



SAYBROOK UNIVERSITY

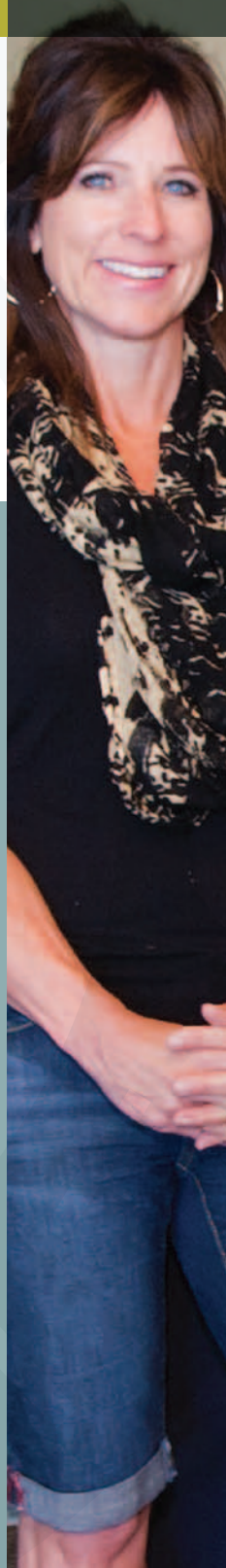
Graduate College of Mind-Body Medicine

Create the future of healthcare.
Professional training for a new community of
healthcare leaders and practitioners.

Pursue an MS or PhD degree in the new medicine at Saybrook University's Graduate College of Mind-Body Medicine (MBM). Design your doctoral program to focus on research, practice, or healthcare systems.

LEAD THE TRANSFORMATION OF HEALTHCARE:

- Enhance your clinical practice, perform cutting-edge research, and develop innovative and integrative models of health education and healthcare delivery.
- Learn the creative, evidence-based therapeutic use of interventions - such as imagery, biofeedback, hypnosis, energy medicine, coaching, and mindfulness meditation - which impact our physical, mental, emotional, social, and spiritual lives.
- Use mind-body approaches, nutrition, exercise, and group support to prevent and treat chronic illness, and improve the quality of life.
- Apply this knowledge to develop and implement improved healthcare systems for hospitals, clinics, and other organizations.
- Connect with a supportive and peer-based community of like-minded students from a variety of backgrounds including physicians, nurses, therapists, coaches, dietitians, bodyworkers, and business consultants.
- Ground your education in a community dedicated to developing truly integrative care for ourselves and the world in which we live.
- Combine the wisdom of in-depth experiential learning with the most sophisticated tools of scientific investigation.
- Practice self-care as you master academic knowledge, acquire and practice professional skills, and pursue personal development.



LEARN MORE. VISIT WWW.SAYBROOK.EDU/MBM



More than 95% of our students have expressed a high degree of satisfaction with the quality of our program, the expertise of our faculty, and the academic mentoring they receive.

Our unique integrated delivery model creates a strong, vibrant, supportive community. We combine in person residential conferences to start each semester with engaging virtual learning through online classrooms and video conferencing for coursework.

Founded and directed by pioneers in integrative health and mind-body medicine, including James S. Gordon, MD and Donald Moss, PhD. Our low residency requirements fit well with your schedule as a working professional. Apply now to take advantage of special scholarship opportunities and other financial aid.

“I am the director of an integrative wellness department of an oncology practice. Everything I learn here I can apply. It is really important to our oncology practice to offer modalities that support our patients both in their treatment and recovery process. I am also a working mom with eight children so it was very important for me to find a program that would support me and cared about me as a person. Saybrook made that fit. It’s an exceptional learning environment.”

GINGER KEMMY, RN
MIND-BODY MEDICINE MS STUDENT



DEGREE REQUIREMENTS

PROGRAM

CREDITS

MS in Mind-Body Medicine

43 Credits

PhD in Mind-Body Medicine

Specializations in Practice, Research, and Healthcare Systems.

82 Credits

Non-Degree Certificates in Mind-Body Medicine

Mind-Body Medicine
Health and Wellness Coaching
Clinical and Applied Hypnosis
Biofeedback and Neurofeedback

16 Credits

THREE RESIDENTIAL CONFERENCES PER YEAR (FALL, SPRING, AND SUMMER). START IN AUGUST OR JANUARY.

LEARN MORE.

CONTACT ADMISSIONS@SAYBROOK.EDU

“Reviving the spirit and transforming the practice of medicine, the College of Mind-Body Medicine emphasizes an approach that makes self-care central to all healthcare. This work is a blessing to our communities and a joy for us.”

JAMES S. GORDON, MD
DEAN, GRADUATE COLLEGE OF MIND-BODY MEDICINE



“Saybrook’s MBM program in healthcare systems has helped me combine my interests in holistic science, coaching, humanistic psychology, and organizational transformation into an integrated way of looking at and working with individual and organizational well-being. That’s why Saybrook is a perfect fit for me.”

CARRIE PHELPS, YMCA CONSULTANT/COACH
MIND-BODY MEDICINE PHD STUDENT



**SAYBROOK UNIVERSITY ASKS THE QUESTION:
WHAT DOES IT MEAN TO BE HUMAN IN THE 21ST CENTURY?**

At Saybrook University it means providing our students with an education that gives them the critical thinking and reasoning skills to adapt, invent, and reinvent themselves and their professions to meet the challenges of today and tomorrow. It means a community of life-long learners committed to and practicing values that are sustainable and meaningful to us as we interact with each other and our world.

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WASC ACCREDITED

LEAD THE TRANSFORMATION OF HEALTHCARE.