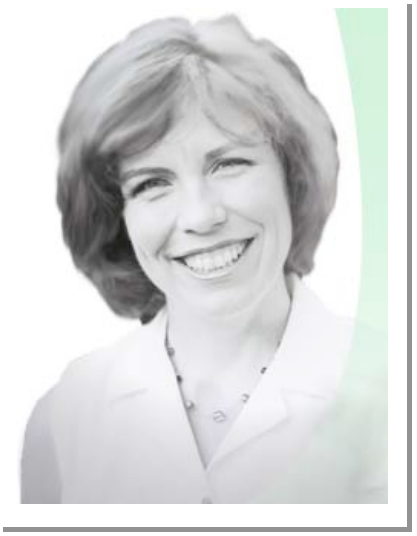
Mind-Body Interactions

in the Origins and Symptoms of

Chronic Fatigue/Fibromyalgia



with **Veronique Mead, MD, MA**
Somatic Psychotherapist

Veronique Mead describes a perspective for understanding the role of interactions between mind and body in the origins and symptoms of chronic illness such as chronic fatigue syndrome (CFS) and fibromyalgia syndrome (FMS). This perspective draws from Somatic Psychotherapies, clinical experience, research, as well as a personal relationship with chronic fatigue. The fundamental theory is that all symptoms are based in intelligent attempts to adapt to a challenging environment. The theory appears to help explain and understand important questions often related to CFS and FMS, such as:

Why does exercise aggravate symptoms for so many people with CFS/FMS? Why are symptoms so variable in different people? Why do symptoms vary in the same person, from day to day or from moment to moment? How is it that some people get this illness and others do not? Can working with emotions and beliefs have any impact on symptoms? Can working with the body help physical symptoms and emotional well-being? What might be triggers to symptom exacerbations? and more....

January 15th , 2005 ***National Jewish Hospital, Denver***
1-3 PM

For more information:

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- **CFS-FMS** — **Information Line: (303) 423-7367**
- **Tim Smith** — **Facilitator, Rocky Mountain CFIDS/FMS Association and support group, (303) 758-2496**

Open to the Public - Free of Charge

Veronique Mead *is a Somatic Psychotherapist in Boulder who has a special interest in working with individuals with chronic illness and unusual symptoms. Her work integrates the growing scientific understanding of the influence of body mind interactions on symptom expression and resolution. She also incorporates the increasing awareness of the effects of environmental influences on the nervous system, and facilitates mind body dialogue as a means of working with non-genetic contributions to origins of chronic physical illness. Her background as a family physician informs this work.*