



About the Facilitator



Vera Lucia Moura, MD, is a Brazilian psychiatrist/psychoanalyst with more than 20 years of clinical practice in her country prior to immigrating to the United States in 1990. While practicing as a physician in Brazil, Dr. Moura's approach included conventional drug and herbal therapy, relaxation techniques, herbals, and different forms of psychotherapy, including classical psychoanalysis.

While working at the University of Michigan 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.

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.

The University of North Carolina School of Medicine

Department of Physical Medicine & Rehabilitation

Program on Integrative Medicine

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<http://www.med.unc.edu/phyrehab/pim>

*"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."*



UNC Mind-Body Skills Group Program

*A 10-week course to learn the
tools of self-care, self-awareness
& health promotion*

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What is Mind-Body Medicine?

Mind-body medicine explores 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.

“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.”

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 core 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. The sessions focus 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 health-care 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, re-instilling fresh purpose in their work, understanding their purpose in serving and healing their patients, and providing a transformational experience.”



Registration Information

Cost: \$425.00.

Partial scholarships are available.

Inquiries and Registration: Contact Vera Moura, MD, at (919) 240-7022 or vera_moura@med.unc.edu. A personal interview is required before admission to the program. The group is limited to 8 participants. Individual sessions also are available.

“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.”