

### To date...

Since the founding of the Center in Israel we have organized training programs attended by a wide variety of professionals nationwide (M.D.'s, nurses, psychiatrists, psychologists, social workers, educational counselors, teachers and alternative medicine practitioners).

- 450 professionals have completed the basic level training seminar
- 250 professionals have completed the advanced level training seminar
- 45 professionals have completed leadership level training or supervised practicum

In order to reflect the larger impact of the work done by the professionals who have been trained, we conducted a survey in June 2010 from which we received 70 responses and learned that these 70 professionals have worked with some:

**5000** individuals in mind-body group settings and an additional **1400** in individual treatment.

Moreover, another 4000-5000 professionals have been introduced to our work in introductory workshops carried out by senior faculty of the Center.

We also queried respondents regarding self-care. They reported that:  
80% use mind-body techniques for their own self care at least weekly and  
60% use mind-body techniques for their own self care at least 2-3 times weekly

#### Organizational breakdown of work

- Ministry of Education:
  - Division of Psychological and Counseling Services (Shefi): workshops as part of their national conferences and training seminars. With Shefi, we have invested extensively in training psychologists, counselors and school staff working in Sderot, Ashkelon and the Surrounding Gaza regions during the years of the Kassam missile attacks and in the North of the country following the Second Lebanon War;
  - Division of Learning Disabilities: trainings for teachers and supervisors
  - Pupils and staff in community and residential schools
- Ministry of Defense: Soldiers, policemen, border guard personnel and residents of Gush Katif after the evacuation
- NII (Bituach Leumi): Mind-Body groups for PTSD victims in Southern Israel
- Sakhnin Teachers College: intensive training program for faculty and students of the
- CMBM (Washington, D.C.): Israeli-Palestinian training seminar on working with children
- Technion Medical School: Mind-Body groups for foreign and local medical students
- Meuchedet HMO: Mind-Body groups training program for staff psychologists
- V.A. Network and the U.S Armed Forces: Members of the Center's faculty have participated in training workshops as members of the CMBM International Faculty to train mental health professionals from the V.A. network and the U.S Armed Forces