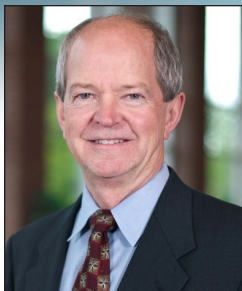


Our Western Maryland Team: Colleagues and Partners Trained Through the Center for Mind Body Medicine share their vision for our community and the impact of this training



Dr. Tom Bowling

*Vice President, Student Affairs
Frostburg State University*

The trainings provided by The Center for Mind-Body Medicine have created a network of individuals who are committed to creating a culture of wellness in Western Maryland. I look forward to exploring how we can most effectively use the CMBM model to meet the needs of our community.



Kathy J. Condor

*Director, Health & Human Services
The Center for Continuing Education and Workforce
Allegany College of Maryland*

I think everyone knows they need time to breathe and connect with others and themselves. This model met that need so beautifully, but also provided me with a full tool box of coping skills that are always within reach.



Marion Leonard

Community Advocate and Humanitarian

I believe these approaches empower us to become more resilient as we learn to access our inner joy and healer.



Donna M. Brunelli, D.O.

*Professor of Biological Sciences
Department of Science and Forestry
Allegany College of Maryland*

I've found that some of the relaxation techniques are very useful, especially when dealing with test anxiety.



Laura Fiscus

*Developmental Education Program Director,
Allegany College of Maryland*

I have used the skills learned through my training to better serve my students and assist them with the anxiety that many face with test taking. The results have been remarkable.



Laurie Marchini, BA, MA

*President of the Board of Education for
the Allegany County Public School System
and Executive Director of the Community
Trust Foundation*

The CMBM model has given me the tools to find calm and clarity to manage my life rather than allowing life to manage me.





Rick McDonald
*Eastern Operations Director
 Valley Community Services*

I am using the breathing techniques to manage the stress in my life that comes from a busy schedule with family, community involvement, and work. I am very interested and excited about incorporating imagery into coaching soccer. I feel utilizing this could improve overall performance on the field.



Melanie McDonald
*Executive Director
 The Family Junction, Inc.*

For me, the greatest impact of the Mind-Body Medicine model has been in the power of nurturing connections -- to my own spiritual beliefs, to my inner strengths and resources, to my choices in wellness, and to the people in my family and community. It is my vision to promote these healing connections in my work with children and families so we all can flourish.



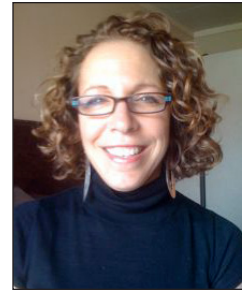
Dr. Diane McMahon
*Associate Professor, Sociology
 Service Learning and Civic Engagement
 Center, Faculty Director*

In my teaching role, I have used CMBM self-help relaxation techniques with students in class. I have also co-lead an employee wellness group at the college. In every setting, I have seen how this model helps build relaxation, concentration and empathy in the people that choose to participate. Most importantly, it has helped me better understand how every interaction is rooted in our ability to connect with our deeper selves. The self-help skills that you gain from learning CMBM techniques provides an internal framework of wellness that you can use when life challenges arise.



Cheryl K. Nelson
*Nurse Managed Wellness Clinic Director
 Professor of Nursing
 Allegany College of Maryland*

The training I received at the center for Mind-Body medicine has made a positive difference in my day to day life, personal and professional relationships. The model for MBM skills groups works. Trust the model!



Amy Schwab Owens, LCPC,
*Certified Wellness Coach, & Life Fitness
 Management owner*

The CMBM training provided me with an evidence-based format and tools for self-care and resiliency that I use personally and share with my clients. The training was a powerful reminder of the healing power of connection to self and others.



Brenda Owens, RN, FNP-BC,
*Associate Professor of Nursing
 at Allegany College of Maryland*

Mind-Body Medicine is the path to Holistic Health. To help our patients achieve their optimal health we have to guide them to a more mindful lifestyle.



Patricia Robison, Ph.D.
*Director, Licensed Psychologist
 Frostburg State University
 Counseling and Psychological Services*

The skills and training I acquired through the Center for Mind-Body Medicine have been equally valuable in my personal life, as well as, my professional life as a psychologist at Frostburg State University's Counseling Center. It is a rare day that I am not using the meditation and/or belly breathing skills for either myself or with my clients.



Lisa A. Rocks, M.Ed., R.R.T., C.C.M.A.

*Professor
Program Director, Medical Assistant and
Medical Administrative Assistant Programs
Faculty Development Coordinator
Allegany College of Maryland*

The mind body skills training has provided a toolbox of skills that I have used to reduce stress and anxiety for myself and for my students. By teaching my students these skills they can use them personally to take care of themselves and also pass them on to their families and patients. My greatest wish is to bring this to our community to build a healthier, more connected community and provide the skills to balance between the intellectual, emotional, physical social and spiritual aspects of their lives.



Stacey Rorbaugh, M.Ed., MLS(ASCP)^{cm}

*Program Director – Medical Laboratory
Technology
Allegany College of Maryland*

The CMBM model training has enabled me to develop a toolbox filled with tools that I can use professionally and personally. I have been able to use techniques that have helped my students reduce testing stress and anxiety as well as assist students in crisis. The techniques are quick solutions to reset emotional responses anyone can deploy without cost or stigma. I see this as a powerful way to connect our community around educating and supporting this transition to more contemplative practices.



Becky Ruppert

I had no idea what to expect when I attended the Professional training last year. But it turned out to be such a powerful experience - it actually brought my joy back. I would highly recommend it to anyone.



Tama Scarpelli

President of the Allegany Arts Council

Our kids, as well as their parents, are struggling. Any coping mechanisms we can provide them to deal with the stresses of addiction, will help them remove themselves, at least mentally, can help.



Dr. Rae Ann Smith, Director

*Occupational Therapy Assistant Program
Allegany College of Maryland*

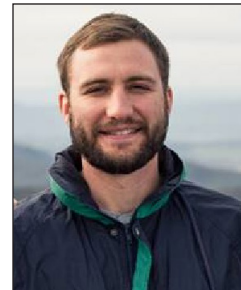
Becoming initially certified in Mind Body Medicine, and then receiving the advanced training and certification, has had a profound impact on my life! I use the skills myself every day, I incorporate them in the classroom and with my family, and I have had the amazing opportunity to lead groups of students and colleagues in learning how to use the techniques to be well.



Cherie Snyder, MSW, MA;

*Certification in Mind/Body Medicine
Director/Professor, Human Services
and Integrative Health
Allegany College of Maryland*

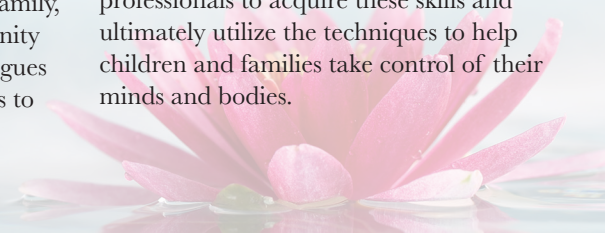
I have never seen such a powerful tool for change in my 45 years as a social worker and a teacher! Students embrace and value the feeling of connection with others and the sense of empowerment that comes with these using these coping strategies. They report sharing them with family and friends and are also using them with clients in their field placements. Truly a transformative journey for me and for my students that ripples throughout the community.



Daniel Snyder, BS

*Service Coordinator,
The Judy Center at South Penn Elementary*

Incorporating the CMBM model into my life has had a profound impact both personally and professionally. My stress has drastically decreased and I have been able to reduce the tension in my body. The model has also helped me improve my ability to listen to others and pause before responding. Using mindfulness techniques with children suffering from trauma has given us a new set of tools to help students cope with their emotions. I envision our community mobilizing more professionals to acquire these skills and ultimately utilize the techniques to help children and families take control of their minds and bodies.





Kierstin Snyder, PT, DPT

Physical Therapist – Progressive Physical Therapy

By using the CMBM model, I have been able to improve my care for patients with chronic pain, anxiety, and depression that are healing from a variety of musculoskeletal and neurological injuries. Through this model, patients have been able to improve their overall quality of life and regain control of their pain and/or other limitation.



Theresa Stahl, RDN, LDN, FAND

*Clinical Dietitian Specialist/Outpatient Community Dietitian
Western Maryland Health System
Willowbrook Office Complex*

What an inspirational experience! Everyone should attend at least once in their life. It was personally eye-opening and transformational and provided valuable, evidence-based tools for me to use with my clients and class participants. I believe we CAN improve our community through these practical mind-body medicine tools.



Jen Thomas

*Program Coordinator
STEP: "Stretching To EmPower"
AHEC West*

The CMBM opened my eyes - and my heart - to the profound impact we can have on ourselves when we sit, breathe and connect with others. By sharing and teaching mind body skills within our community, we can empower others to better cope with stress and manage challenging emotions, making for a kinder and more compassionate community.



Valerie VanHollen, LCSW-C

*Clinical Social Worker/Counselor,
Western Maryland Health System
Behavioral Health*

I use mind body skills daily in individual counseling as well as in my own life.



Mike Weddle, MD, PhD,

*Director of Emergency Services
Conemaugh Meyersdale Medical Center*

I have breathed with patients in the ER, but it's rare that the mind-body model enters the therapeutic mix. In the community I am able to help place healing force into people's own hands, and I use

the model to do my own self-care. My vision for the community is a place where an understanding is shared, moving the responsibility for health away from my medical colleagues and their prescription pads and having it rest in the self care of the individual.



Dr. Miha Wood

*Associate Professor of History,
Allegany College of Maryland*

The training offered by CMBM has provided me with a new way to connect with students. I am able to offer them a new set of tools that can improve their focus on their academic and life goals, as well as decrease stress and increase mindfulness in their lives. I have also applied some of the practices in my own life, resulting in an improved work-life balance.



Cindy Zumbun, CPC-I, RHIT, CCS-P, M.Ed

*Practicum Coordinator,
Medical Assistant and Medical Administrative Assistant Programs
Allegany College of Maryland*

The CMBM model has taught me the importance of taking time to care for myself and for others. Whether it is a few minutes of mindful breathing or movement, the techniques of the model can be life changing. I believe this model is a catalyst for creating a culture of wellness in our community.

