Welcome to BCH Center for Mind Body Medicine

Thank you for making an appointment at the BCH Center for Mind Body Medicine. We are excited to help you take a different approach toward solving your medical problem!

It is important that you know that we will not be relying on medications or procedures to treat any problems. We believe that, most of the time, the human body is an amazing healing machine, and if it is given the right conditions and tools, healing very often comes from within. Cures and improvements happen when patients and healers work together, so we expect patients to actively take part in their own treatment. We can give a diagnosis, teach you about what is going on in your brain and body, and work with you to get better. But we cannot help you if you are not in a place to help yourself.

We have two suggestions that are not mandatory but will perhaps make your first visit more efficient.

1. Consider watching Dr. Fanestil’s Mind Body lecture:
   https://www.youtube.com/watch?time_continue=5&v=TPiSy1LObw&feature=emb_logo

2. Self-teaching: Before your first visit, we suggest that you educate yourself as much as possible. For you to change your body and your nervous system, you will need to start learning about how your brain and body work, according to new ideas in neuroscience.
   a) For patients with chronic pain or other longstanding hard-to-treat health problems please try to watch the first four videos on the attached Neural Pain Pathway handout. Not everything in all these videos applies to everyone, but these videos talk about many of the core concepts we will be working with. Also, feel free to look at as much of the other material as you would like.
   b) For patients with anxiety, and for those just looking for ways to handle stress that do not involve medicines, please try to watch the following TED Talk by Kelly McGonigle:

Thank you!
We are looking forward to meeting you and working with you!