

Jim Cahill, BCB

Board Certified Biofeedback Therapist

Developer: Mindfulness-Based Biofeedback Therapy™

MBBT combines Western psychophysiology with Eastern meditation and mindfulness training. It offers simple, practical skills for calming and coping with both pain and stress, guided by precise scientific measurements and proven practices.



Discover your Medicine Mind™ at Comprehensive Therapy Services.

Jim developed Mindfulness-Based Biofeedback Therapy™ in response to the growing epidemic of chronic pain and stress-related disorders. MBBT blends Western biofeedback and applied psychophysiology with the most validated methods of Eastern meditation from the Indo-Tibetan traditions. Guided by these "best of" practices from the world's healing traditions, Jim develops customized trainings in self-regulation for individuals dealing with a wide array of conditions.

A former brain researcher at Scripps Research Institute, La Jolla, Jim has edited hundreds of biomedical journal articles and invented several patented biomedical devices. He studied cross-cultural approaches to medicine and taught medical anthropology courses at UCSD Medical School. He has been featured on TV and radio broadcasts on stress and pain, and was interviewed by Johns Hopkins' chief of pain about his methods. Oxford University Press recently asked Jim to present his views in a chapter on integrative medicine approaches to stress and pain. Jim also participated in the *Shamatha Project*, the most scientifically rigorous study of meditation ever performed, which was launched at the behest of the Dalai Lama.

This unique background allows Jim to develop customized biofeedback treatments and focus diverse clinical skills to address any condition caused or made worse by stress. Call 760-840-0432 to learn more and begin your training in this fascinating journey into the true control centers of your own heart and mind.

Jim has offices in La Jolla and Sorrento Valley.

The Program

Biofeedback	Medical monitors reveal real-time shifts in even the most subtle stress responses
Mindfulness	Classical mind training cultivates mastery of stress reactions and sustains a deep calm
Regular Training	Consistent, enjoyable weekly trainings coach you towards self-mastery
Lifetime Benefits	Skills grow steadily over time for lifelong relaxation, clarity, and equanimity



"We must never forget: we are the inner-peace of our self-care puzzle—first, foremost, and always."