Integrative Body Mind Training (IBMT): Mechanisms and Applications for Stress Reduction and Health

Yi-Yuan Tang
Visiting Professor, Psychology

February 20, 2009
3:30 – 5:00 p.m.

Heritage Hall (upstairs), Bowerman Building
15th St. University of Oregon campus

This event will include a presentation and brief experience of IBMT and a discussion period over refreshments.

Topics covered in the presentation:
- What's IBMT?
- Effects
- Mechanism
- Application in stress reduction and sub-health problems

Dr. Tang’s research applies the tools of neuroimaging (fMRI, PET/SPECT, ERP), psychosocial and physiological measures as well as genetic analysis and covers the topics in cultural neuroscience, body-mind medicine, affective and social neuroscience, computational neuroscience and neuroleadership. He is the founder of the Integrative Body Mind Training (IBMT) and once trained many thousands of children and adults to improve their attention, self-regulation and performance.

Questions – contact Shirley Marc, CSWS, 541-346-5015, csws@uoregon.edu

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