



Global Health Lecture Series Wednesday April 20 Noon ACB 150

Schedule of Presenters Spring 2016

- Wednesday, January 20
- Wednesday, February 3
- Wednesday, February 17
- Wednesday, March 2
- Wednesday, March 23
- Wednesday, April 6
- Wednesday, April 20 *ACB 100*

Free lunch will be provided to the first
50 attendees.
No RSVP is necessary.

**To reserve your lunch, please
bring a package of cloth diapers to
the Office of Global Health (2B410)
by
Tuesday, April 19.**

This event is free and open to the
public.

For more information about the
Global Health Lecture Series, contact
the Office of Global Health at
806-743-2901 or
globalhealth@ttuhsc.edu.

Persons needing assistance should
contact the Office of Global Health
for arrangements.

Mindfulness Intervention for Mental Health: Brain Mechanisms and Its Implications

featuring

Yi-Yuan Tang, PhD

**Presidential Endowed Chair in Neuroscience;
Professor, Department of Psychological Sciences,
TTU;
Adjunct Professor, Department of Internal Medicine,
TTUHSC**

Dr. Yi-Yuan Tang is a Fellow of Association for Psychological Sciences (APS), Fellow of American Psychological Association (APA), and Associate Editor, Social Cognitive and Affective Neuroscience. His basic research covers cognitive, social, and affective neuroscience and psychology and in his translational work, he develop a novel mindfulness based preventive intervention (Integrative Body-Mind Training, IBMT). He has studied its effects in large randomized clinical trials in patient populations since the 1990s. He published 6 books and over 280 peer-reviewed articles.

During this presentation, Dr. Tang will summarize the latest research about mindfulness mechanisms and propose that mindfulness intervention includes at least three components that interact closely to constitute a process of enhanced self-regulation: enhanced attention control, improved emotion regulation, and altered self-awareness. He will also explore the application of mindfulness intervention in mental health including addiction, mood disorders, and pain. For additional information about Dr. Tang's work, please visit his website at www.yi-yuan.net.