

Mind Body Medicine Facilitators

Nancy Harazduk, MEd, MSW, an Assistant Professor at Georgetown University, School of Medicine in Washington, DC is the Director of the Mind-Body Medicine Program and the Ombudsperson to the medical students.

To integrate Mind-Body Medicine into the medical school curriculum, she directs and teaches Mind-Body Medicine courses for first, second and third medical students, law students, Physiology Masters students, and for the faculty of Georgetown University School of Medicine and Georgetown Law Center. In this course, participants are taught to integrate mindfulness meditation, imagery, autogenic training, biofeedback, journal writing and movement into their personal and professional lives.

As a presenter, facilitator and supervisor, Ms. Harazduk has trained over seven hundred healthcare professionals in Mind-Body Medicine. She has developed and led Mind-Body Medicine groups for people with cancer, depression, chronic illness, and severe stress. In addition, she has done extensive work with chronically and terminally ill people and the National Institutes of Health and at Hospice.

After graduating from Lehman College in the Bronx, New York with a Masters in Education, she was an elementary school teacher for thirteen years. She later earned a Masters in Social Work from Catholic University in Washington, DC.

Ms. Harazduk has completed post-graduate training in Mindfulness Based Stress Reduction with Jon Kabat-Zinn, PhD; Past Life Regression training with Brian Weiss, MD; the Healer's Art Professional Training course with Rachel Naomi Remen, MD; and the Clinical Training Program in Mind-Body Medicine with Herbert Benson, MD. In addition, she is certified in Interactive Guided Imagery by the Academy of Guided Imagery in Mill Valley, California.

Ms. Harazduk maintains a private psychotherapy practice specializing in Mind-Body Medicine therapies in Chevy Chase, Maryland.

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Ranit Mishori, MD, MHS is the Family Medicine Clerkship Director. Dr. Mishori is a graduate of the Georgetown University School of Medicine and the Georgetown University/Providence Hospital Family Medicine Residency. She has a master's degree in International Health from the John's Hopkins University School of Public Health. Prior to medical school, Dr. Mishori had a career as a television producer, focusing mainly on international affairs. Following medical school, she maintained her interest in communicating important issues to the public – this time around focusing on health and medicine -- and has been a regular contributor to Parade Magazine, and the Washington Post, among others.

Just prior to residency, she helped coordinate the Department of Family Medicine's Practice Based Primary Care Research Network, known as CAPRICORN (Capital Area Primary Care Research Network). She re-joined the Department of Family Medicine in February 2008 and has been appointed assistant professor of clinical family medicine on the Clinician-Educator Track.

Her current duties, in addition to being the Director of the required third year Family Medicine Clerkship, include being a small group discussion leader for the required 1st and 2nd year course in Evidence-Based Medicine, a Teacher in the Physical Diagnosis course, Mind-Body Medicine course, and required 1st and 2nd year Ambulatory Care course. She also teaches 'selectives'.

Clinically, Dr. Mishori sees patients in the Department of Obstetrics and Gynecology. She also serves as an attending physician at the Georgetown University/Providence Hospital Family Medicine Residency Program, precepting residents in the outpatient office and supervising the family medicine inpatient service on a rotating basis.

Her interests include: care of the underserved; patient education and health communications; preventive health and global health.

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Aviad “Adi” Haramati, Ph.D. is Professor in the Departments of Physiology & Biophysics and Medicine at Georgetown University School of Medicine with research interests in renal and electrolyte physiology. Currently, his activities are more centered on medical education and rethinking how health professionals are trained. Dr. Haramati has taught medical and graduate students for over 30 years and received institutional and national awards for his teaching.

He served on the Physiology Test Development Committee (USMLE Step 1) for the *National Board of Medical Examiners*, and is currently Chair of the Examination Section for the *Certification Board of Nutrition Specialists (CBNS)* of the American College of Nutrition. His CAM-related interests focus on the use of Mind-Body Medicine Skills for stress management and in health professions education.

Dr. Haramati was principal investigator of a 5 year NIH grant that supported a broad educational initiative to incorporate CAM and integrative medicine into the 4-year medical curriculum at Georgetown. He co-leads the faculty training program in Mind-Body Medicine at Georgetown University with Nancy Harazduk. Dr. Haramati is the past Vice-Chair of the *Consortium of Academic Health Centers for Integrative Medicine* and recently chaired the Organizing Committee for the 2009 North American Research Conference on Complementary and Integrative Medicine.

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John VanMeter, Ph.D., is an Assistant Professor in the Department of Neurology at Georgetown University Medical Center and Director of the 3T MRI facility at Center for Functional and Molecular Imaging. Dr. VanMeter received his Ph.D. in computer science from Dartmouth College. He has over 15 years experience in the design and implementation of neuroimaging experiments as well as their data analysis.

Dr. VanMeter’s experience includes two years as a staff fellow in the Laboratory of Neuroscience in the National Institute of Aging, where he co-authored the first paper to use fMRI to investigate dyslexia. Dr. VanMeter has led the development of a number of major software programs as the Director of Research and Development at Sensor Systems, Inc. This includes a commercial software package that is utilized at over 300 research institutions worldwide in the analysis of multi-modal datasets including

structural MRI and fMRI as well as the subsequent development of one of the first FDA cleared fMRI clinical analysis package.

As PI of an NIH funded P50 research project, Dr. VanMeter is applying a number of MRI based techniques including fMRI, Diffusion Tensor Imaging (DTI), and MR spectroscopy to determine the neurobiological basis of autism. His research focuses on the application of neuroimaging techniques to study a variety of neurological and psychiatric conditions with particular emphasis on the role of medial frontal cortex in managing reaction to emotional stimuli.

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Stacey Kaltman, Ph.D., is an Assistant Professor in the Department of Psychiatry, Georgetown University School of Medicine. She is a licensed clinical psychologist and trauma researcher. Currently, she is the PI of a NIMH-funded grant addressing the mental health needs of trauma exposed Latino immigrants in primary care settings. Dr. Kaltman is also the Assistant Director of the NIMH-funded Georgetown Center for Trauma and the Community which seeks to develop low cost trauma interventions for public sector primary care settings. Through her department's Center for Mental Health Outreach she works with local jurisdictions to develop and evaluate collaborative care programs which integrate somatic and psychiatric care in the primary care setting. In addition to teaching medical students and residents about the impact of trauma, Dr. Kaltman's teaching also focuses on behavioral and psychosocial aspects of medical care and the mind-body connection.

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Marion Werner, M.Ed., CHTP has a private Healing Touch, Reiki and Mind-Body Medicine practice in the Washington D.C. area. In her work with groups and individuals, her aim is to help clients create balance and well-being in their lives. Her approach involves the whole person, mind, body and spirit. Her treatments help to promote relaxation, reduce stress and anxiety, decrease pain, strengthen the ability to cope with illness, and access inner resources, wisdom and strength. She uses various healing modalities including Healing Touch, Reiki, mindfulness meditation and guided imagery. Marion specializes in providing care for clients with anxiety, depression, cancer and chronic illness. Her practice does not interfere with any medical treatment prescribed by a doctor.

Marion's work in the community includes serving as a facilitator in the Mind-Body Medicine Program for first year medical students and physiology masters students at Georgetown University School of Medicine; offering cancer support workshops at Suburban Hospital and Smith Farm; facilitating a mind-body-spirit meditation group at Sarah's Circle; teaching mind-body skills to high school students; in addition to serving other community organizations. She is President of the Board of the Lloyd Symington Foundation, a small, non-profit organization funding complementary cancer care programs.

Marion is a Certified Healing Touch Practitioner, (CHTP) trained and certified by Healing Touch International. She has professional training in Mind-Body Medicine from the Center for Mind-Body Medicine in Washington D.C. and the Georgetown University School of Medicine. She has also trained in the practice of medical intuition with Miriam Wolf, D.C., of Putney, Vermont.

Prior to her years in the healthcare field, Marion worked for 15 years as a Special Education teacher and administrator working with students with emotional and behavioral difficulties.

She received her Masters in Education from The American University, and her Bachelor of Arts from Harvard University.

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Michael Ullman, PhD, is Professor in the Departments of Neuroscience, Psychology, Linguistics and Neurology; Director of the Brain and Language Lab; and Co-Director of the Center for the Brain Basis of Cognition at Georgetown University. His research examines the neurocognition of language and its relation to memory in first and second language and in brain disorders.

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