

CURRICULUM VITAE

DATE PREPARED: October, 2011

Name: Herbert Benson

Office Address: Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital,
151 Merrimac Street, 4th Floor, Boston, MA 02114

Home Address: 1160 Beacon Street, Brookline, MA 02446

Work Phone: (617) 643-6070

Work E-Mail: hbenson@partners.org

Work Fax: (617) 643-6077

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 & 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
 15th 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 th 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 th 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 th 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 th 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
11th Annual Partners Physicians Day (no sponsor)
- Counteracting Stress . . . The Relaxation Response
Harvard Graduate School of Design (no sponsor)
- The Relaxation Response
99th 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
9th 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 rd 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 (25th 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 O₂ consumption and CO₂ 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.
34. **Benson H**, McCallie DP Jr. Angina pectoris and the placebo effect. *N Engl J Med* 1979;300:1424-9.
35. Carrington P, Collings GH Jr, **Benson H**, Robinson H, Wood LW, Lehrer PM, Woolfolk RL, Cole JW. The use of meditation-relaxation techniques for the management of stress in a working population. *J Occup Med* 1980;22:22-31.
36. Borysenko M, Turesky S, Borysenko JZ, Quimby F, **Benson H**. Stress and dental caries in the rat. *J Behav Med* 1980;3:233-43.
37. Bear D, Schenk L, **Benson H**. Increased autonomic response to neural and emotional stimuli in patients with temporal lobe epilepsy. *Am J Psychiatry* 1981;138:843-5.
38. **Benson H**, Arns PA, Hoffman JW. The relaxation response and hypnosis. *Int J Clin Exp Hypn* 1981;29:259-70.
39. Hoffman JW, **Benson H**, Arns PA, Stainbrook GL, Landsberg L, Young JB, Gill A. Reduced sympathetic nervous system responsivity associated with the relaxation response. *Science* 1982;215:190-2.
40. **Benson H**, Lehmann JW, Malhotra MS, Goldman RF, Hopkins J, Epstein MD. Body temperature changes during the practice of g tum-mo (heat) yoga. *Nature* 1982;295:234-6.
41. **Benson H**. Body temperature changes during the practice of g Tum-mo yoga. (Matters Arising) *Nature* 1982;298:402.
42. Crary B, Borysenko M, Sutherland DC, Kutz I, Borysenko JZ, **Benson H**. Decrease in mitogen responsiveness of mononuclear cells from peripheral blood following epinephrine administration in humans. *J Immun* 1983;130:694-7.
43. Jemmott JB, Borysenko JZ, Borysenko M, McClelland DC, Chapman R, Meyer D, **Benson H**. Academic stress, power motivation, and decrease in salivary secretory immunoglobulin A secretion rate. *Lancet* 1983;1:1400-2.

44. Crary B, Hauser SL, Borysenko M, Kutz I, Hoban C, Weiner HL, **Benson H**. Epinephrine-induced changes in the distribution of lymphocyte subsets in peripheral blood of humans. *J Immunol* 1983;131:1178-81.
45. Kutz I, Borysenko JZ, **Benson H**. Meditation and psychotherapy: A rationale for the integration of dynamic psychotherapy, the relaxation response and mindfulness meditation. *Am J Psychiatry* 1985;142:1-8.
46. Pomeranz B, Macaulay RJB, Caudill MA, Kutz I, Adam D, Gordon D, Kilborn K, Barger AC, Shannon DC, Cohen RJ, **Benson H**. Assessment of autonomic function in man by heart rate spectral analysis. *Am J Physiol* 1985;248:H151-3.
47. Kutz I, Leserman J, Dorrington C, Morrison CH, Borysenko J, **Benson H**. Meditation as an adjunct to psychotherapy: an outcome study. *Psychother Psychosom* 1985;43:209-18.
48. Fentress DW, Masek BJ, Mehegan JE, **Benson H**. Biofeedback and relaxation-response training in the treatment of pediatric migraine. *Dev Med Child Neurol* 1986;28:139-46.
49. Lehmann JW, Goodale IL, **Benson H**. Reduced pupillary sensitivity to topical phenylephrine associated with the relaxation response. *J Human Stress* 1986;12:101-4.
50. Stuart EM, Caudill M, Leserman J, Dorrington C, Friedman R, **Benson H**. Non-pharmacologic treatment of hypertension: a multiple risk-factor approach. *J Cardiovasc Nurs* 1987;1:1-14.
51. Domar AD, Noe JM, Ransil B, **Benson H**. The preoperative use of the relaxation response with ambulatory surgery patients. *J Human Stress* 1987;13:101-7.
52. Shannon DC, Carley DW, **Benson H**. Aging of modulation of heart rate. *AM J Physiol* 1987;253:H874-7.
53. Leserman J, Stuart EM, Mamish ME, **Benson H**. The efficacy of the relaxation response in preparing for cardiac surgery. *Behav Med* 1989;5:111-7.
54. Leserman J, Stuart EM, Mamish ME, Deckro JP, Beckam RJ, Friedman R, **Benson H**. Nonpharmacologic intervention for hypertension: Long term follow-up. *J Cardiopulmonary Rehabil.* 1989; 9:316-24.
55. Mandle CL, Domar AD, Harrington DP, Leserman J, Bozadjian EM, Friedman R, **Benson H**. The relaxation response in femoral arteriography. *Radiology* 1990;174:737-9.
56. Goodale IL, Domar AD, **Benson H**. Alleviation of premenstrual syndrome symptoms with the relaxation response. *Obstet Gynecol* 1990;75:649-55.
57. Domar AD, Seibel MS, **Benson H**. The mind/body program for infertility: A new behavioral treatment approach for women with infertility. *Fertil Steril* 1990;53:246-9.

58. **Benson H**, Malhotra MS, Goldman RF, Jacobs GD, Hopkins PJ. Three case reports of the metabolic and electroencephalographic changes during advanced Buddhist meditative techniques. *Behav Med* 1990;16:90-5.
59. Hellman CJC, Budd M, Borysenko J, McClelland DC, **Benson H**. A study of the effectiveness of two group behavioral medicine interventions for patients with psychosomatic complaints. *Behav Med* 1990;16:165-73.
60. Kass JD, Friedman R, Leserman J, Zuttermeister PC, **Benson H**. Health outcome and a new index of spiritual experience. *J Sci Stud Religion* 1991;30:203-11.
61. Kass JD, Friedman R, Leserman J, Caudill M, Zuttermeister PC, **Benson H**. An inventory of positive psychological attitudes with potential relevance to health outcomes: Validation and preliminary testing. *Behav Med* 1991;17:121-9.
62. Caudill M, Schnable R, Zuttermeister P, **Benson H**, Friedman R. Decreased clinic utilization by chronic pain patients: Response to Behavioral Medicine intervention. *Clin J Pain* 1991;7:305-10.
63. Myers SS, **Benson H**. Psychological factors in healing: A new perspective on an old debate. *Behav Med* 1992;18:5-11.
64. Domar AD, Zuttermeister P, Seibel M, **Benson H**. Psychological improvement in infertile women after behavioral treatment: A replication. *Fertil Steril* 1992;58:144-7.
65. Jacobs GD, Rosenberg PA, Friedman R, Matheson J, Guerry PM, Domar AD, **Benson H**. Multifactor behavioral treatment of chronic sleep-onset insomnia using stimulus control and the relaxation response: A preliminary study. *Behav Mod* 1993;17:498-509.
66. Jacobs GD, **Benson H**, Friedman R. Home-based central nervous system assessment of multifactor behavioral intervention for chronic sleep-onset insomnia. *Behav Ther* 1993;24:159-74.
67. **Benson H**, Kornhaber A, Kornhaber C, LeChanu MN, Zuttermeister PC, Myers P, Friedman R. Increases in positive psychological characteristics with a new relaxation-response curriculum in high school students. *J Res Dev Ed* 1994;27:226-31.
68. Jacobs SC, Friedman R, Parker JD, Tofler GH, Jimenez AH, Muller JE, **Benson H**, Stone PH. Use of skin conductance changes during mental stress testing as an index of autonomic arousal in cardiovascular research. *Am Heart J* 1994;128:1170-7.
69. Middleman MA, Maclure M, Sherwood JB, Mulry RP, Tofler GH, Jacobs SC, Friedman R, **Benson H**, Muller JE. Triggering of acute myocardial infarction onset by episodes of anger. *Circulation*. 1995; 92: 1720-5.
70. Jacobs GD, **Benson H**, Friedman R. Perceived benefits in a behavioral-medicine insomnia program a clinical report. *Am J Med* 1996;100:212-6.

71. Jacobs GD, **Benson H**. Topographic EEG mapping of the relaxation response. *Biofeed Selfreg* 1996; 21: 1-7.
72. Peng CK, Mietus JE, Liu Y, Khalsa G, Douglas PS, **Benson H**, Goldberger AI. Exaggerated heart rate oscillations during two meditation techniques. *Int J Cardiol*, 1999; 70:101-7.
73. **Benson H**, Dusek JA. Self-reported health, illness and the use of conventional, unconventional medicine, and mind/body, spiritual healing in Christian Scientists and others. *J Nerv Ment Dis*, 1999; 186:539-48.
74. Tasiemski A, Salzet M, **Benson H**, Fricchione GL, Bilfinger TV, Goumon Y, Metz-Boutigue MH, Aunis D, Stefano GB. The presence of antibacterial and opioid peptides in human plasma during coronary artery bypass surgery. *J Neuroimmunol*, 2000; 109:228-35.
75. Lazar SW, Bush G, Gollub RL, Fricchione GL, Khalsa G, **Benson H**. Functional brain mapping of the relaxation response and meditation. *NeuroReport*, 2000; 11:1581-85.
76. **Benson H**, Wilcher M, Greenberg B, Higgins E, Ennis M, Zuttermeister PC, Myers P, Friedman R. Academic performance among middle-school students after exposure to a relaxation response curriculum. *J Res Dev Ed*, 2000; 33:156-65.
77. Nakao M, Fricchione G, Myers P, Zuttermeister PC, Baim M, Mandle, CL, Medich C, Wells-Federman CL, Arcari PM, Ennis M, Barsky, AJ, **Benson H**. Anxiety is a good indicator for somatic symptom reduction through a behavioral medicine intervention in a mind/body medicine clinic. *Psychother Psychosom*, 2001; 70:50-7.
78. Stefano GB, Murga J, **Benson H**, Zhu W, Bilfinger TV, Magazine, HI. Nitric oxide inhibits norepinephrine stimulated contraction of human internal thoracic artery and rat aorta. *Pharmacol Res*, 2001;43:199-203.
79. Nakao M, Fricchione G, Zuttermeister PC, Myers P, Barsky AJ, **Benson H**. Effects of gender and marital status on somatic symptoms of patients attending a mind/body medicine clinic. *Behav Med*, 2001; 26:159-68.
80. Nakao M, Myers P, Fricchione G, Zuttermeister PC, Barsky AJ, **Benson H**. Somatization and symptom reduction through a behavioral medicine intervention a mind/body medicine clinic. *Behav Med*, 2001; 26:169-76.
81. Nakao M, Fricchione G, Myers P, Zuttermeister PC, Barsky AJ, **Benson H**. Depression and education as predicting factors for completion of behavioral medicine intervention in a mind/body medicine clinic. *Behav Med*, 2001; 26:177-84.
82. Dusek JA, Sherwood JB, Friedman R, Myers P, Bethea CF, Levitsky S, Hill PC, Jain MK, Kopecky SL, Mueller PS, Lam P, **Benson H**. Study of the therapeutic effects of intercessory prayer (STEP): study design and research methods. *Am Heart J* 2002; 143:577-84.

83. Deckro GR, Ballinger KM, Hoyt M, Wilcher M, Dusek J, Myers P, Greenberg B, Rosenthal DS, **Benson H**, The evaluation of a mind/body intervention to reduce psychological distress and perceived stress in college students. *J Am Coll Health*, 2002; 281-7.
84. Peng C-K, Henry IC, Mietus JE, Hausdorff JM, Khalsa G, **Benson H**, Goldberger AL. Heart rate dynamics during three forms of meditation. *Int J Cardiol*, 2004; 95:19-27
85. Lazar SW, Kerr CE, Wasserman RH, Gray JR, Greve DN, Treadway MT, McCarvey M, Quinn BT, Dusek, JA, **Benson H**, Rausch SL, Moore CI, Fischl B. Meditation experience is associated with increased cortical thickness. *NeuroReport*, 2005; 16:1893-7.
86. Dusek JA, Chang BH, Zaki J, Lazar S, Deykin A, Stefano GB, Wohlhueter AL, Hibberd PL, **Benson H**. Association between oxygen consumption and nitric oxide production during the relaxation response. *Med Sci Monit*, 2006; 12: CR1-10.
87. **Benson H**, Dusek JA, Sherwood JB, Lam P, Bethea CF, Carpenter W, Levitsky S, Hill P, Clem Jr. DW, Jain MK, Drumel D, Kopecky SL, Mueller PS, Marek D, Rollins S, Hibberd PL. Study of the therapeutic effects of intercessory prayer (STEP) in cardiac bypass patients – a multi-center randomized trial of uncertainty and certainty of receiving intercessory prayer. *Am Heart J*, 2006; 151:934-42.
88. Galvin JA, **Benson H**, Deckro GR, Fricchione GL, Dusek JA. The relaxation response: Reducing stress and improving cognition in healthy aging adults. *Comp Ther Clin Prac*, 2006; 12:186-91.
89. Dusek JA, Hibberd PL, Buczynski B, Chang BH, Dusek KC, Johnston JM, Wohlhueter AL, **Benson H**, Zusman RM. Stress management versus lifestyle modification on systolic hypertension and medication elimination: a randomized trial. *J Altern Complement Med*, 2008; 14(2): p. 129-38.
90. Dusek JA, Otu HH, Wohlhueter A, Bhasin M, Zerbini LF, Joseph MG, **Benson H**, Liebermann TA. Genomic counter-stress changes induced by the relaxation response. *PLoS-ONE*, 2008; 3(7):e2576.
91. Nelson A, Hartl W, Jauch K-W, Fricchione GL, **Benson H**, Warshaw AL, Conrad C. The impact of music on hypermetabolism in critical illness. *Current Opinion in Clinical Nutrition and Metabolic Care*, 2008; 11:790-794.
92. Vitalo A, Fricchione J, Casali M, Berdichevsky Y, Hoge, EA, Rauch SL, Berthiaume F, Yarmush ML, **Benson H**, Fricchione GL, Levine JB. Nest making and oxytocin comparably promote wound healing in isolation reared rats. *PLoS-ONE*, 2009, 4(5):e5523.
93. Casey A, Chang B-H, Huddleston J, Virani N, **Benson H**, Dusek J. A model for integrating a mind/body approach to cardiac rehabilitation. *J Cardiopulmonary Rehab and Prevention*, 2009; 29(4): p. 230-238.
94. Samuelson M, Foret M, Baim M, Lerner J, Fricchione GL, **Benson H**, Dusek J, Yeung A. Exploring the effectiveness of a comprehensive mind body intervention for medical symptom relief. *J Altern Complement Med*, 2010; 16(2):1-6.

95. Chang BH, Casey A, Dusek JA, **Benson H**. Relaxation response and spirituality: pathways to improve psychological outcomes in cardiac rehabilitation. *J Psychosom Res*, 2010; Aug; 69(2):93-100.
96. **Benson H**, Proctor W. The coming relaxation revolution. *CTR* n.s. 8/1 (Fall 2010) 3-28.
97. Beard C, Stason WB, Wang Q, Manola J, Dean-Clower E, Dusek JA, DeCristofaro S, Webster A, Doherty-Gilman AM, Rosenthal DS, **Benson, H**. Effects of complementary therapies on clinical outcomes in patients being treated with radiation therapy for prostate cancer. *Cancer*, 2011, 96-102.
98. Chang BH, Dusek, JA, **Benson, H**. Psychobiological changes from relaxation response elicitation: long-term practitioners vs. novices. *Psychosomatics*, 2011 (In Press).
99. Rosenblatt L, Gorantla S, Torres JA, Yarmush R, Rao S, Park E, Denninger J, **Benson H**, Fricchione GL, Bernstein B, Levine J. Relaxation response based yoga improves functioning in young children with autism: a pilot study. *J Altern Complement Med*, 2011 (In Press).

Non-Peer Reviewed Scientific or Medical Publications/Materials in print or other media Reviews, Chapters, and Editorials

1. **Benson H**. Yoga for drug abuse. *N Engl J Med* 1969;281:1133 (letter to the editor).
2. Goldsmith RS, Arnaud CD, **Benson H**. Comparison of metabolic and hemodynamic responses to phosphate and calcitonin in Paget's disease of bone. In: *Immunopathology of inflammation*. Excerpta Medica International Congress Series, 1970;229:257-66.
3. Gutmann MC, **Benson H**. Interaction of environmental factors and systemic arterial blood pressure: A review. *Medicine* 1971;50:543-53.
4. **Benson H**. How antihypertensive drugs act: A physiologic approach. *Consultant*. 1972;12:23-4.
5. **Benson H**, Wallace RK. Decreased drug abuse with Transcendental Meditation: A study of 1,861 subjects. In: Zarafonitis CJD, ed. *Drug abuse-proceedings of the international conference*. Philadelphia: Lea and Febiger, 1972:369-76.
6. Marzetta BR, **Benson H**, Wallace RK. Combating drug dependency in young people: A new approach. *Counterpoint* 1972;4:13-36.
7. Wallace RK, **Benson H**. The physiology of meditation. *Sci Am* 1972;226:84-90.
8. **Benson H**. Methods of blood pressure recording: 1733-1971. In: Onesti G, Kim KE, Moyer JH, eds. *Hypertension: mechanisms and management*. New York: Grune and Stratton, 1973:119-23.
9. **Benson H**. Conditioned modifications of blood pressure. In: Onesti G, Kim KE, Moyer JH, eds. *Hypertension: mechanisms and management*. New York: Grune and Stratton, 1973:119-23.
10. **Benson H**. Transcendental meditation - science or cult? *JAMA* 1974;227:807.

11. **Benson H.** Your innate asset for combating stress. *Harvard Business Review* 1974;52:49-60.
12. **Benson H,** Gutmann MC. The relation of environmental factors to systemic arterial hypertension. In: Eliot RS, ed. *Contemporary problems in cardiology, vol. I. Stress and the heart.* Mt. Kisco, New York: Futura, 1974:13-31.
13. **Benson H,** Marzetta BR, Rosner BA. Decreased blood pressure associated with the regular elicitation of the relaxation response: a study of hypertensive subjects. In: Eliot RS, ed. *Contemporary problems in cardiology, vol. I. Stress and the heart.* Mt. Kisco, New York: Futura, 1974:293-302.
14. Shapiro D, Schwartz GE, **Benson H.** Biofeedback: a behavioral approach to cardiovascular self-control. In: Eliot RS, ed. *Contemporary problems in cardiology, vol. I. Stress and the heart.* Mt. Kisco, New York: Futura, 1974:279-92.
15. **Benson H.** The relaxation response and cardiovascular diseases. *Chest, Heart, Stroke J* 1976;1:28-31.
16. **Benson H,** Greenwood MM. Behavioral modifications of blood pressure in man. In: Onesti G, Fernandes M, Kim KE, eds. *Regulation of blood pressure by the central nervous system.* New York: Grune and Stratton, 1976:119-28.
17. **Benson H,** Kotch JB, Crassweller KD. The usefulness of the relaxation response in the treatment stress-related cardiovascular diseases. *J S C Med Assoc* 1976;72:50-6.
18. **Benson H.** Can hypertension be induced by stress? A case discussion. *J Human Stress* 1977;3:4-11.
19. **Benson H.** Systemic hypertension and the relaxation response. *N Engl J Med* 1977;296:1152-6.
20. **Benson H,** Kotch JB, Crassweller KD. The relaxation response: A bridge between psychiatry and medicine. *Med Clin North Am* 1977;61:929-38.
21. **Benson H,** Kotch JB, Crassweller KD, Greenwood MM. Historical and clinical considerations of the relaxation response. *Am Sci* 1977;65:441-5.
22. **Benson H,** Kotch JB, Crassweller KD. Stress and hypertension: Interrelations and management. In: Onesti G, Brest AM, eds. *Hypertension: Mechanisms, diagnosis and treatment.* Philadelphia: Davis, 1978:113-24.
23. Peters RK, **Benson H.** Time out from tension. *Harvard Business Review* 1978;56:120-4.
24. **Benson H.** Behavioral Medicine: A perspective from within the field of medicine. *National Forum* 1980;60:3-5.
25. **Benson H.** The placebo effect. *Harvard Med School Health Letter* 1980;5:3-4.
26. **Benson H,** Allen RL. How much stress is too much? *Harvard Business Review* 1980;58:86-92.

27. Kutz I, Borysenko JZ, Come SE, **Benson H**. Paradoxical emetic response to antiemetic treatment in cancer patients. *N Engl J Med* 1980;303:1480 (letter to the editor).
28. **Benson H**, Goodale I. The relaxation response: Your inborn capacity to counteract the harmful effects of stress. *J Fla Med Assoc* 1981; 68:265-7.
29. Wechsler H, **Benson H**, Bovey JD. Training of health researchers: Postdoctoral trainees and fellows in Massachusetts. *Mass J Community Health* 1981;1:30-3.
30. **Benson H**. The relaxation response: History, physiologic basis and clinical usefulness. *Acta Med Scand* 1982;660(Suppl):231-7.
31. Lehmann JW, **Benson H**. Nonpharmacologic therapy of blood pressure. *Gen Hosp Psychiatry* 1982;4:27-32.
32. Stainbrook GL, Hoffman HW, **Benson H**. Behavioral therapies of hypertension: psychotherapy, biofeedback, and relaxation/meditation. *Rev Int Psychol* 1983;32:119-35.
33. **Benson H**. The relaxation response: Its subjective and objective historical precedents and physiology. *TINS* 1983;6:281-4.
34. Lehmann JW, **Benson H**. The behavioral treatment of hypertension. In: Genest J, Kuchel O, Hamet P, Cantin M, eds. *Hypertension: Physiopathology and treatment*. New York: McGraw-Hill, 1983:1238-45.
35. **Benson H**. The relaxation response: Physiologic basis and clinical applicability. In: Dembroski TM, Schmidt TH, Blumchen G, eds. *Biobehavioral bases of coronary heart disease*. Basel: Karger, 1983:439-49.
36. **Benson H**. Relaxation response and norepinephrine: A new study illuminates mechanisms. *Integrative Psychiatry* 1983;1:15-19.
37. **Benson H**. The author responds. *Integrative Psychiatry* 1983;1:66-8.
38. Kutz I, Caudill M, **Benson H**. The role of relaxation in behavioral therapies of chronic pain. In: Stein JM, Warfield CA, eds. *Pain management*. Boston: Little Brown, 1983:193-200.
39. **Benson H**. The relaxation response and the treatment of anxiety. In: Grinspoon L, ed. *Psychiatric update. The American Psychiatric Association annual review vol. III*. Washington: American Psychiatric Press, 1984:440-8 and 530-1.
40. **Benson H**, Caudill MA. The use of relaxation techniques in the management of hypertension. *Primary Cardiol* 1984;10:137-44.
41. **Benson H**, Pomeranz B, Kutz I. Pain and the relaxation response. In: Wall PD and Melzack R, eds. *Textbook of pain*. London: Churchill Livingstone, 1984:817-22.

42. Barr BP, **Benson H**. The relaxation response and cardiovascular disorders. *Behav Med Update* 1985;6:28-30.
43. **Benson H**, Friedman R. A rebuttal to the conclusions of David S. Holmes' article: "Meditation and somatic arousal reduction." *Am Psychologist* 1985;40:725-8.
44. **Benson H**. Stress, health and the relaxation response. In: Gentry WD, **Benson H**, deWolff CJ, eds. *Behavioral medicine: Work, stress and health*. Dordrecht: M. Nijhoff. NATO ASI Series D - No. 19, 1985:15-32.
45. **Benson H**. Stress, anxiety and the relaxation response. In: *Behavioral biology in medicine - A monograph series: No. 3*. So. Norwalk, CT: Meducation, 1985:1-28.
46. Williams RB Jr, **Benson H**, Follick MJ. Disease as a reflection of the psyche. *N Engl J Med* 1985;313:1356-7 (letter to the editor).
47. **Benson H**. The relaxation response. How to lower blood pressure, cope with pain and reduce anxiety in 20 minutes a day. *Harvard Medical Alumni Bull* 1986;60:33-5.
48. **Benson H**. The physiology, history and clinical applications of the relaxation response. In: Klump W, ed. *Encyclopedia of neuroscience*. Boston: Birkhauser, 1987:1045-7.
49. Caudill M, Friedman R, **Benson H**. Relaxation therapy in the control of blood pressure. *Bibl Cardiol* 1987;41:106-19.
50. **Benson H**. The relaxation response: A bridge between medicine and religion. *Harvard Med School Letter* 1988;4:4-6.
51. **Benson H**. Book review of *The Golden Guru. The strange journey of Bhagwan Shree Rajneesh*. *Harvard Medical Alumni Bull* 1988;62:10-1.
52. **Benson H**. Hypnosis and the relaxation response. (Editorial) *Gastroenterology* 1989;96:1609-11.
53. Everly GS Jr, **Benson H**. Disorders of arousal and the relaxation response: Speculations on the nature and treatment of stress-related diseases. *Int J Psychosomatics* 1989;36:15-21.
54. **Benson H**. A tribute to Norman Cousins. *Advances* 1991;7:56-7.
55. Friedman R, Stuart EM, **Benson H**. Essential hypertension: nonpharmacologic adjuncts to therapy. In: Cooke JP, Frohlich ED, ed. *Current management of hypertensive and vascular diseases*. St. Louis: Mosby-Year Book, 1992:1-7.
56. Friedman R, Siegel WC, Jacobs SC, **Benson H**. *JAMA* (Letter to the editor) 1992;268:198.
57. Domar AD, Friedman R, **Benson H**. Behavior therapy. In: Warfield CA, ed. *Principles and practice of pain management*. New York: McGraw-Hill, 1993:437-44.

58. **Benson H.** The relaxation response. In: Goleman D, Gurin J, ed. *Mind/Body medicine*. Yonkers: Consumer Reports Books, 1993:233-57.
59. Friedman R, Zuttermeister P, **Benson H.** (Letter to the editor) *N Engl J Med*, 1993; 329: 1201.
60. Stuart E, Friedman R, **Benson H.** Promoting nonpharmacologic interventions to treat elevated blood pressure. *Behavioral Science Learning Modules*, Geneva: World Health Organization, 1993: 1-42.
61. Domar AD, **Benson H.** Application of behavioral medicine techniques to the treatment of infertility. In: Seibel MM, Kiessling AA, Bernstein J, Levin SR, eds. *Technology and infertility: Clinical, psychological, legal and ethical aspects*. New York: Springer-Verlag 1993: 355-360.
62. **Benson H,** Stuart EM, Friedman R. (Letter to the editor) *Ann Int Med*, 1994; 230: 91.
63. Friedman R, **Benson H.** Behavioral medicine: a retrospective and a look forward. *Behav Med* 1994; 19: 143-4.
64. Friedman R, Vasile RG, Gallagher RM, **Benson H.** Behavioral-medicine and psychiatry: Difference and areas of collaboration. *Directions Psychiatry* 1994: 14: 1-8.
65. Friedman R, Shackelford A, Reiff S, **Benson H.** Stress and weight maintenance: the disinhibition effect and the micromanagement of stress. In: Blackburn GL, Kanders, BS, ed. *Obesity pathophysiology psychology and treatment*. New York: Chapman Hall, 1994: 253-63.
66. **Benson H,** Friedman R. Alternative to mainstream medicine: science as the arbiter. *Congressional Record. Proceedings and Debates of the 103th Congress, Second Session*, 1994; 140: E1199-200.
67. **Benson H,** Friedman R. The three legged stool: Mind/body medicine and mainstream medical care. *Mind/Body Med* 1995; 1: 1-2.
68. **Benson H.** Commentary: Placebo effect and remembered wellness. *Mind/Body Med* 1995; 1: 44-5.
69. Friedman R, Sobel D, Myers P, Caudill M, **Benson H.** Behavioral medicine, health psychology and cost offset. *Health Psychol* 1995; 14:509-18.
70. **Benson H,** Friedman R. Harnessing the power of the placebo effect and renaming it "remembered wellness". *Annu Rev Med* 1996; 47: 193-9.
71. Friedman R, Myers P, Krass S, **Benson H.** The Relaxation Response: Use with Cardiac Patients. In: Allen R, Scheidt S. eds. *Heart and mind. The practice of cardiac psychology*. American Psychological Association Press, Washington, 1996; 363-84.
72. **Benson H,** Friedman R. Behavioral medicine and health care reform. *The Leifer Report*. Spring - Summer, 1996.
73. Friedman R, **Benson H.** Mind/body medicine and diversity. *Mind/Body Med* 1996; 175.

74. Friedman R, **Benson H**. Spirituality, religious practice and medical outcomes. *Mind/Body Med* 1997; 2:87.
75. Friedman R, Steinman M, **Benson H**. The relaxation response: physiological effects and medical applications. In: Haruki Y. ed. *Comparative and psychological studies on meditation*. Tokyo: Waseda University Press, 1996: 205-11.
76. Friedman R, Sedler M, Myers P, **Benson H**. Behavioral Medicine, Complementary Medicine and Integrated Care: Economic Implications. In: Randall J, Lazar J, ed. *Primary Care*. Philadelphia: W.B. Saunders, 1997: 949-62.
77. Friedman R, Myers P, **Benson H**. Meditation and the Relaxation Response. In: Friedman HS, ed. *Encyclopedia of Mental Health*. San Diego: Academic Press, 1998: 621-8.
78. Friedman R, Myers P, **Benson H**. Relaxation response. In: Allison N, ed. *Illustrated encyclopedia of body-mind disciplines*. New York: Rosen Publishing Group, 1999:322-4.
79. **Benson H**, Myers P. The importance of the placebo effect in alternative therapies. *The Forum*, 1999; 19:7-8.
80. **Benson H**. The relaxation response. Physiology, history and clinical applications. In: Adelman G, Smith BH, eds. *Encyclopedia of neuroscience*. 2nd edition Boston:Elsevier, 1776-8.
81. **Benson H**, Myers P. Medical aspects of belief. In: Stannard, R. ed. *God for the 21st century*. Radnor, Pennsylvania: Templeton Foundation Press, 2000.
82. **Benson H**, Myers P. Mind/body medicine and spirituality. In: Hermann, R. ed., *Ten scientists consider humility theology*, 2000.
83. Koenig HG, Idler E, Kasl S, Hays JC, George LK, Musick M, Larson DB, Collins TR, **Benson H**. Religion, spirituality, and medicine: A rebuttal to skeptics. *Int J Psychiatry Med*, 1999; 29:123-31.
84. Kradin R, **Benson H**. Stress, the relaxation response and immunity. *Mod Asp Immunobiol*, 2000; 1:110-3.
85. Stefano GB, Fricchione GL, Slingsby BT, **Benson H**. The placebo effect and the relaxation response: neural processes and their coupling to constitutive nitric oxide. *Brain Res Rev*, 2001; 35:1-19.
86. Esch T, Stefano GB, Fricchione GL, **Benson H**. Stress in cardiovascular diseases. *Med Sci Monit* 2002; 8:RA 93 –101.
87. Esch T, Stefano GB, Fricchione GL, **Benson H**. Stress-related diseases-a potential role for nitric oxide. *Med Sci Monit* 2002; 8:RA 103-118.
88. Esch T, Stefano GB, Fricchione GL, **Benson H**. The role of stress in neurodegenerative diseases and mental disorders. *Neuroendocrinol Lett* 2002; 23:199-208.

89. Esch T, Stefano GB, Fricchione GL, **Benson H**. An overview of stress and its impact in immunological diseases. *Mod ASP Immunobiol* 2002; 2:187-92.
90. Stefano GB, Esch T, Cadet P, Zhu W, Mantione K, **Benson H**. Endocannabinoids as autoregulatory signaling molecules: coupling to nitric oxide and a possible association with the relaxation response. *Med Sci Monit* 2003; 9: RA63-75.
91. **Benson H**. Are you working too hard? *Harvard Business Review* 2005; 83:53-8.
92. **Benson H**, Casey A, eds. *Stress control*. Harvard Health Publications, 2006.
93. **Benson H**, Casey A. eds. *Stress management*. Harvard Health Publications, 2011

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>.