

The University of Hong Kong
Department of Psychology

Departmental Seminar

***Using Mindfulness to Cultivate Psychological
Resilience and Wellbeing***

Date: November 27, 2014 (Thursday)

Time: 4:00 p.m. – 5:30 p.m.

Venue: CPD-3.29, Central Podium Level, Centennial Campus, HKU

Speaker: Dr. Thomas H. Nassif, PhD
American University

This workshop will provide an overview of mindfulness research and provide firsthand experience of mindfulness techniques that may be used to foster psychological resilience in individuals with stress-related conditions. Specific components of the Integrative Restoration Yoga Nidra (iRest®) program will be presented, including the practice of developing an inner resource, progressive muscle relaxation, abdominal breathing, contrasting emotions, and somatic-based inquiry.