

## CURRICULUM VITAE

**DATE PREPARED:** October, 2011

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**Place of Birth:** Yonkers, New York

### Education

1957	B.A.	Biology	Wesleyan University
1961	M.D.	Medicine	Harvard Medical School
1997	D.H.L.		(hon.), Becker College
2000	D.P.S.		(hon.), Cedar Crest College
2002	D.H.L.		(hon.), Lasell College
2007	D.H.L.		(hon.), Massachusetts School of Professional Psychology

### Postdoctoral Training

1961-1962	Straight Medical Intern	Medicine, King County Hospital, Seattle
1962-1963	Assistant Resident in Medicine	University Hospital, University of Washington, Seattle
1963-1965	Surgeon	National Heart Institute, Bethesda (United States Public
1964-1965	Research Assistant in Medicine	University of Puerto Rico, San Juan, Puerto Rico
1965-1967	Research Fellow in Medicine	Harvard Medical School, Research and Clinical Fellow in Medicine, Thorndike Memorial Laboratory, Boston City Hospital
1967-1968	Research Fellow in Physiology	Harvard Medical School

## Faculty Academic Appointments

1969	Instructor in Physiology, Harvard Medical School
1969	Instructor in Medicine, Harvard Medical School
1970-1972	Assistant Professor of Medicine, Harvard Medical School
1972-1977	Associate Professor of Medicine, Harvard Medical School
1977-1987	Associate Professor of Medicine at the Beth Israel Hospital, Harvard Medical School
1987-1992	Associate Professor of Medicine, Harvard Medical School
1992-	Mind/Body Medical Institute Associate Professor of Medicine, Harvard Medical School

## Appointments at Hospitals/Affiliated Institutions

### Past

1967-1971	Assistant Visiting Physician, II and IV Medical Service (Harvard), Boston City Hospital
1969-1974	Research Associate, Thorndike Memorial Laboratory, Boston City Hospital
1971-1974	Associate Visiting Physician, Harvard Medical Unit, Boston City Hospital
1986-1990	Active Provisional Staff, New England Deaconess Hospital

### Current

1974-	Associate Physician, Beth Israel Hospital
1990-	Active Staff, Beth Israel Deaconess Medical Center
2006-	Physician, Massachusetts General Hospital
2007-	Associate Member, Medical Staff, Massachusetts Institute of Technology Medical Department

## Other Professional Positions

1967-1969	Medical Foundation Fellow
1969-1977	Consultant in Cardiology, Cambridge City Hospital
1981-1982	Advisory Group, The MacArthur Foundation
1990- 1997	Lecturer in Medicine and Religion, Andover Newton Theological School, Newton Centre
1991- 2003	Board of Advisors, Center for Humility Theology, John Templeton Foundation

## Major Administrative Leadership Positions

### Local

1970-1972	Assistant Program Director, General Clinical Research Center, Harvard Medical Unit, Boston City Hospital
1972-1978	Program Director, General Clinical Research Center, 1972-1974 at the Harvard Medical Unit, Boston City Hospital and 1974-1978 at the Beth Israel Hospital
1974-1987	Director, Hypertension Section, Beth Israel Hospital
1974-1988	Chairman of the Cardiovascular Pathophysiology Course
1977-1978	Director, Behavioral Medicine Section, Beth Israel Hospital
1978-1982	Founder and Chairman of the Behavioral Medicine Elective Course
1978-1987	Director, Division of Behavioral Medicine, Beth Israel Hospital
1979-	Founder and Director of the Behavioral Medicine-Clinical Training in Mind/Body Medicine Post Graduate Course

1983-1987 Co-Director, Brigham-Beth Israel Hospitals Hypertension Center

1987-1990 Chief, Section on Behavioral Medicine, New England Deaconess Hospital

1988-2002 President, Mind Body Medical Institute, (NEDH Corp; Pathway), CareGroup

1988- 2006 President, Mind/Body Medical Institute

1989-1991 Co-Chairman of the Cardiovascular Pathophysiology Course

1990-2002 Chief, Division of Behavioral Medicine, New England Deaconess Hospital

1993 Course Director, Clinical Training in Behavioral Medicine, HMS

1994 Course Director:  
 Clinical Training in Behavioral Medicine (June)  
 Advanced Clinical Training in Behavioral Medicine (February)  
 Clinical Training in Behavioral Medicine (October)

1995-1998 Founder and Director of the Spirituality and Healing in Medicine  
 Post Graduate Course

1995 Course Director:  
 Clinical Training in Behavioral Medicine (February)  
 Clinical Training in Behavioral Medicine (June)  
 Clinical Training in Behavioral Medicine (October)  
 Spirituality and Healing in Medicine  
 Course Director:  
 Clinical Training in Mind/Body Medicine (February)  
 Clinical Training in Mind/Body Medicine (June)  
 Clinical Training in Mind/Body Medicine (October)  
 Spirituality and Healing in Medicine (December)

1997 Course Director:  
 Clinical Training in Mind/Body Medicine (February)  
 Clinical Training in Mind/Body Medicine (March)  
 Clinical Training in Mind/Body Medicine (May)  
 Clinical Training in Mind/Body Medicine (October)  
 Spirituality and Healing in Medicine (December)

1998 Course Director:  
 Clinical Training in Mind/Body Medicine (February)  
 Clinical Training in Mind/Body Medicine (March)  
 Clinical Training in Mind/Body Medicine (May)  
 Spirituality and Healing in Medicine (March)  
 Spirituality and Healing in Medicine (December)

1999- Course Director:  
 Clinical Training in Mind/Body Medicine (February)  
 Clinical Training in Mind/Body Medicine (May)  
 Clinical Training in Mind/Body Medicine (October)  
 Spirituality and Healing in Medicine (December)

2000- Co-Founder of Skills Training for Mind/Body Change Post Graduate Course  
 2000 Course Director:  
 Clinical Training in Mind/Body Medicine (February)  
 Spirituality and Healing in Medicine (March)  
 One Day in Mind/Body Medicine (April)  
 Mind/Body Training in Optimism, Humor and Cognitive Restructuring (June)  
 Clinical Training in Mind/Body Medicine (June)  
 Clinical Training in Mind/Body Medicine (November)

2001-2002  
 2001  
 Spirituality and Healing in Medicine (December)  
 Founder and Co-Director of Science and Mind/Body Medicine Post Graduate Course  
 Course Director:  
 Mind/Body Training in Optimism, Humor and Cognitive Restructuring  
 (March)  
 Spirituality and Healing in Medicine (March)  
 One Day in Mind/Body Medicine (March)  
 Clinical Training in Mind/Body Medicine (June)  
 Clinical Training in Mind/Body Medicine (October)  
 One Day in Mind/Body Medicine (October)  
 Spirituality and Healing in Medicine (December)

2002-2006  
 2002  
 President, Mind/Body Medical Institute  
 Course Director:  
 Spirituality and Healing in Medicine (March)  
 Mind/Body Training in Positive Psychology (April)  
 Clinical Training in Mind/Body Medicine (June)  
 Clinical Training in Mind/Body Medicine (October)  
 Spirituality and Healing in Medicine (December)

2003  
 Course Director:  
 Spirituality and Healing in Medicine (March)  
 Mind/Body Training in Positive Psychology (April)  
 Clinical Training in Mind/Body Medicine (June)  
 Clinical Training in Mind/Body Medicine (October)  
 One Day in Mind/Body Medicine (October)  
 Spirituality and Healing in Medicine (November)

2004 -  
 2004  
 Co-Founder and Director of Mind Body Medicine Course  
 Course Director:  
 Clinical Training in Mind/Body Medicine (March)  
 Mind/Body Training in Positive Psychology (April)  
 Clinical Training in Mind/Body Medicine (June)  
 One Day in Mind/Body Medicine (October)  
 Clinical Training in Mind/Body Medicine (October)  
 Spirituality and Healing in Medicine (December)

2005  
 Course Director:  
 Clinical Training in Mind/Body Medicine (March)  
 Spirituality and Healing in Medicine (April)  
 Mind/Body Training in Positive Psychology (May)  
 Clinical Training in Mind/Body Medicine (June)  
 One Day in Mind/Body Medicine (September)  
 Clinical Training in Mind/Body Medicine (October)  
 Spirituality and Healing in Medicine (December)

2006-  
 2006  
 Director Emeritus, Benson-Henry Institute for Mind Body Medicine at  
 Massachusetts General Hospital  
 Course Director:  
 Clinical Training in Mind/Body Medicine (March)  
 Mind/Body Training in Positive Psychology (May)  
 Clinical Training in Mind/Body Medicine (June)  
 Clinical Training in Mind/Body Medicine (September)

2007	<p>One Day in Mind/Body Medicine (November)          Spirituality and Healing in Medicine (December)</p> <p>Course Director:</p> <p>Clinical Training in Mind/Body Medicine (February)          Mind/Body Training in Positive Psychology (May)          Clinical Training in Mind/Body Medicine (June)          Clinical Training in Mind/Body Medicine (September)          One Day in Mind/Body Medicine (October)          Spirituality and Healing in Medicine (December)</p>
2008	<p>Course Director:</p> <p>Clinical Training in Mind/Body Medicine (March)          Mind/Body Training in Positive Psychology (May)          Clinical Training in Mind/Body Medicine (June)          Clinical Training in Mind/Body Medicine (September)          One Day in Mind/Body Medicine (October)          Spirituality and Healing in Medicine (December)</p>
2009	<p>Course Director:</p> <p>Clinical Training in Mind/Body Medicine (March)          Mind/Body Training in Positive Psychology (May)</p>
2010	<p>Course Director:</p> <p>Clinical Training in Mind/Body Medicine (June)          Clinical Training in Mind Body Medicine (September)          One Day in Mind/Body Medicine (November)</p>
2011	<p>Course Director:</p> <p>Building Resilience: The Mind Body Revolution in Health &amp; Healing (May)          The Revolutionary Practice of Mind Body Medicine (June)          Changing Lifestyle with Mind Body Medicine (July)          The Revolutionary Practice of Mind Body Medicine (October)</p>

## Committee Service

### Local

1960-1961	Boylston Medical Society, Harvard Medical School
1969-1974	Tutor in Medical Sciences, Harvard Medical School
1969-1977	Advisor to Members of the Harvard Classes of 1971-1977 and Subcommittee on Electives and Tutorial, Harvard Medical School
1970-1975	Financial Aid for Medical Students Committee, Harvard Medical School
1970-1980	Internship Advisor, Harvard Medical School
1973-1988	Committee on Clinical Investigation, Beth Israel Hospital
1974-1975	President, Boylston Medical Society, Harvard Medical School
1974-1977	Committee on Medical Research, Harvard Medical School
1974-1977	Founding Chairman, Committee on Human Studies, Harvard Medical School
1975-1977	Personnel Committee, Beth Israel Hospital
1978-1988	Laurence B. Ellis Lecture Committee, Harvard Medical School

1978-1980 Walter Bradford Cannon Student-Faculty Society, Harvard Medical School  
 1979-1985 Chairman, Committee on Medical Research, Harvard Medical School  
 1980- Committee on Continuing Education in the Medical School, Harvard Medical School  
 1985-1988 Faculty Council, Harvard Medical School  
 1987-1989 Subcommittee on Courses and Credits, Harvard Medical School  
 1990-1991 Institutional Review Board, New England Deaconess Hospital

**Regional**

1972-1974 Founding Chairman, Committee on Human Studies of the Harvard-Affiliated Services, Boston City Hospital  
 1972-1974 Human Studies Committee, Boston City Hospital  
 1977-1978 Chairperson, Steering Committee, Boston Health Promotion Council

**National**

1972 Consultant, National Institutes of Mental Health  
 1973 Expert Consultant, Special Action Office for Drug Abuse Prevention, Executive Office of the President, Washington, D.C.  
 1977-1979 Behavioral Medicine Study Section, National Heart, Blood and Lung Institute, National Institutes of Health  
 1978-1980 Chairman, Committee on Community Health and Education, The Medical Foundation  
 1978-1997 Board of Directors, The Medical Foundation  
 1981 Chairman, Behavioral Medicine Special Study Section, National Institutes of Health  
 1984-1990 Advisory Board, American Health Magazine  
 1985-1988 Board of Advisors, United States Committee, United Nations Lumbini Project

**International**

1986-1988 Board of Directors, Society for Tibetan Medicine

**Professional Societies**

1956 Sigma Xi  
 1963-1965 American Medical Association  
 1965- Massachusetts Medical Society  
 1968- American Association for the Advancement of Science  
 1969 American Federation for Clinical Research  
 1969 Massachusetts Heart Association  
 1969 American Heart Association  
 1970-1972 American Physiological Society  
 1972-1975 Board of Directors, Greater Boston Chapter, Massachusetts Heart Association  
 1974-1976 American Psychosomatic Society  
 1975-1996 American College of Cardiology  
 1976 Medical Advisory Board of the Council for High Blood Pressure Research, American Heart Association  
 1978-1982 Academy of Behavioral Medicine Research

1978- Society of Behavioral Medicine  
1985-1986 President  
1986 – Fellow  
1994 – Master Lecturer

### **Grant Review Activities**

1993 Chairperson, Alternative Medicine Study Section, National Institutes of Health  
1994 Alternative Medicine Study Section, National Institutes of Health

### **Editorial Activities**

1974-1991 Psychotherapy and Psychosomatics  
1974-1985 Journal of Biofeedback and Self Regulation  
1974-1993 Behavioral Medicine (formerly Journal of Human Stress), Executive Editor (1981-1993)  
1977-1988 Associate Editor, Journal of Behavioral Medicine  
1980-1982 Chairman, Editorial Board, Massachusetts Journal of Community Health  
1983-1993 Journal of Psychiatric Research  
1993-1997 Co-Editor-in-Chief, Mind/Body Medicine

### **Honors and Prizes**

1958-1959 President, Harvard Medical School Class of 1961  
1961 Mosby Scholarship Award, Harvard Medical School  
1961 Permanent Vice-President, Harvard Medical School Class of 1961  
1967-1969 Medical Foundation Fellowship  
1976 Fellow, American College of Cardiology  
1976 Medical Self-Care Award for 1976  
1988 Honorary President, Chinese Society of Behavioral Medicine and Biofeedback  
1990 Joseph Garland Memorial Lecturer, The Boston Medical Library  
1992 Distinguished Alumnus Award, Wesleyan University  
1997 Honorary Doctorate of Human Letters, Becker College, Worcester, Massachusetts  
2000 Hans Selye Award  
2002 Presidential Citation, American Psychological Association  
2002 National Samaritan Award, The Samaritan Institute  
2009 Mani Bhaumik Award, The Cousins Center for Psychoneuroimmunology at  
UCLA, California  
2011 Jerilyn Ross Lecturer, Anxiety Disorders Association of America

### **Report of Funded and Unfunded Projects**

**Past**

1972-1974	NIH/RO1	PI
	Behavioral Approach to Clinical Hypertension	
1974-1978	NIMH/RO1	PI
	Therapy of Anxiety: A New Psychophysiologic Approach	
1978-1988	NIH/5T	Associate Program Director
	Cardiovascular Research Training Program: Multidisciplinary, Behavioral, Cardiomyopathies	
1978-1991	NIH/RO1	PI
	Cardiovascular Behavior and the Relaxation Response	
1980-1981	National Science Foundation	PI
	American Institute of Indian Studies g Tum-mo Yoga Investigations	
1980-1989	The John E. Fetzer Foundation	PI
	Investigation of Tibetan Meditation and Traditional Chinese Medicine and General Research Support	
1982	National Science Foundation	PI
	American Institute of Indian Studies g Tum-mo Yoga Investigations	
1985-1987	Joan B. Kroc Foundation	PI
	Behavioral Intervention in Cancer Patients	
1985-1987	Advanced Medical Research Foundation	PI
	Cancer and Behavioral Interventions	
1985-1987	The Ruth Mott Fund	PI
	Integration of Effective Self-Help Technologies with Those of Modern Medicine	
1986	Yolande Jurzykowski	PI
	Neurochemical and Neurophysiologic Changes Associated with Meditation	
1987-1992	Laurance S. Rockefeller	PI
	The Effects of the Relaxation Response and Spiritual Experiences on Health	
1987-1988	National Science Foundation	PI
	American Institute of Indian Studies g Tum-mo Yoga Investigations	
1988-1990	Adolf Coors Foundation	PI
	General Research Support	

1988-1990	A. Joshua Sherman and George S. Warberg General Research Fellow Support	PI
1990-1992	Wood-Rill Foundation The Effects of Moderate and Low Intensity Exercise and Exercise Plus the Relaxation Response on the Health Status of Adults	CoPI
1991-1993	The Nathan Cummings Foundation Model Relaxation Response Health Curriculum for Troubled and Healthy Adolescents	PI
1992-1993	Ester A. and Joseph Klingenstein Fund The Use of Relaxation Response-based Interventions in the Treatment of Epilepsy	PI
1992-1994	Fetzer Institute A New National Health Curriculum for High Schools to Alleviate the Harmful Effects of Stress	PI
1990-1996	Advanced Medical Research Foundation Preoperative Relaxation Response Training in Open Heart Surgery Patients.	PI
1993-1995	David Kriser Relaxation Response for Stress in High School Students and Their Teachers	PI
1994-1998	The California Wellness Foundation An Innovative Program to Decrease School Violence	PI
1994-1998	Amelior Foundation An Innovative Program to Decrease School Violence	PI
1994-	Castle Rock Foundation Development of the Center for Training in Mind/Body Medicine	CoPI
1994-	William K. Coors Development of the Center for Training in Mind/Body Medicine	CoPI
1994-98	Sam Wyly Fund of the Communities Foundation of Texas, Inc. Gallop Survey of Health Habits	PI
1994-98	Charles J. Wyly Fund of the Communities Foundation of Texas, Inc. Gallop Survey of Health Habits	PI
1995-98	Laurance C. Rockefeller Development of the Center for Training in Mind/Body Medicine	CoPI

1995-00	State Street Foundation An Innovative Program to Decrease School Violence	CoPI
1999-00	Fetzer Institute Dynamics of Meditation	CoPI
1999-00	VHA Evaluation of a New Experience Protocol: Initial Studies of cardiovascular and Immune System Function	CoPI
1998-02	Advanced Medical Research Foundation Mind/Body Ovarian Cancer Project	CoPI
1995-2003	The Procter & Gamble Company Unrestricted Research	PI
1996-2006	John Templeton Foundation The Therapeutic Effects of Intercessory Prayer	PI
2000-2004	Kalpa Foundation Mind/Body Studies of Tibetan Buddhism	PI
2004-2007	Advanced Medical Research Foundation Complimentary Medicine Therapies in Prostate Cancer Patients Received Hormonal, Chemotherapy and Radiation Interventions	CoPI

### **Current**

2000-2011	Mechanisms and Therapeutic Effects of the Relaxation Response CDC 5R01DP000339 PI (\$307,417) The long term objectives of this project are to generate knowledge through basic and clinical research on the relaxation response, a physiological mind/body state opposite to that of stress.
2010-2011	Mind/Body Research Program CDC 1R01DP003091-01 PI (\$269,544) The long term objectives of this project are to generate knowledge through basic and clinical research on the relaxation response (RR), a physiological mind/body state opposite to that of stress.
2010-2015	Quantification of Outcome Measures for Mind Body Interventions NCCAM 1R01AT006464-01 PI (\$175,998)

This study aims to provide novel information on the relative precision, reliability and validity of psychological self-report, biochemical and genomic outcome measures for mind body interventions, and on the strength of correlations between them.

### **Report of Local Teaching and Training**

#### Teaching of Students in Courses

1966-1973	Physiology and Pathophysiology of the Circulation, Harvard Medical School Conference Leader Lecturer 20 Medical Students (conferences) Entire First Year Class (lectures)
1974-1991	Cardiovascular Pathophysiology, Harvard Medical School Lecturer Entire Second Year Class
1978-1982	Behavioral Medicine Elective Course, Harvard Medical School Lecturer Approximately 10 medical students
1992	William James Lecture of Religious Experience Lecturer, Harvard Divinity School 150 students
1999-2001	Spirituality and Healing in Medicine Elective Course, Harvard Medical School Lecturer Approximately 10 medical students
2004-	Mind Body Medicine Course, Harvard Medical School Lecturer Approximately 20 medical students

#### **Formally Supervised Trainees**

1980-1990	Joan Borysenko, PhD	Founding Partner of Mind/Body Health Sciences, LLC Director, The Claritas Institute Inter-Spiritual Mentor Training Program Author Published six manuscripts. Co-founded a mind/body clinic.
1987	Alice Domar, PhD	Executive Director, Domar Center for Mind/Body Health Director of Mind/Body Services, Boston IVF Assistant Professor of Obstetrics, Gynecology and

Reproductive Biology, Harvard Medical School  
 Senior Staff Psychologist, Beth Israel Deaconess  
 Medical Center  
 Author

- 1989 Jane Leserman, PhD Professor, Departments of Psychiatry and Medicine  
 University of North Carolina  
 Principle Investigator of UNC portion of the Coping in Health and Illness Project
- 1993 Gregg Jacobs, PhD Assistant Professor of Psychiatry, Harvard Medical  
 School  
 Author of Say Goodnight to Insomnia and The Ancestral Mind: Reclaim the Power
- 1999 Jeffery A. Dusek, PhD Director, Integrative Health Research Center  
 Penny George Institute for Health and Healing  
 Abbott Northwestern Hospital  
 STEP study co-author as well as investigator of a 7 year grant funded by Centers for  
 Disease Control and Prevention.
- 2006 Jamil Zaki, Graduate Student  
 Columbia University Psychology Department  
 Involved in the multi-faceted collaborative (with Niall Bolger) project that uses field,  
 psychophysiological and fMRI methods to examine the neural and psychological bases of  
 empathy and empathic accuracy.

**Formal Teaching of Peers (e.g., CME and other continuing education courses)**

- 1979- Behavioral Medicine-Clinical Training in Mind/Body  
 Medicine Post Graduate Course  
 Lecturer  
 25-90 Post graduate health professionals (held three times  
 yearly for the last eight years)
- 1995- Spirituality and Healing in Medicine Post Graduate Course  
 Lecturer  
 400-1050 Post graduate health professionals (held one or two times yearly)
- 2004 The Mind/Body Approach to Stress and Addiction Single Presentation  
 The Addictions: Treatment Approaches, Harvard Medical School (no sponsor) Boston
- The Relaxation Response: How to Counteract the Harmful Effects of Stress Single Presentation  
 Pri-Med, Harvard Medical School (no sponsor) Fort Lauderdale
- Mind/Body Medicine, Spirituality: The Breakout Principle Three Presentations  
 15<sup>th</sup> Annual Summer Seminars, Harvard Medical School (no sponsor) Brewster

2005	Stress Reduction for Physicians Center for Faculty Development, BIDMC (no sponsor)	Lecture Boston
	A Mind/Body Approach to the Management of Headache Headache and Facial Pain, Harvard Medical School (no sponsor)	Single Presentation Cambridge
	Relaxation Response Therapy Training Natural Remedies for Psychiatric Disorders: Considering the Alternatives Harvard Medical School (no sponsor)	Single Presentation Boston
	Advances in Mind/Body Medicine: The Cutting Edge of Science 16 <sup>th</sup> Annual Summer Seminar, Harvard Medical School (no sponsor)	Three Presentations Brewster
	A Mind/Body Approach to Anxiety Anxiety and Related Disorders: From Childhood to Adulthood, Cambridge Health Alliance/Harvard Medical School (no sponsor)	Single Presentation Boston
2006	The Relaxation Response Meditation in Psychotherapy, Cambridge Health Alliance/Harvard Medical School (no sponsor)	Single Presentation Boston
	Mind/Body Approach to Pain Medicine Principles and Practice of Pain Medicine, BIDMC (no sponsor)	Single Presentation Boston
2007	Prostate Cancer and Stress The 10 <sup>th</sup> Annual Massachusetts Prostate Cancer Symposium Prostate Cancer Coalition, MA Dept of Public Health, BIDMC, Mount Auburn Hospital (no sponsor)	Single Presentation
	Mind/Body Approach to Pain Medicine Principles and Practice of Pain Medicine, BIDMC (no sponsor)	Single Presentation Boston
	Advances in Mind/Body Medicine: The Cutting Edge of Science 18 <sup>th</sup> Annual Summer Seminars, Harvard Medical School (no sponsor)	Three Presentations Brewster
	The Application of Mind-body Insights in Clinical Practice Primary Care Internal Medicine: Principles and Practice, MGH (no sponsor)	Single Presentation Cambridge
2008	Counteracting the Harmful Effects of Stress The Global Clinic: Healthcare Management for Physician Executives, Harvard Medical School (no sponsor)	Single Presentation Boston
	Mind/Body Approach to Pain Medicine Principles and Practices of Pain Management, BIDMC (no sponsor)	Single Presentation Boston
	The Relaxation Response: How to Counteract the Harmful Effects of Stress	Single Presentation

	Introduction to Lifestyle Medicine, HMS (no sponsor)	Belmont
2009	Mind/Body Medicine: Components, Research, Techniques and Applications with the Emphasis on the Relaxation Response 12 <sup>th</sup> Annual Winter & Spring Seminars, HMS (no sponsors)	Three Presentations Key Largo
	My Journey in Publishing Starting in 1975 with The Relaxation Response Publishing Books, Memoirs and Other Creative Non-Fiction, HMS (no sponsor)	Single Presentation Boston
	Opening the Door to Compassion and Wisdom Meditation and Psychotherapy Course, Cambridge Health Alliance/HMS (no sponsor)	Single Presentation Boston
	Mind Body Medicine: Components, Research, Techniques and Applications with Emphasis on the Relaxation Response Master Series in Clinical Practice, Massachusetts Mental Health Center, HMS Department of Psychiatry at BIDMC, Boston Psychoanalytic Society and Institute, and the Massachusetts School of Professional Psychology (no sponsor)	Boston Single Presentation
	Stress Management Lifestyle Medicine: Tools for Promoting Healthy Change (no sponsor)	Single Presentation Boston
	Mind/Body Approach to Pain Medicine Principles & Practice of Pain Medicine (no sponsor)	Single Presentation Boston
	Exercise and Stress Relief Active Doctors, Active Patients (no sponsor)	Single Presentation Boston
2010	Workplace Stress Management Center for Connected Health and HMS/DCE (no sponsor)	Single Presentation Boston, MA
	Mind/Body Medicine: Components, Research, Techniques and Applications with the Emphasis on the Relaxation Response Annual Summer Seminar, Harvard Medical School (no sponsor)	Three Presentations Martha's Vineyard
	The Relaxation Revolution 2010 MGH Nurses Alumnae Fall Reunion Educational Program	Plenary Boston
2011	Mind and Body Men's Health: Opening a New Frontier (no sponsor)	Single Presentation Boston
	Mind/Body Approach to Pain Medicine Principles and Practices of Pain Medicine (no sponsor)	Single Presentation Boston

**Local Invited Presentations: (last 6 years listed)**

- 2004 Stress Management/Lifestyle Management Panel  
Harvard Alumni Association (no sponsor)
- 2005 The Relaxation Response: How to Counteract the Harmful Effects of Stress/Grand Rounds  
Department of Medicine, Faulkner Hospital (no sponsor)
- The Relaxation Response and Pain/Grand Rounds  
Department of Medicine, MGH (no sponsor)
- 2006 The Relaxation Response: How to Counteract the Harmful Effects of Stress  
MGH-Revere HealthCare Center (no sponsor)
- The Relaxation Response: How to Counteract the Harmful Effects of Stress  
Harvard Medical School (no sponsor)
- Complementary Medicine Treatment Methods for Low Back Pain/Grand Rounds  
Department of Medicine, Falkner Hospital, Boston, MA (no sponsor)
- 2007 The Relaxation Response: How to Counteract the Harmful Effects of Stress/ Partners  
Employee Assistance Program  
850 Boylston Street Staff (no sponsor)
- Primary Care Program Retreat  
Primary Care Residency Program, MGH (no sponsor)
- Spirituality and Healing in Medicine/Spirituality and Psychiatry Course  
Harvard Medical School (no sponsor)
- The Relaxation Response: How to Counteract the Harmful Effects of Stress/Grand Rounds  
OB/GYN Department, MGH (no sponsor)
- The Relaxation Response: How to Counteract the Harmful Effects of Stress/Grand Rounds  
Chaplaincy Department, MGH (no sponsor)
- The Relaxation Response: How to Counteract the Harmful Effects of Stress/Annual  
Ambulatory Preceptor Retreat  
Department of Medicine, MGH (no sponsor)
- The Relaxation Response/ Mind Body Medicine Elective Course  
Harvard Medical School (no sponsor)
- The Relaxation Response/Behavioral Medicine Lecture Series  
Department of Psychiatry, MGH (no sponsor)

- 2008 Mind Body Strategies in the Care of Surgical Patients/Grand Rounds  
Department of Surgery, MGH (no sponsor)
- The “New” Mind Body Medicine: Stress & Resiliency/Grand Rounds  
Department of Anesthesia & Critical Care, MGH (no sponsor)
- Stress Reduction: The Relaxation Response/2008 Winter Symposium on Mental Health  
and Wellness  
The Mood & Anxiety Disorders Institute, MGH (no sponsor)
- The Relaxation Response: How to Counteract the Harmful Effects of Stress/Grand Rounds  
Joslin Clinical Conference Series (no sponsor)
- The Relaxation Response/Behavioral Medicine Lecture Series  
Department of Psychiatry, MGH (no sponsor)
- 2009 Spirituality and Healing in Medicine/Spirituality and Psychiatry Course  
Harvard Medical School (no sponsor)
- Behavioral Medicine Seminar  
Department of Psychiatry, MGH (no sponsor)
- Counteracting Stress: The Relaxation Response  
Harvard University Health Services (no sponsor)
- 2010 Spirituality in Psychiatry/Spirituality and Psychiatry Course  
Harvard Medical School (no sponsor)
- The Relaxation Response  
11<sup>th</sup> Annual Partners Physicians Day (no sponsor)
- Counteracting Stress . . . The Relaxation Response  
Harvard Graduate School of Design (no sponsor)
- The Relaxation Response  
99<sup>th</sup> Annual Meeting, The Nantucket Cottage Hospital (no sponsor)
- Behavioral Medicine Seminar  
Department of Psychiatry, MGH (no sponsor)
- Mind/Body Medicine Elective Course  
Harvard Medical School (no sponsor)
- Counteracting Stress  
Harvard Business School (no sponsor)
- Belief and Medicine/Grand Rounds

- Harvard Longwood Psychiatry Grand Rounds (no sponsor)
- 2011 Spirituality in Psychiatry/Spirituality and Psychiatry Course  
Harvard Medical School (no sponsor)
- The Relaxation Response  
Harvard Graduate Commons (no sponsor)
- The Relaxation Response  
Harvard Graduate School of Education (no sponsor)
- Scientific Basis of the Relaxation Response  
Dana-Farber Cancer Institute (no sponsor)
- How to Beat Stress  
Harvard Medical School – Talk at 12 (no sponsor)
- Mind Body Medicine Elective Course  
Harvard Medical School (no sponsor)
- The Relaxation Response and Mind Body Medicine  
Spaulding Rehabilitation Hospital Grand Rounds (no sponsor)
- The Relaxation Response  
Harvard Graduate School of Education (no sponsor)
- Body, Mind and Spirit  
Harvard Law School Association Senior Advisory Network (no sponsor)

**Report of Regional, National and International Invited Teaching and Presentations (last 6 years listed)**

**Regional**

- 1997 Irving M. Rosen Memorial Lecturer, Butler Hospital, Providence, Rhode Island
- 2002 Bouvé Lecturer, Northeastern University
- 2004 The Relaxation Response: How to Counteract the Harmful Effects of Stress      Keynote  
Doctor’s Day Luncheon, Lawrence General Hospital, MA (no sponsor)
- The Relaxation Response: How Stress Affects the Brain  
Learning & the Brain, Cambridge, MA      (Public Information Resources, Inc.)
- 2005 Cascieri Lectureship in the Humanities, Boston Architectural Center
- Mind/Body Medicine and its Relation to Good Health/Medical Grand Rounds      Keynote  
Caritas Norwood Hospital, Norwood, MA (no sponsor)
- The Relaxation Response: a Bridge Between Mind, Body and Spirituality      Keynote

- Brandeis University, Burlington, MA (no sponsor)
- The Relaxation Response: A Bridge Between Mind, Body and Spirituality      Keynote  
Lahey Clinic Social Work Lecture Series, Burlington, MA (no sponsor)
- 2006    The Relaxation Response: How to Counteract the Harmful Effects of Stress/Grand Rounds      Keynote  
Boston Medical Center, Boston, MA (no sponsor)
- The Relaxation Response      Keynote  
Visiting Clinician Program, Lawrence Memorial Hospital (Hallmark Health)
- The Relaxation Response: How to Counteract the Harmful Effects of Stress      Plenary  
9<sup>th</sup> Annual Massachusetts Prostate Cancer Symposium, Boston, MA (Green Associates, LLC)
- 2007    The Relaxation Response: How to Counteract the Harmful Effects of Stress      Keynote  
Social Law Library, Boston, MA (Flaschner Judicial Institute)
- The Relaxation Response: How to Counteract the Harmful Effects of Stress      Keynote  
Burlington, MA (Lahey Clinic)
- The Relaxation Response: How to Counteract the Harmful Effects of Stress      Keynote  
Danvers, MA (North Shore District Dental Society)
- The Relaxation Response: How to Counteract the Harmful Effects of Stress/ Grand Rounds  
Boston, MA (Lemuel Shattuck Hospital)
- 2008    The Relaxation Response: How to Counteract the Harmful Effects of Stress      Keynote  
Master Series in Clinical Practice, Boston, MA (MA School of Professional Psychology)
- Benefits of the Relaxation Response: Does it Work in Heart Failure      Keynote  
Boston, MA (American Assn of Heart Failure Nurses)
- 2010    The Relaxation Response: How to Counteract the Harmful Effects of Stress and      Plenary  
Anxiety  
Anxiety and Asperger Conference, Cambridge, MA (Asperger's Association of N.E.)
- Mind/Body Medicine and the Relaxation Response: Research, Techniques and      Keynote  
Applications  
Masters Series in Clinical Practice, Boston, MA (MA School of Professional Psychology)
- 2011    The Relaxation Revolution: Your Innate Genetic Capacity to Counteract the Harmful      Keynote  
Effects of Stress  
Cape Cod Community College's Nursing Club, West Barnstable, MA

**National**

- 1992    Bowles Chapel Lecturer, Memorial Healthcare System, Houston, Texas
- 1995    Greenville Hospital System, Distinguished Lecturer, Greenville, South Carolina

- 1998 Norman Vincent Peale Lectureship, Penn State Geisenger Health System, Hershey, PA
- 1999 Distinguished Lecturer, American Psychological Association
- 1999 Zacharias Lecture, Bon Secours St. Mary's Hospital, Richmond, Virginia
- 2004 AOA Lecture, Case Western Reserve University
- 2004 AOA Lecture, University of Minnesota
- 
- The Relaxation Response: How to Counteract the Harmful Effects of Stress      Lecture  
Seminar to Public Health Researchers, Centers for Disease Control and Prevention  
Atlanta, GA (no sponsor)
- Reducing Stress with the Relaxation Response      Keynote  
Northside Hospital, Atlanta, GA (no sponsor)
- The Relaxation Response: How to Counteract the Harmful Effects of Stress      Keynote  
AOA Spring Lecture Case Western Reserve University, Ohio (no sponsor)
- The Science and Spirit of Healing      Keynote  
Seton Hall University, New Jersey (no sponsor)
- The Role of Spirituality in Medicine      Plenary  
Second Annual Clinical Leadership Forum, The Community Health Care Association of New  
York State, Rye Brook, NY (no sponsor)
- The Importance of Stress Management in Health and Well-Being: The Relaxation Response      Keynote  
National Center for Chronic Disease Prevention and Health Promotion, Atlanta, GA  
(no sponsor)
- The Mind-Body Connection and Beyond the Mind-Body Connection: The Role of Spirituality  
and Health      Keynote  
Albany Medical Center, Albany, NY (no sponsor)
- How to Counteract the Harmful Effects of Stress: The Relaxation Response      Plenary  
St. Anne's Hospital/Hudner Oncology Center, Croton on the Hudson, NY (no sponsor)
- Special Lecture: Spirituality and Healing      Plenary  
Annual Update and Intensive Review of Internal Medicine 2004  
The Plaza, New York, New York Columbia University Medical Center & Beth Israel Deaconess  
Medical Center (no sponsor)
- Mind/Body Medicine-the Third Leg of a Three-Legged Stool      Three Presentations  
Alpha Omega Alpha Honor Society      Keynote  
University of Minnesota, Minneapolis, MN (no sponsor)
- 2005 The Relaxation Response: How to Counteract the Harmful Effects of Stress      Keynote  
Creating the Next Step: Honoring Tradition and Embracing Science  
Association for Applied Psychophysiology and Biofeedback, Austin, TX (no sponsor)

	The Relaxation Response: Linking Mind, Body & Spirit Lutheran HealthCare Lecture Series, Brooklyn, NY (no sponsor)	Single Presentation
2006	First Visiting Professor in Integrative Medicine, Weill Medical College of Cornell University, New York, NY (no sponsor)	
	The Relaxation Response: How to Counteract the Harmful Effects of Stress/Grand Rounds Weill Medical College of Cornell University, New York, NY (no sponsor)	
	Spirituality and Healing in Medicine Ball Memorial Hospital, Muncie, IN (no sponsor)	Keynote
	A Case for Change: Creating a Healing Environment The Relaxation Response: How to Counteract the Harmful Effects of Stress Maine General Health, Augusta, ME (no sponsor)	Keynote
	Health and Spirituality Spirituality and Mental Health: New Horizons, New Directions Arcadia, CA (Pacific Clinics)	Plenary
2007	The Relaxation Response: How to Counteract the Harmful Effects of Stress Wesleyan University, Memorial Chapel, Middletown, CT (no sponsor)	Plenary
2008	Stress and Cardiovascular Disease: The Mind-Body Connection Cardiovascular Disease Prevention Symposium Baptist Health South Florida, Coral Gables, FL (no sponsor)	Plenary
	The Relaxation Response: How to Counteract the Harmful Effects of Stress Compassion Fatigue Program, Brook Army Medical Center, San Antonio, TX (no sponsor)	Lecture
	Warrior Reset Workshop U.S. Army, Washington, DC (no sponsor)	Two Presentations
2009	Spirituality in Medicine 3 <sup>rd</sup> Annual Spirituality in Medicine Symposium, Bethesda, MD Sponsored by Washington Adventist Hospital	Lecture
2010	The Relaxation Response: How to Counteract the Harmful Effects of Stress Allegheny General Hospital's Video Conference in Mind Body Medicine (no sponsor)	Lecture
	The Relaxation Revolution Army Center for Enhanced Performance (ACEP) Conference, Providence, RI (no sponsor)	Lecture
2011	The Relaxation Revolution	Keynote

Anxiety Disorders Association of America, New Orleans, MA (no sponsor)

The Relaxation Response: How to Counteract the Harmful Effects of Stress      Keynote  
Mind-Body Week D.C., American University, Washington, DC (no sponsor)

### **International**

1985 Visiting Professor, Shanghai College of Traditional Chinese Medicine, Shanghai, People's Republic of China

1986 Wiegand Inaugural Lecturer, 1986, University of Toronto

1990 Special Invited Lecturer, Japanese Society of Autogenic Training, Tokyo, Japan

2006 The Importance of Integration of Mind/Body Practices and Prayer      Plenary  
Spirituality, Knowledge and Integral Health Congress, Monterrey, Mexico

The Relaxation Response: How to Counteract the Harmful Effects of Stress      Plenary  
Emotions, Illness and Wellness Congress, Bologna, Italy

### **Report of Clinical Activities and Innovations**

#### **Current Licensure and Certification**

1965 Board of Registration in Medicine, Massachusetts

#### **Practice Activities**

Ambulatory Care      Hospital Practice      Benson-Henry Institute for Mind Body Medicine at MGH  
Five days per week

#### **Clinical Innovations**

I was the first to describe the clinical intervention known as the relaxation response. Very large numbers of patients now routinely elicit the relaxation response to counteract the harmful clinical effects of stress.

### **Report of Education of Patients and Service to the Community (last 6 years listed)**

#### **Activities**

2004 Sarnoff Corp., Princeton, NJ      Guest Speaker at Annual Meeting  
The Relaxation Response: How to Counteract the Harmful Effects of Stress (no sponsor)

Sister to Sister – Everyone Has a Heart Foundation, Stress Panel Member  
Woman's Heart Day, Boston, MA (no sponsor)

Social Services Department, MGH      Guest Speaker  
Prostate Cancer Support Group (no sponsor)

2005 Harvard-MIT Division of Health, Science and Technologies, BioMATRIX Program

- Guest speaker at Monthly Dinner (no sponsor)
- Zero Balancing Health Association  
Guest speaker at 2005 International Zero Balancing Conference, Boston, MA (no sponsor)
- Brandeis University, Waltham, MA  
Guest speaker at Lunch and Learn Series (no sponsor)
- 2006 Orchard Cove, Canton, MA  
Lectured on stress management to residents of Orchard Cove (no sponsor)
- Epilepsy Foundation of Massachusetts and Rhode Island  
Guest speaker at “A Day of Hope” Conference, Newton, MA (no sponsor)
- Phillips Exeter Academy, Exeter, N.H.  
Lectured to faculty on stress management (no sponsor)
- Fisher College of Business, Dublin, OH  
Lectured at Work-Life Balance Program (The Ohio State University)
- Flaschner Judicial Institute, Boston, MA  
Stress management lecture to members of Massachusetts judiciary (no sponsor)
- Massachusetts Association of Councils on Aging  
Guest speaker at Annual Councils on Aging Conference, North Falmouth (no sponsor)
- Chief Executives Organization (CEO), Bethesda, MD  
Lectured at CEO Inside Look: Exploring the Mind & Brain, Cambridge, MA (CEO)
- 2007 Greenwich Hospital, Greenwich, CT  
Guest speaker at Women’s Health Initiative (no sponsor)
- Flaschner Judicial Institute, Boston, MA  
Guest speaker at training for judges from the Department of Industrial Accidents (no sponsor)
- SeniorBridge, Newton, MA  
Lectured to elder care professional and consumer/caregivers on stress related disorders.  
(no sponsor)
- Temple Mishkan Tefila, Chestnut Hill, MA  
Guest speaker at 2007 Annual Breakfast (no sponsor)
- BCBSMA Foundation, Boston, MA  
Guest speaker at Health Coverage Fellowship Dinner (no sponsor)
- The Vincent Club, Boston, MA  
Guest speaker at Vincent Women’s Health Symposium (no sponsor)

- Registration & Referral Center, Medford, MA  
Stress reduction lecture (no sponsor)
- 2008 Brain Tumor Support Group, Dana-Farber/Brigham & Women's Cancer Center  
Lectured on the Mind-Body Connection to patients and caregivers (no sponsor)
- Thoreau Society, Concord, MA  
Guest speaker at The Concord Lyceum Series (no sponsor)
- MGH Office of Case Management, Boston, MA  
Stress reduction lecture (no sponsor)
- MGH Office for Research Career Development, Boston, MA  
Stress reduction lecture (no sponsor)
- Brain Science Foundation/Brigham and Women's Hospital, Boston, MA  
Guest speaker at Meningioma Awareness Day (no sponsor)
- New England Cosmos Club, Wayland, MA  
Guest speaker at Luncheon and Lecture Series (no sponsor)
- Jewish Geriatric Services, Longmeadow, MA  
Lectured on Spirituality and the Relaxation Response (Jewish Geriatric Services)
- Regis College, Weston, MA  
Guest lecturer, Leadership Series on Health (no sponsor)
- 2010 Brookline Adult & Community Education, Brookline, MA  
Guest lecturer (no sponsor)
- Newbridge on the Charles, Dedham, MA  
Guest lecturer (no sponsor)
- Harvard Book Store's Summer Author Event Series, Cambridge, MA  
Guest speaker (no sponsor)
- Chatham Retired Men's Association, Chatham, MA  
Guest speaker (no sponsor)
- Beacon Hill Village, Boston, MA  
Guest speaker (no sponsor)
- Notable Books Series, Boston, MA  
Guest Speaker, Countway Library of Medicine and Harvard Medical Library
- 2011 Harvard EVP Extended Leadership Team Meeting, Cambridge, MA  
Guest speaker (no sponsor)

## Educational Material for Patients and the Lay Community

### Books

1. **Benson H.** The relaxation response. New York: Morrow, 1975.
  - 1a. *ibid*, London: Collins, 1976.
  - 1b. *ibid*, New York: Avon, 1976.
  - 1c. *ibid*, (Mietiskellen mielenrauhaan) Helsinki: Werner Soderstrom Osakeyhtio, 1976
  - 1d. *ibid*, Boston: Hall, 1976.
  - 1e. *ibid*, (Reagir par la detente) Paris: Tchou, 1976.
  - 1f. *ibid*, (La risposta rilassante) Milan: Rizzoli Editore, 1977.
  - 1g. *ibid*, Tokyo: Kodan Sha, 1977.
  - 1h. *ibid*, (Relajacion) Barcelona: Editorial Pomaire, 1977.
  - 1i. *ibid*, (Afspaending meditation og blodtryk) Copenhagen: Bergens Forlag, 1977.
  - 1j. *ibid*, (Aprendendo a relaxar) Rio de Janeiro: Editora Artenova, 1977.
  - 1k. *ibid*, (Bewust ontspannen) Amsterdam: H J W Becht's Uitgeversmaatschappij, 1978.
  - 1l. *ibid*, (Arslappning) Varnamo: Brombers Bokforlag, 1980.
  - 1m. *ibid*, Seoul, Dongdowan (in press)
  - 1n. *ibid*, Global Group Holdings: Taipei City, 2010.
2. **Benson H.** The mind/body effect. New York: Simon and Schuster, 1979.
  - 2a. *ibid*, (El efecto mente/cuerpo) Barcelona-Buenos Aires-Mexico: Grijalbo, 1980.
  - 2b. *ibid*, New York: Berkley, 1980.
  - 2c. *ibid*, (Medicina Humanista) Sao Paulo: Editora Brasiliense, 1980.
3. **Benson H.** Beyond the relaxation response. New York: Times Books, 1984.
  - 3a. *ibid*, London: Collins-Fount, 1985.
  - 3b. *ibid*, New York: Berkley, 1985.

- 3c. *ibid*, Barcelona: Grijalbo Ediciones, 1986.
- 3d. *ibid*, Seoul: Hakjisa, 2003
4. **Benson H.** *Your maximum mind.* New York: Times Books/Random House, 1987.
- 4a. *ibid*, London: Thorson's, 1988.
- 4b. *ibid*, New York: Avon, 1989.
- 4c. *ibid*, (El poder de la mente) Barcelona: Grijalbo Ediciones, 1989.
5. **Benson H**, Stuart E, Staff of the Mind/Body Medical Institute. *The wellness book.* New York: Carol, 1992.
- 5a. *ibid*, New York: Fireside, 1993.
- 5b. *ibid*, Wien: Donauland, 1993
6. **Benson H.** *Timeless Healing: The Power and biology of belief.* New York: Scribner, 1996.
- 6a. *ibid*, Rydalmere (Australia): Hodder & Stoughton, 1996.
- 6b. *ibid*, London: Simon & Schuster, 1996.
- 6c. *ibid*, Rockland: Wheeler, 1996.
- 6d. *ibid*, (Geloof in uw eigen geneeskraft de medische werking van geest en spiritualiteit) Utrecht: Kosmos, 1996.
- 6e. *ibid*, (Curados por la Fe. Revelador Estudio Sobre el Poder Curativo de las Creencias) Bogota: Grupo Editorial Norma , 1996.
- 6f. *ibid*, (Siempre Sano. La Biología y la Fuerza de las Creencias) Barcelona: Grijalbo, 1996.
- 6g. *ibid*, New York: Fireside, 1996.
- 6h. *ibid*, (Credere Per Poter Guarire) Milan: Sperling & Kupfer, 1997.
- 6i. *ibid*, Munich: (Heilung Durch Glauben. Die Beweise. Selbstheilung In Der Neuen Medizin) Heyne Verlag, 1997.
- 6j. *ibid*, Tokyo: Shoeisha, 1997.
- 6k. *ibid*, (Moc A Biologie Vírý V Uzdravení) Prague: Sofa, 1997.

- 6l. ibid, London: Pocket Books, 1998.
- 6m. ibid, (Medicina Espiritual. O Poder Essencial da Cura) Rio de Janeiro: Editorial Campas, 1998.
- 6n. ibid, Tapei: Successmart, 1998.
- 6o. ibid, Bratislava: Sofa, 1998.
- 6p. ibid, Seoul: Miresa , 1998.
- 6q. ibid, Jakarta: Binarupa Aksara, 1998.
- 6r. ibid, Global Group Holdings: Taipei City, 2010.
- 7. **Benson H.** The relaxation response – updated and expanded (25<sup>th</sup> the anniversary edition). New York: Avon, 2000.
- 7a. ibid, (reakcija opuštanja) Zagreb: Algoritam, 2001.
- 7b. ibid, Moscow: Astrel, 2004
- 8. **Benson H,** Proctor W. The breakout principle. New York: Scribner, 2003.
- 8a. ibid, Moscow: Eksmo, 2004.
- 8b. ibid, Tokyo: PHP, 2004.
- 8c. ibid, Indonesia: Kifa, 2005
- 8d. ibid, Paris: Editions Sand, 2005
- 8e. ibid, Seoul: Hakjisz, 2005
- 9. Kagan L, Kessel B, **Benson H.** Mind over menopause. New York: Free Press, 2004
- 10. Casey A, **Benson H.** Mind your heart. New York: Free Press, 2004
- 11. Casey A, **Benson H.** The Harvard Medical School guide to lowering your blood pressure. New York: McGraw-Hill, 2006
- 12. **Benson H,** Proctor W. Relaxation revolution. New York: Scribner, 2010

## Videos

*The Behavioral Induction of Hypertension*, by Herbert Benson, MD, 1969, videotape, [Copy of 1969 Film Reel, [Silent], VHS, 13:00

- *Meditation/Relaxation*, Short Version, 6 November 1978, videotape, 28:00
- *You and Your Health: A Proper Balance*, HB, Young Presidents' Organization, Orlando University, 1980, videotape
- *The Receptive Mode*, [WBZ TV], 1980, videotape, UMatic
- *Harvard Tibetan Medicine*, Pariseau Productions, 2 June 1981, videotape, UMatic
- *Tibetan g-Tum-mo Meditation Expedition to Dharamsala*, 1981, videotape, VHS, use copy, 51:00
- *Tibetan g-tum-mo Meditation Research, Heat Measurement, Chail, India*, 1982, *Drying of the Sheets Ceremony*, Pt. 1, 1985, *EEG/Oxygen data collection, Sikkim*, 1987, *Drying of the Sheets Ceremony*, Pt. 2, 1985, videotape, VHS, use copy, 95:52
- *Tibetan g-tum-mo Meditation Research, Heat Measurement, Chail, India*, 1982, *Drying of the Sheets Ceremony*, Pt. 1, 1985, *EEG/Oxygen data collection, Sikkim*, 1987, *Drying of the Sheets Ceremony*, Pt. 2, 1985, videotape, Digital BETACAM, master copy, 95:52
- *Pariseau Productions: A Demonstration Cassette*, Harvard Medical School's Investigation of Tibetan Tumo Meditation, Aspects of Tibetan Medicine: 1. *Today* [NBC], 15 March 1982; 2. Excerpts, 1981, Expedition, Dr. Herbert Benson
- *Meditation, Today* [NBC], 15 March 1982, videotape, UMatic
- *Dr. Herbert Benson*, CNN, February 1983, videotape, UMatic
- *Medecine [sic] of the Mind*, HB Interview, Documentary Produced by Pariseau Edwards Productions, 2 December 1985, videotape, VHS, original copy, 8:32
- *Medicine of the Mind*, HB Interview, Documentary Produced by Pariseau Edwards Productions, 2 December 1985, videotape, VHS, use copy, 8:00
- *Medicine of the Mind*, HB Interview, Documentary Produced by Pariseau Edwards Productions, 2 December 1985, videotape, Digital BETACAM, master copy, 8:00
- *Help Yourself! A Self-Help Stress Management Program*, HB Interview, 1985, videotape, VHS, 25:44
- *Monitor Forum*, [HB Interview], 1990, videotape, VHS, 47:30
- *Mind Science: A Dialogue Between East and West with His Holiness the Dalai Lama*, Symposium Introduction by HB, 24 March 1991, videotape, VHS, 1:59:10
- *Mind Science Symposium*, Final Edit with Audio Mix, 21 March 1991, videotape, VHS
- *Alternative Medicine: Teaching New Doctors Old Tricks*, HB Interview, *The Nature of Things* [CBC], 1995, videotape, VHS, 45:44
- *An Introduction to the Mind/Body Medical Institute*, Reunion Productions, 6 June 1995, videotape, VHS, 30:00
- *Alternative Medicine: Hope or Hype?*, HB Interview, *Turning Point* [ABC], 26 September 1996, videotape, VHS, 46:24
- *Spirituality and Healing in Medicine: Healing Words, Healing Practices*, Introduction and Participation by HB, 17 February 1996, videotape, VHS, 36:00
- *Spirituality and Healing in Medicine- II*, Seminar Press Coverage: Interview with HB, *Today* [NBC]; Interview with Dr. Timothy Johnson, *Good Morning America* [ABC]; Interview with Dr. John Templeton, Jr., MSNBC; Interview with HB, WCVB TV 5; Interview with HB, *Healthcast* [WHDH TV 7]; Interview with Dr. John Templeton, Jr., WFXT TV [Fox]; 16 December 1996, videotape, VHS, 20:05
- *Spirituality and Healing in Medicine-II, Interview with HB*, Fox on Health [Fox News Channel], 28 March 1997, videotape, VHS, 20:06
- *Alternative Medicine Series*, 5th of 5 Installments, *Today* [NBC], December 1997, videotape, VHS, 24:57-30:50

... Page 18

- Mind/Body Medical Institute Videotape Series: *An Introduction to the Mind/Body Medical Institute with Herbert Benson, M.D.*, 1997, videotape, VHS, 30:00
- Mind/Body Medical Institute Videotape Series: *Discover the World of Science: The Relaxation Response with Peter Graves*, 1997, videotape, VHS, 15:00
- Mind/Body Medical Institute Videotape Series: *The Medical Symptom Resduction Program with Peg Baim, M.S., R.N., introduction by Herbert Benson, M.D.*, 1998 videotape, VHS, 44:00
- *Today's Breakthroughs: Tomorrow's Cures*, February 1998 Reports, Segments 1224-1226, Ivanhoe Broadcast News, videotape, VHS, 7:03
- *Mind/Body Connection*, Interview with HB, *To the Contrary* [PBS], 26 October 2001, videotape, VHS, 15:30
- *Advanced Tibetan Buddhist Meditation: The Investigations of HB, MD*, Documentary Produced by Russ Pariseau and Mike Edwards, Spring 2001, videotape, VHS, original copy, 24:33
- *Advanced Tibetan Buddhist Meditation: The Investigations of HB, MD*, Documentary Produced by Russ Pariseau and Mike Edwards, Spring 2001, videotape, VHS, use copy, 24:33
- *Advanced Tibetan Buddhist Meditation: The Investigations of HB, MD*, Documentary Produced by Russ Pariseau and Mike Edwards, Spring 2001, videotape, Digital BETACAM, master copy, 24:33
- *Chail, India: Tumo and Lung Gom Background Footage*, Roll 1, [Copy of Film Reel, Silent], undated, videotape, VHS, 58:00
- *Chail: Tumo Meditation, Lung Gom, Dharamsala*, undated, Tape 1, videotape VHS,
- *Chail: Tumo Meditation, Lung Gom, Dharamsala*, undated, Tape 2, videotape VHS,
- *East Meets West [Long Version]*, Documentary by Pariseau/Edwards Communications, Inc., undated, videotape, VHS, original version, 17:00
- *East Meets West [Long Version]*, Documentary by Pariseau/Edwards Communications, Inc., undated, videotape, VHS, use copy, 17:00
- *East Meets West [Long Version]*, Documentary by Pariseau/Edwards Communications, Inc., undated, videotape, Digital BETACAM, master copy, 17:00
- *Introduction to Mind/Body Medicine Including the Relaxation Response and How to Teach It*, Seminar by HB, undated, videotape, VHS, 1:32:00
- *Margaret C. and Joan B., Raw Footage*, undated, videotape, UMatic
- *Relaxation Response*, undated, videotape, UMatic
- *Relaxation Response 1+2*, CNN, undated, videotape, 2:25, 2:23
- *The Relaxation Tape*, V-71, undated, videotape
- *Stress and the Relaxation Response*, undated, videotape, UMatic
- *Stress and the Relaxation Response*, undated, videotape, UMatic.
- *Stress and the Relaxation Response*, Beth Israel Hospital, undated, videotape, UMatic
- *Stress and the Relaxation Response*, Dr. HB, Outside Version, Edited Master, undated, videotape, UMatic
- *Stress and the Relaxation Response*, Dr. HB, Raw, undated, videotape, UMatic
- *Stress and the Relaxation Response*, Dr. HB, Dr. Borysenko, Raw, undated, videotape, UMatic

## Report of Scholarship

### Publications

#### Peer-Reviewed Publications in print or other media

1. Costas R Jr, Garcia-Palmieri MR, Feliberti M, **Benson H**, Blanton JH, Aixala R. Accuracy of death certification in metropolitan San Juan. *Bol Assoc Med Puerto Rico* 1964;56:411-23.
2. Garcia-Palmieri MR, Feliberti M, Costas R Jr, **Benson H**, Blanton JH, Aixala R. Coronary heart disease mortality: A death certificate study. *J Chronic Dis* 1965;18:1317-23.
3. Blanton JH, Rodriguez M, Costas R Jr, **Benson H**, Aixala R, Garcia-Palmieri MR. A dietary study of urban and rural males in Puerto Rico. *Am J Clin Nutr* 1966;18:169-75.
4. **Benson H**, Costas R Jr, Garcia-Palmieri MR, Feliberti M, Aixala R, Blanton JH, Colon AA. Coronary heart disease risk factors: A comparison of two Puerto Rican populations. *Am J Public Health* 1966;56:1057-60.
5. Truett JT, **Benson H**, Balke B. On the practicability of submaximal exercise testing. *J Chronic Dis* 1966;19:711-5.
6. Skinner JS, **Benson H**, McDonough JR, Hames CG. Social status, physical activity and coronary proneness. *J Chronic Dis* 1966;19:773-83.
7. **Benson H**, Ellis LB, Harken DE. The effect of preoperative systemic blood pressure on closed mitral valvuloplasty. A study of 1,630 patients with up to 15-year follow-up. *Am Heart J* 1968;75:439-48.
8. Ellis LB, **Benson H**, Harken DE. The effect of age and other factors on the early and late results following closed mitral valvuloplasty. (A study of 1,817 patients). *Am Heart J* 1968;75:743-51.
9. **Benson H**, Herd JA, Morse WH, Kelleher RT. The behavioral induction of arterial hypertension and its reversal. *Am J Physiol* 1969;217:30-4.
10. **Benson H**, Akbarian M, Adler LN, Agelmann WH. Hemodynamic effects of pneumonia. I. Normal and hypodynamic responses. *J Clin Invest* 1970;49:791-8.
11. Kumar R, Wallace WA, Ramirez A, **Benson H**, Abelmann WH. Hemodynamic effects of pneumonia. II. Expansion of plasma volume. *J Clin Invest* 1970;49:799-805.
12. **Benson H**, Herd JA, Morse WH, Kelleher, RT. Hypotensive effects of chlordiazepoxide, amobarbital, and chlorpromazine on behaviorally induced elevated blood pressure in the squirrel monkey. *J Pharmacol Exp Ther* 1970;173:399-406.
13. **Benson H**, Herd JA, Morse WH, Kelleher RT. Behaviorally induced hypertension in the squirrel monkey. *Circ Res Suppl* 1970;I 26-27:21-26.

14. **Benson H**, Shapiro D, Tursky B, Schwartz GE. Decreased systolic blood pressure through operant conditioning techniques in patients with essential hypertension. *Science* 1971;173:740-2.
15. Wallace RK, **Benson H**, Wilson AF. A wakeful hypometabolic physiologic state. *Am J Physiol* 1971;221:795-9.
16. **Benson H**, Malvea BP, Graham JR. Physiologic correlates of meditation and their clinical effects in headache: An ongoing investigation. *Headache* 1973;13:23-24.
17. **Benson H**, Beary JF, Carol MP. The relaxation response. *Psychiatry* 1974;37:37-46.
18. **Benson H**. Decreased alcohol intake associated with the practice of meditation: A retrospective investigation. *Ann N Y Acad Sci* 1974;233:174-7.
19. **Benson H**, Rosner BA, Marzetta BR, Klemchuk HM. Decreased blood pressure in pharmacologically treated hypertensive patients who regularly elicited the relaxation response. *Lancet* 1974;i:289-91.
20. Beary JF, **Benson H**. A simple psychophysiologic technique which elicits the hypometabolic changes of the relaxation response. *Psychosom Med* 1974;36:115-20.
21. **Benson H**, Klemchuk HP, Graham JR. The usefulness of the relaxation response in the therapy of headache. *Headache* 1974;14:49-52.
22. **Benson H**, Rosner BA, Marzetta BR, Klemchuk H. Decreased blood pressure in borderline hypertensive subjects who practiced meditation. *J Chronic Dis* 1974;27:163-9.
23. **Benson H**, Steinert RF, Greenwood MM, Klemchuk HM, Peterson NH. Continuous measurement of O<sub>2</sub> consumption and CO<sub>2</sub> elimination during a wakeful hypometabolic state. *J Human Stress* 1975;1:37-44.
24. **Benson H**, Epstein MD. The placebo effect--a neglected asset in the care of patients. *JAMA* 1975;232:1225-7.
25. **Benson H**, Alexander S, Feldman CL. Decreased premature ventricular contractions through the use of the relaxation response in patients with stable ischemic heart disease. *Lancet* 1975;ii:380-2.
26. **Benson H**, Greenwood MM, Klemchuk H. The relaxation response: Psychophysiologic aspects and clinical applications. *Psychiatry Med* 1975;6:87-98.
27. Greenwood MM, **Benson H**. The efficacy of progressive relaxation in systematic desensitization and a proposal for an alternative competitive response - the relaxation response. *Behav Res Ther* 1977;15:337-43.
28. Peters RK, **Benson H**, Porter D. Daily relaxation response breaks in a working population: 1. Health, performance and well-being. *Am J Public Health* 1977;67:946-53.
29. Peters RK, **Benson H**, Peters JM. Daily relaxation response breaks in a working population: 2. Blood pressure. *Am J Public Health* 1977;67:954-9.

30. **Benson H**, Greenwood MM. Metabolic changes during the prodrome of a migraine headache. *Headache*. 1978; 17:248-9.
31. **Benson H**, Dryer T, Hartley LH. Decreased oxygen consumption during exercise with elicitation of the relaxation response. *J Human Stress* 1978;4:38-42.
32. **Benson H**, Frankel FH, Apfel R, Daniels MD, Schniewind HE, Nemiah JC, Sifneos PE, Crassweller KD, Greenwood MM, Kotch JB, Arns PA, Rosner B. Treatment of anxiety: A comparison of the usefulness of self-hypnosis and a meditational relaxation technique. *Psychother Psychosom* 1978;30:229-42.
33. Frankel FH, Apfel RJ, Kelly SF, **Benson H**, Quint T, Newmark J, Malmaud R. The use of hypnotizability scales in the clinic: A review after six years. *Int J Clin Exp Hypn* 1979;37:63-73.
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#### **Non-Peer Reviewed Scientific or Medical Publications/Materials in print or other media Reviews, Chapters, and Editorials**

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### **Narrative Report**

I am the Mind/Body Medical Institute Associate Professor Medicine, Harvard Medical School and the founding President of the Mind/Body Medical Institute. A graduate of Wesleyan University and the Harvard Medical School, I am the author or co-author of over 180 scientific publications and 11 books. More than five million copies of my books have been printed.

Throughout my career I have been pioneering the development of the fields of behavioral medicine and mind body medicine as well as in spirituality and healing in medicine through teaching, clinical activities, administrations and research. My research defined the relaxation response, the physiological counterpart of the fight-or-flight response. I continue to lead research into the basic physiology and efficacy of the relaxation response in counteracting the harmful effects of stress. My research extends from the laboratory to the clinic and to Asian field expeditions and this work serves as a bridge between medicine and spirituality, East and West, mind and body and belief and science.

Through my testimonies before the U.S. House and Senate, I have been instrumental in having scores of millions of dollars appropriated to the National Institutes of Health and the Centers for Disease Control and Prevention for mind/body, behavioral medicine research.

I have been invited by my colleagues and peers to talk about my research in Shanghai, Tokyo, Toronto, Case Western Reserve University and in 2006, at Weill Medical College of Cornell University.

In 1978 I developed the first Harvard Medical School CME course in behavioral medicine and in 1995, the first Harvard Medical School CME course in mind body medicine and also in 1995, the first Harvard Medical School CME course in spirituality and healing in medicine. Thousands of participants have attended these courses. Evaluations of all these courses continue to rank very high in all categories.

In 1988, I became the founding president of the Mind/Body Medical Institute and remained in that position until its closing in 2006. At that time it became the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital and I became its Director Emeritus.

My work has been recognized and honored by the Coors Foundation who have supported the establishment of the Herbert Benson Professorship in Medicine which will be activated upon my retirement and my work has been archived at the Countway Library,  
<http://oasis.harvard.edu/html/med00061frames.html>.