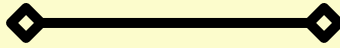


BREATH-BODY-MIND: A NEW GLOBAL MENTAL HEALTH MODEL FOR COVID, UKRAINE, AND OTHER MASS DISASTERS



HOSPITAL, HEALTH & ADDICTION WORKERS, PATIENTS AND FAMILIES WORK GROUP
Est. by 14 doctors/American Psychological Association

MAY 13, 2022, 10-11AM EST



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The one-therapist-one-patient model is not feasible during and after mass disasters. Breath-Body-Mind, developed for large group interventions following the 2001 World Trade Center Attacks, has been shown to be a safe, effective method for rapid relief of acute and chronic trauma-related symptoms in adults and children across cultures.

Breath-Body-Mind™, a safe cross-cultural method for rapid relief of trauma-related symptoms in adults and children. Evidence-based practices, derived from yoga, qigong, meditation, and martial arts, have relieved anxiety, depression, and PTSD in survivors of mass disasters. Explore the neuroscientific basis for the effects of breath practices on how we think, feel, and relate to others.

[Click here](#) to register in advance for this meeting. After registering, you will receive a confirmation email containing information about joining the meeting.



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HOSPITAL, HEALTH & ADDICTION WORKERS, PATIENTS
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