



Vera Lucia Moura, MD, is a Brazilian psychiatrist/psychoanalyst with over 20 years of clinical practice in her country prior to immigrating to the US in 1990.

While practicing as a physician in Brazil, Dr. Moura's approach

included conventional drug and herbal therapy, relaxation techniques and different forms of psychotherapy, including classical psychoanalysis. While working at the University of Michigan (UM) Medical School from 1995 to 2006, Dr. Moura completed the Center for Mind-Body Medicine's Professional Certification Program in Mind-Body-Spirit Medicine. At the UM Integrative Medicine Program, she facilitated Mind-Body Skills groups of health professional students and groups of women with a history of abuse. She also conducted research on Mind-Body Medicine and Ancient Ways of Healing, including healing methods derived from indigenous cultures such as Andean (Kichwa), African, Brazilian, and Native American. Currently, she is a research instructor in the Department of Physical Medicine and Rehabilitation's Program on Integrative Medicine, where she directs the UNC-CH MBSG Program. Additionally, she is working on her master's degree in Mind-Body Medicine at Saybrook University in California. Dr. Moura is committed to educating groups and individual clients on mind-body-spirit integration skills.

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*The University of
North Carolina at Chapel Hill*

Mind-Body Skills Group Program



*A ten-week course to learn tools for
self-care, self-awareness & health
promotion*



UNC
HEALTH CARE

What is Mind-Body Medicine?

More and more individuals are realizing the connection between mind and body: the ways in which physical, emotional, mental, social and spiritual factors interact as a dynamic whole and directly affect health. Dr. James Gordon, founder and director of the national Center for Mind-Body Medicine,[†] advises the general public, including health care professionals, to embrace a holistic, individualized approach to health and draw upon the wisdom of ancient medical traditions.

What is the Mind-Body Skills Group (MBSG)?

MBSG is a meditative group process that includes a powerful and effective combination of research-based mind-body techniques to help people deal with life changes, stress and illnesses in an intimate and supportive group setting. Self-care, self-awareness and health promotion are at the center of the MBSG program. Participants become empowered to heal themselves and others by learning a variety of techniques, and can choose which of these are more effective in their personal and daily routines. The tools provide a positive turning point for life transformation.

Techniques include:

- Meditation
- Guided Imagery: Using the mind's creative power and imagination to heal
- Breath Work
- Movement
- Journal Writing

- Drawing
- Autogenic Training: Using relaxing, repetitive phrases to counteract the effects of stress
- Biofeedback: Using a device to measure levels of relaxation via skin temperature

Two-and-a-half hour group sessions are held once a week for ten weeks, focused on experiential practice and self-reflection. The group dynamic is supportive and allows participants to share their thoughts, feelings and emotions when and if they feel comfortable doing so. MBSG is offered to the general public (including people with stable chronic conditions), and to healthcare professionals.

What are the Benefits?



MBSG helps people transform the multi-dimensional aspects of their lives by reducing and relieving stress, increasing resistance to disease and creating optimal health. MBSG can significantly benefit people with cancer, depression, anxiety, chronic pain, post-traumatic stress and other illnesses. MBSG has been proven to assist health care professionals in “preventing burnout, reinstilling fresh purpose in their work, understanding their purpose in serving and healing their patients, and providing a transformational experience.”

Registration:

Cost: \$425.00. Partial scholarships are available.

Inquiries and Registration:

Contact Vera Moura, MD, at (919) 240-7022 or vera_moura@med.unc.edu via email.

A personal interview is required before admission to the program. The group is limited to 8 participants. Individual sessions also are available.

Testimonials:

“What I have grown to recognize about myself is that I spend a great deal of time taking care of everyone. ... This class taught me about my origin and my environment, and the role it all played in how I have learned to survive and cope with life. I feel better about my existence and it has allowed me to engage in self-care.”

“I feel grateful and empowered by the experience of being in the group. The techniques were mostly known to me, but now I am more and more comfortable sharing them with others in my practice and in my personal life.”

“Listening to everyone in the group talk about themselves, I realized how different what they said was from what I thought I might hear. ... I know that I have grown, mostly in my ability to look inside myself, but also in my ability to really hear other people.”

[†]The Center for Mind-Body Medicine, located in Washington, DC, is one of the world's most respected training programs teaching mind-body skills for self-care and stress management in the US. To learn more, go to: <http://www.cmbm.org>

[‡]The Program on Integrative Medicine (PIM) within the UNC-CH Department of Physical Medicine & Rehabilitation was founded in 1998 with the mission to enhance the public's health and to improve the effectiveness and safety of health care through the appropriate integration of CAM with mainstream healthcare. Go to: <http://www.med.unc.edu/phyrehab/pim>