification will train licensed health care providers in the full MBM 7 week curriculum of evidenced based Mind Body Medicine techniques. Participants will gain a better understanding of the physiology and overall health effects of both the stress and relaxation response. Additional topics include lifestyle factors such as recuperative sleep, social connection, and resiliency building.

For further information, please contact:

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