

Mind and Emotions: Additional Resources

Organizations to promote better breathing

- Dr. Andrew Weil's website: describes three breathing exercises (<http://www.drweil.com/drw/u/ART00521/three-breathing-exercises.html>)
- National Center for Complementary and Alternative Medicine (NCCAM): Provides a fact sheet on relaxation techniques for health. (<http://nccam.nih.gov/health/stress/relaxation.htm?nav=gs>)
- The Lung Association (Canada): Works to improve and promote lung health. (<http://www.lung.ca>)
- Bonnie J. Addario Lung Cancer Foundation (U.S.A.): Works to transform lung cancer into a chronically managed disease and ultimately to eradicate it through research, awareness, education, early detection, and treatment. (<http://www.lungcancerfoundation.org>)

Organization for Clinical Hypnosis

- American Society of Clinical Hypnosis (ASCH): Offers professional hypnosis training workshops, certification, and networking opportunities for health and mental health care professionals who use clinical hypnosis. (<http://www.asch.net>)

Organizations for Guided Imagery

- Academy for Guided Imagery (AGI): Provides 1) guided imagery training for clinicians, counselors, health educators, and coaches and 2) self-care products and programs for the general public who are struggling with a chronic, difficult, or painful illness. (<http://www.acadgi.com>)
- The Center for Healing & Imagery: Offers experiential, small group trainings for professionals. (<http://www.centerforhealingandimagery.com>)
- The Healing Mind: 1) Offers CDs to help the general public manage a variety of health conditions through guided imagery. 2) Collects, shares, and supports research on mind-body and guided imagery effects on health and self-care. (<http://www.thehealingmind.org>)
- Health Journeys: Offers guided imagery, hypnosis, and other mind-body audio products on a wide variety of topics to the general population. Gives a 15% discount to members of the military, Veterans, and their families. (<http://www.healthjourneys.com>)
- The Center for Mind-Body Medicine: Teaches mind-body medicine techniques that enhance each person's capacity for self-awareness and self-care to health professionals around the world. (<http://cmbm.org>)

Organizations for Biofeedback

- The Association for Applied Psychophysiology and Biofeedback, Inc. (AAPB): Advances the development, dissemination and utilization of knowledge about applied

- psychophysiology and biofeedback to improve health and the quality of life through research, education and practice. (www.aapb.org)
- Biofeedback Certification International Alliance: Independent agency that provides national certification for biofeedback providers. (www.bcia.org)
 - International Society for Neurofeedback & Research (ISNR): Organization for health professionals, educators, researchers, students, and general public. Promotes excellence in clinical practice, educational applications, and research in applied neuroscience in order to better understand and enhance brain function. (www.isnr.net)

Organizations for Meditation

- BuddhaNet: Buddhist Education and Information Network. Provides Buddhist education and information. (<http://www.Buddhanet.net>)
- Sounds True: Offers a variety of CDs and books on meditations. (www.soundstrue.com)
- American Meditation Institute: Offers meditation instruction. (<http://www.americanmeditation.org>)
- Integrative Medicine Program, Department of Family Medicine, University of Wisconsin-Madison School of Medicine and Public Health: Provides online guided practices and resources for mindfulness in medicine. (<http://www.fammed.wisc.edu/mindfulness>)
- Center for Mindfulness in Medicine, Health Care, and Society, University of Massachusetts Medical Center: Created the Mindfulness-Based Stress Reduction (MBSR) Program. Offers MBSR training and teacher training. (<http://www.umassmed.edu/cfm/>)
- Aware Medicine curriculum, Integrative Medicine Program, Department of Family Medicine, University of Wisconsin-Madison School of Medicine and Public Health: Provides information on meditation and mindfulness. Developed from the Aware Medicine curriculum for medical students and residents. (<https://www.fammed.wisc.edu/aware-medicine/mindfulness>)
- Benson-Henry Institute for Mind Body Medicine, Massachusetts General Hospital: Provides in-person and on-line instruction on mind-body medicine for healthcare professionals and students. (<http://www.bensonhenryinstitute.org/>)
- Omega Institute for Holistic Studies (East coast): Offers hope and healing through a variety of mind-body initiatives, one of which is focused on Veterans. (<http://www.eomega.org/>)
- The Pema Chödrön Foundation: Promotes the teachings of Buddhist teacher, Pema Chödrön. (<http://pemachodronfoundation.org>)
- National Center for Complementary and Alternative Medicine: Offers a variety of information on meditation for the general public and professionals. (<http://nccam.nih.gov/health/meditation>)
- Kabbalah Online: Includes information on Jewish meditation. (<http://www.chabad.org/kabbalah>)

- D.I.Y. Dharma: Contains dharma talks, guided meditations, and lectures for people who meditate in the Buddhist tradition. (<http://diydharma.org/about-us>)
- Spirit Rock, An Insight Meditation Center (West coast): Provides silent meditation retreats, classes, trainings, and Dharma study opportunities in the vipassana tradition for new and experienced students from diverse backgrounds. (<http://www.spiritrock.org/>)
- Contemplative Outreach (Centering Prayer): Fosters the process of transformation in Christ in one another through the practice of Centering Prayer (<http://www.contemplativeoutreach.org/category/category/centering-prayer>)
- Plum Village Mindfulness Practice Centre: Buddhist monastery in France where Thich Nhat Hanh often resides and a Buddhist practice center for lay people. Offers retreats. (<http://www.plumvillage.org>)
- Transcendental Meditation (Official U.S. website): Promotes transcendental meditation for inner peace and wellness and contains a section specifically for military Veterans. (<http://www.tm.org/>)
- Sufi Meditation Center (SMC): Promotes Muslim mystical awareness through Sufi Meditation and praises of the Prophetic Light that is contained in every Heart. (<http://www.sufimeditationcenter.com>)

Organizations for Cognitive Behavioral Therapy (CBT)

- National Association of Cognitive-Behavioral Therapists: 1) Supports, promotes, teaches, and develops CBT and those who practice it. 2) Certifies therapists. 3) Maintains a directory of certified therapists. (<http://www.nacbt.org>)
- Association for Behavioral and Cognitive Therapies: Multidisciplinary organization that provides 1) clinical, research, and teaching resources for professionals, and 2) educational resources for students. (<http://www.abct.org/home/>)
- Beck Institute for Cognitive Behavior Therapy: Organization, established by Aaron T. Beck, who developed CBT, which provides training, therapy, and resources. Offers training specific to the use of CBT with military populations. There are partial workshop scholarships available for professionals who work with military populations. (<http://www.beckinstitute.org/>)
- International Association for Cognitive Psychotherapy (IACP): Facilitates the world-wide development, utilization, and growth of cognitive psychotherapy. (<http://www.the-iacp.com/>)
- Society of Behavioral Medicine: Provides a multidisciplinary, interactive network for education, research collaboration, and clinical and public policy concerns to promote the study of the interactions of behavior with biology and the environment, and improve the health and well-being of individuals, families, communities, and populations. (<http://www.sbm.org/>)

Organizations for Acceptance and Commitment Therapy

- Association for Contextual Behavioral Science (ACBS): Provides clinical and research resources, training, and networking to advance functional contextual cognitive and

behavioral science and practice to alleviate human suffering and promote well-being.
(<http://contextualscience.org/>)

Organizations for Eye Movement Desensitization and Reprocessing Therapy (EMDR)

- EMDR Institute, Inc.: 1) Provides training in EMDR for professionals and resources (books, CDs, DVDs, etc.). 2) Maintains a list of EMDR Institute-trained clinicians by state. (<http://www.emdr.com/>)
- EMDR International Association (EMDRIA): Membership organization of mental health professionals. 1) Sets standards of practice, training, certification, and research. 2) Provides information, education, and advocacy. 3) Maintains a list of EMDR therapists by location. (<http://www.emdria.org>)
- Trauma Recovery, EMDR Humanitarian Assistance Programs: Coordinates projects throughout the U.S. and internationally. 1) Educates the public on trauma effects. 2) Provides support for professionals working with underserved populations. 3) Treats victims post-disaster and in war zones. (<http://www.emdrhap.org/>)

Organizations for Creative Arts Therapies

- National Coalition of Creative Arts Therapies Associations (NCCATA): Facilitates collaborative advocacy, research, and education within the creative arts: art therapy, dance/movement therapy, drama therapy, music therapy, poetry therapy, and psychodrama. (<http://www.nccata.org/#!>)
- American Art Therapy Association Professional organization: 1) Provides standards of professional competence, and develops and promotes knowledge in, and of, the field of art therapy. 2) Provides links to locate qualified art therapists. (<http://americanarttherapyassociation.org>)
- American Music Therapy Association: Develops the therapeutic use of music in rehabilitation, special education, and community settings. 1) Advances education, training, professional standards, credentials, and research in support of the music therapy profession. 2) Provides an e-mail address to locate qualified music therapists. (<http://www.musictherapy.org>)
- North American Drama Therapy Association: Organization for professionals and students. Establishes and upholds standards of professional competence and ethics. Develops criteria for training and registration. Sponsors publications and conferences and promotes the profession of drama therapy through information and advocacy. (www.nadta.org)
- American Dance Therapy Association: 1) Supports the profession of dance/movement therapy through advocacy, social media, a journal, a newsletter, annual conference, continuing education events, and local chapters. 2) Maintains a database of qualified therapists by state. (<http://www.adta.org>)



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