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.