

Bo's Place and The Institute for Spirituality and Health present:



# Mind-Body Medicine: Self-Care for the Grieving Soul

## when:

Friday, May 17, 2019

9 am – Noon

Check-in and pastries at 8:30 am

## location:

Bo's Place

10050 Buffalo Speedway

Houston, TX 77054

## cost:

\$45 with 3 CEUs

\$30 without CEUs

\$5 student rate (no CEUs)

CEUs included for social workers,  
licensed professional counselors

## to register:

<http://bit.ly/SelfCareGrievingSoul>

Pre-registration required

(space is limited)

## questions:

Email: [valencia@bosplace.org](mailto:valencia@bosplace.org)

Phone: 713-942-8339

## special thanks:



## synopsis:

Mind-body medicine is based on the scientific understanding of the inextricable connection among our thoughts, sensations and feelings, and our mind, body, and spirit – between ourselves and the social and natural world in which we live. This approach to wellness is grounded in practical, evidence-based skills for self-care, self-awareness, and group support. Mind-body skills (such as meditation, biofeedback, guided imagery, and self-expression in drawings, words, and pictures) are scientifically validated to reduce stress, heal trauma, and restore physical and psychological health. In this workshop, a cohort of mind-body skills facilitators trained by the Center for Mind-Body Medicine will offer an array of self-care skills, with particular attention to the development of adaptive coping for the bereaved.

## workshop objectives:

- Demonstrate evidence-based mind-body skills for emotional self-care in the period of bereavement.
- Describe the biological underpinnings of mind-body medicine.
- Develop a greater sense of self-efficacy in relation to the grieving process.

## about the center:

The Center for Mind-Body Medicine (CMBM) was founded in 1991 by psychiatrist James S. Gordon, M.D. In the 25 years since then, CMBM has become a worldwide leader in making self-care, group support, and community-building central to all healthcare, the training of health professionals, and the education of children. In the wake of Hurricane Harvey, the Institute for Spirituality and Health, along with six other local agencies, partnered with CMBM to form the Greater Houston Healing Collaborative. The collaborative has now trained a diverse group of 120 community members who have gone on to offer mind-body skills and group support to thousands of individuals across Greater Houston.

Bo's Place exists to enhance the lives of those who have experienced the death of a loved one.



where hearts are healed.