

FOR IMMEDIATE RELEASE

Studying Mindfulness and Meditation for People with Traumatic Brain Injury

(Thunder Bay, ON, September 7, 2010) St. Joseph's Care Group (SJCG) made an announcement today about a research study at the Care Group that will examine the effects of a mindfulness and meditation program for people who have had a brain injury and are experiencing depression.

Research shows that many people experience depression after a brain injury. Previous work in two smaller studies conducted at SJCG has found that mindfulness helps some people with these feelings improve their mood and energy level, and decreases pain they may be experiencing. This new study will assess the program on a much larger scale.

Michel Bédard, Scientific Director at SJCG, says "There are few treatment options designed to deal specifically with the psychological and emotional needs of people who have experienced a traumatic brain injury. We are hoping that the mindfulness program that we have developed will fill that gap."

The study is funded by the Ontario Neurotrauma Foundation and is being conducted at SJCG, Toronto Rehab and The Ottawa Hospital - Rehabilitation Centre. Participants will take part in 10-week program that involves meditation, awareness and breathing techniques to help them become more aware of their feelings and to think about them differently.

If you would like more information about this study, please contact Research Coordinators, Carrie Gibbons or Hillary Maxwell, at 343-4300 ext. 4404.

- 30 -

For more information contact:

Carrie Gibbons, Research Coordinator or
Hillary Maxwell, Research Coordinator
St. Joseph's Care Group
(807) 343-4300 ext. 4408



**Balmoral Centre ♦ Behavioural Sciences Centre ♦ Diabetes Health Thunder Bay ♦ Hogarth Riverview Manor ♦ Lakehead Psychiatric Hospital
Sister Margaret Smith Centre St. Joseph's Health Centre Bay ♦ St. Joseph's Heritage ♦ St. Joseph's Hospital**

St. Joseph's Care Group has approximately 1700 employees and over 400 volunteers. With an annual operating budget over \$125M, SJCG is the fifth largest employer in Thunder Bay. To learn more about SJCG, visit the web site at www.sjcg.net.