

# MIND-BODY MEDICINE FOR THERAPISTS



**WHEN/WHERE:** You pick, contact me at [EmbodyYourMind@gmail.com](mailto:EmbodyYourMind@gmail.com) or 612-867-6730

**COST:** \$250/person, includes tuition, course materials, and a biofeedback thermistor  
A Course Hosting Contract is available for review. Course can be modified for content, duration and cost to fit your organization's needs. 1-2 day trainings are available, the following is a sample for a 1-day program.

## OBJECTIVES

- Understand the biological basis of mind-body medicine (MBM)
- Demonstrate proficiency in related functional patient education
- Be able to implement basic biofeedback skills in practice
- Be able to implement mental imagery skills in practice
- Demonstrate functional understandings of placebo/nocebo
- Be able to implement principles of meditation into practice
- Demonstrate improved understanding of posture and body language
- Implement meditation skills in practice
- Gain appreciation for Yoga as MBM

## Example SCHEDULE

8:00-8:15	Welcome & Introductions
8:15-9:15	Science behind MBM
9:15-9:45	Breathing
9:45-10:15	Understanding Yoga as MBM
10:15-10:30	Break
10:30-11:00	Meditation (Part 1)
11:00-12:00	Biofeedback (Part 1)
12:00-1:00	Lunch (on your own)
1:00-1:30	Meditation (Part 2)
1:30-2:00	Biofeedback (Part 2)
2:00-2:30	Placebo/Nocebo
2:30-3:00	Functional Cognitive Skills
3:00-3:30	Posture & Body Language
3:45-4:00	Understanding Yoga as MBM
3:45-4:00	Break
4:00-5:00	Mental Imagery
5:00-5:30	Wrap-up and Questions

## Why attend this course?

Learning mind-body medicine enhances stress reduction for you and your patients equally. Learning to integrate mind and body more effectively will enhance your effectiveness as a clinician, deepen your rapport with patients, and lessen the tendency for burnout. MBM is growing in many settings and integrated models of care are gaining increased attention in research and clinical settings as a necessary shift in medical care delivery. Come and start your own journey into the world of MBM...

## PRESENTER: MATT ERB, PT

*Matt has been practicing physical therapy for 16 years. He graduated from the University of Iowa. Matt is Certified in Mind-Body Medicine by the Center for Mind-Body Medicine in Washington D.C. and has been on their professional teaching faculty since completing an internship in 2011. He has extensive knowledge and experience in integrating body and mind in rehabilitation and lectures to medical and mental health professionals as well as the public on various aspects of mind-body science and clinical practice. He has special interest in assisting the Western medical paradigm in undoing the pervasive split between body and mind. He specializes in integrative treatment of migraine, headache, chronic pain, dizziness and other conditions and is also working to expand the role of integrative physical therapy in psychiatry and mental health settings.*