

From KPCC Counseling

Workshop: Exploring Mind-Body Medicine

with Kathy Muscari

Thursday, December 15

9:00a.m.-12:00p.m.

Trinity Lutheran Church
1600 Kanawha Blvd East
Charleston, WV

Mind-Body Medicine focuses on the ways in which emotional, mental, social, spiritual, experiential, and behavioral factors can directly affect health.

By involving the interactions among the brain, the rest of the body, the mind, and behavior, Mind-Body Medicine uses the power of thoughts and emotions to influence physical well-being.

Topics in Mind-Body Medicine range from mindful breathing and biofeedback to visualization and nutrition. This 3 hour workshop will be a basic overview with some sample exercises for participants to enjoy.

Kathy Muscari has completed advanced training and supervision in mindfulness-based stress reduction for facilitating Mind-Body Skills Groups from The Center for Mind-Body Medicine (CMBM). Muscari recently held two 8-week groups for the American Red Cross, where she volunteers for Services to Armed Forces and Disaster Mental Health.

The Center for Mind-Body Medicine was founded in 1991 by James S. Gordon, M.D., a professor of psychiatry and family medicine at Georgetown University Medical School and former chairman of the White House Commission on Complementary and Alternative Medicine Policy, under Presidents Clinton and G.W. Bush. For more information check out their website at <https://cmbm.org>.

Please join us. No previous experience with Mind-Body Medicine is needed to attend.

3 hours of CE credit available

Cost to attend:

\$30 without CE's

\$40 with CE's

Click below for link to on-line registration.

[Register to Attend](#) |