



David &  
Karen  
Gamow



# Martial Arts for the Mind

## *Stress & Resilience Skills*

Gain clarity of mind and an increased capacity to meet and overcome life's challenges. This training provides physiological and cognitive techniques to overcome the negative impacts of stress, and to increase our capacity to bounce back from adversity.

Navy Seals use these techniques to calm intense fear before combat. Actors and athletes use them to reduce stress and enhance performance under pressure. Learn how to stop the stress response before it arises, and to find effective ways to release it once present. Learn how to:

- Understand and communicate more sensitively with others without denying or sacrificing your own feelings
- Manage challenging work situations with greater calm and clarity of mind
- Release stress with clinically-proven relaxation, breathing, and meditation techniques that can be done in just a few moments
- Achieve significant relief from chronic pain, insomnia, and high blood pressure, among many other health conditions
- Increase focus amid 24/7 hyper-connectivity and distractions

### ON-SITE TRAINING

#### **3 hours (shorter lengths possible)**

Cost: \$2,400 San Francisco area  
\$4,200 Western States | \$5,700 Midwest  
\$6,400 East Coast, Hawaii, Alaska  
\$2,800 Each additional training

### VIRTUAL TRAINING

#### **90 minutes**

Cost: \$2,100 up to 50 people  
\$2,400: 50-100 | \$3,000 for 150  
\$3,500 for 200 | \$4,000 for 300

"This is one of the best trainings any of us have taken at Stanford—or anywhere else, for that matter."

—David Silberman, Director, Health & Safety, Stanford School of Medicine

"To have longevity and success as a physician, we all need to gain mastery over our own stress and ourselves, or we become depleted and burn out at the source. A cogent and much-needed training."

—Robin Field, M.D., Ob-Gyn Residency Program Director, Kaiser Permanente

"Essential tools for work and for life. They will strengthen us personally, and as an organization."

—S. Chiang, Senior Vice President, Human Resources, American Heart Association

"It's rare in life that someone hands you a tool that works."

—Jacqueline Bagata, Perinatal Nurse, San Joaquin General Hospital

"One of our senior managers said, 'Educational with the potential to liberate; this should be taught in schools to everyone. A life skill worth having.' Others said, 'Beneficial to us for the rest of our lives.' Our staffers are a busy and skeptical bunch. We highly recommend your work."

—Anna Halvorson, Department of Pathology, UCSF

"The most exciting new thing I have learned in a long time. Wonderful information made very interesting and humorous. Exercises were incredible."

—Nancy Outenreath, Oncology Nurse

David and Karen Gamow have trained over 35,000 employees for clients including Stanford University Hospital, Stanford School of Medicine, Kaiser Permanente, Sutter Health, Suncoast Hospice, U.S. Department of Veterans Affairs, CBS, Citrix, GE, and the U.S. Navy. For years their training has been an integral part of leadership training intensives for GE, NASA, and the Social Security Administration. They have spoken about stress on behalf of the American Heart Association. Authors of *Freedom from Stress*, their work has been featured in *Investor's Business Daily*, *Huffington Post*, and *Money Magazine*.  
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## Our instructional strategy

The training is a combination of lecture, experiential activity, Q & A, and voluntary interaction between the instructor and participants. Participants experience exercises and ideas as observers/scientists, and are encouraged to test them for themselves in the classroom. The lecture is engaging, humorous, and sometimes challenging. The goal is a significant shift in understanding.

## Course content

The training consists of two approaches to stress: cognitive and physiological. The cognitive training culminates in a 4-step process developed at Harvard that helps participants break the cycle of responding to challenging situations in stressful or non-productive ways. Participants gain an understanding of the mind and its habitual, unconscious responses to external challenges, and also learn how to consciously and naturally choose a different response. To the extent that stress is a feeling of being out of control, stress is reduced as we gain mastery over our responses, even in small ways.

The second prong of the training is hands-on practice in a number of relaxation, breathing, and meditation techniques that are clinically proven to reduce stress and enhance mental focus. Participants learn how to relax the body at will, relieve physical tension, and relieve or eliminate pain. Other benefits include reducing or eliminating insomnia, reducing blood pressure, and enhancing resilience.

## Course outline

### 3 hour training

Intro and clinical research (30)  
Guided techniques/Q&A (40)  
Cognitive skills (60)  
Break (15)  
Guided techniques and  
Benefits of each technique (30)  
Closing (5)

### 2 hour training

Intro (10)  
Guided techniques/Q&A (35)  
Cognitive skills (45)  
Break (10)  
Guided techniques and benefits (15)  
Closing (5)

### 90 min training (live or virtual)

Intro (10)  
Guided techniques/Q&A (35)  
Cognitive skills (40)  
Closing (5)



*"Employees are clamoring for help with stress, but it's rare to find a program that's effective. The Gamows' easy presentation style coupled with an obvious deep knowledge of human physiology and psychology gives them great credibility with their audiences."*

*—Jeanne Batey, HR Director,  
Office of Economic  
Development, City of Denver*

## Clients

### Healthcare & Biotech

California Pacific Medical Center  
GE Healthcare  
Genencor  
Gilead Sciences  
Howard Hughes Medical Institute  
John Muir Hospital  
Kaiser Permanente  
Kyphon/Medtronic  
Lucille Packard Children's Hospital  
Menlo Park VA Medical Center  
Morton Plant Mease Hospital  
Oakland Pediatric Clinic  
Oral-B Laboratories  
Portland VA Medical Center  
San Francisco VA  
San Mateo Medical Center  
Seton Medical  
Stanford Cancer Center  
Stanford School of Medicine  
St. Joseph's Hospital  
St. Anthony's Hospital  
Suncoast Hospice  
Sutter Health  
Tampa General  
UCSF  
Varian  
Washoe Health

### More

Citrix Systems  
CBS  
NASA  
U.S. Department of Justice  
Hewlett Packard  
Stanford Linear Accelerator Center  
GE Crotonville  
The Gap / Old Navy  
IBM  
Hitachi  
Juniper Networks  
Nokia  
Plantronics  
Lockheed Martin  
Adobe Systems



## *Additional testimonials*

**“The best training I have ever attended.”**

—Toni Nunes, *Manager, Stanford Center for Clinical Research*

**“We offer programs regularly to employees, but they are more often talk than techniques and tools. Your training was full of hands-on techniques that people can take back to the office and apply in their lives with noticeable results. They work!”**

—Angela Lepore, *Benefits Administrator, Oral-B*

**“Excellent. Practical, easy to learn, and very well presented. The real-life stories make this relevant to our high-stress hospital environment.”**

—Lynn Ryder, *Organizational Development Consultant, Kaiser Permanente, San Francisco*

**“This training received the highest accolades of the year from our workforce. Feedback was powerful – a must-attend training for professionals seeking to do their best work.”**

—Joseph Schmitt, *Director of Operations, National Debt Management Center, U.S. Department of Veterans Affairs*

**“I’m normally in pain nearly all the time, and yet I was pain-free after a single session of your exercises.”**

—Sharon M., *Stanford Medical School*

**“The face of modern medicine is changing, and you are helping us to be a part of that change. Invaluable tools for stress reduction and pain management that anyone can learn in a few hours.”**

—Lance Sams, *Cancer Center, Morton Plant Mease Hospital, Clearwater, FL*

**“Deep gratitude for the lessons you shared with our therapists.”**

—Jocelyn Reyes-Pagsolangan, *Supervisor Recreation Therapist, VA Palo Alto Health Care System*

**“A number of people shared that this was the best class they have ever taken at Stanford—and a couple of those people are real skeptics! Your presentation was very relevant to their work environment. They loved the exercises and felt their time was well spent. They are very enthusiastic about incorporating this into their everyday work life.”**

—Cori Bossenberry, *Director, Human Resources, Stanford University School of Medicine*

**“95% of participants rated the program ‘excellent’. What participants liked most: practical, learnable, teachable tools to handle stressful situations better; David’s great sense of humor and use of real-life stories in the presentation; and the relaxed group interaction without being put on the spot. The skills and techniques that you shared will be an invaluable asset to supporting our health care mission.”**

—Dani Walter, *MPH, Integrative Medicine Coordinator, St. Anthony’s Hospital, St. Petersburg, FL*

**“Thank you so much for a marvelous seminar. All of the feedback was excellent, and the participants talked about how wonderful the class was. We are always glad to have you present this training when you are in the area.”**

—Jeri Binder, *Director, Staff Development, St. Joseph’s Hospital, Tampa, FL*

**“Honestly, these ideas are life changing. I already see the world differently, and feel empowered to take control of my reactions to this unpredictable, sometimes difficult life.”**

—Colleen L., *Perinatal Nurse, St. Elizabeth Hospital*

**“It’s not just anybody who can take a group of 350 women and get them to sit quietly through a guided meditation. They loved everything you taught them. Additionally, as a meeting planner, I especially enjoyed working with you. Your dedication to the program’s success went above and beyond the role of speakers. You put in thought as to how to how best to serve the audience as well as the committee putting on the event. The end result was a phenomenal event that went smoothly and was a huge success!”**

—Elizabeth Macisco, *Marketing Coordinator, Washoe Health System, Reno, NV*

**“We really appreciate being able to add value and impact for our School of Medicine staff. We greatly appreciate your partnership.”**

—Cara Morgan, *Talent Development Manager, Stanford School of Medicine*

**“I have worked with hundreds of trainers throughout the world. Your presentation is in the top 10% of what I have ever experienced. So many programs are PowerPoints describing a topic. Yours really motivates and changes people. Your enthusiasm shines through what you do, and the effect is dramatic.”**

—Robert Cancalosi, *Chief Learning Officer, Global Human Resources, GE Healthcare*

**“Many of our clients are low-income with sick and struggling children. It’s a very high pressure situation for them and for us. Your training was really outstanding – one of the best I have ever attended. It was motivating and insightful. Our staff gained tools that many are using every day to feel more of a sense of self-mastery and control over their lives. I think the doctors appreciated it the most, actually. You opened up a group discussion on issues we have not addressed so openly in the past: stress, how we respond to it, and how we treat each other under pressure. I am seeing a real difference in myself and others, and I wanted to thank you for bringing this program to our group.”**

—Linda Olson, *Office Manager, Bay Area Pediatric and Pulmonary Clinic, Oakland, CA*

**“This was the most useful and excellent course I have taken in my life.”**

—Meredith Brown, *Nurse, Seton Medical Center*