

IBMT Introduction

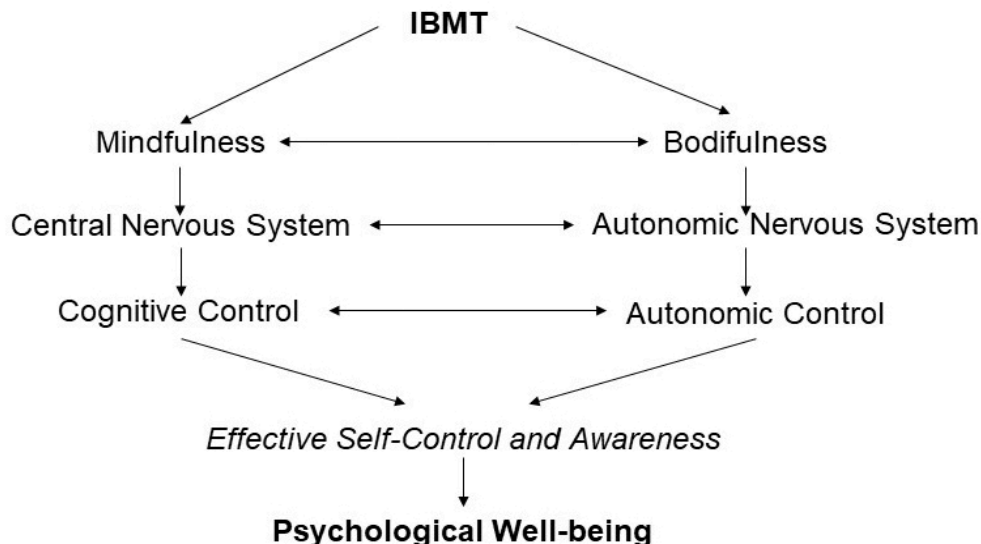
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Integrative Body-Mind Training (IBMT) originates from ancient eastern contemplative traditions, including traditional Chinese medicine, Zen, Vipassana, Taoism and other lineages but also includes latest findings in neuroscience and psychology. The goal of IBMT is to cultivate awareness, acceptance, and equanimity of present experience. IBMT stresses no effort or less effort to control thoughts, and the natural achievement of a state of restful alertness that allows a high degree of awareness and balance of the body, mind, and environment. Therefore, IBMT is an effortless mindfulness practice. The meditation state is facilitated through training and trainer-group dynamics, harmony, and resonance.

A series of randomized control trials (RCTs) indicate that IBMT improves attention, creativity, problem solving, working memory, self-regulation and immune function, reduces stress, health and well-being (see **Figure** below), and induces neuroplasticity through interaction between the central and autonomic nervous systems (ANS). IBMT has also been used in prevention and treatment of addiction, anxiety and depression, stress related disorders and aging related disorders (Tang et al, *TICS*, 2009, 2012, 2014; Tang et al, *PNAS*, 2007, 2009, 2010, 2012, 2013; Tang et al, *Nat Rev Neurosci.*, 2015; Ding et al, 2013, 2014; Fan et al, 2010, 2014; Tang et al, 2020). See how IBMT works on (Tang, 2011; Tang et al, 2017, 2019) and Springer Nature book (Tang, 2017).

IBMT Level One mainly involves several body–mind techniques (*bodifulness and mindfulness*) such as body relaxation, mental imagery and mindfulness training, accompanied with selected music background developed by Dr. Tang and his teachers many years ago. There are misunderstandings about which method or technique is mindfulness. In brief, mindfulness methods need NOT include “mindfulness” term in the title, but the actual components and mental processes are the key, see clarification on *How mind-body practice works - integration or separation* (Tang et al, 2017). IBMT techniques help practitioners to better prepare ('warm up') first, and then go through these practices via a 'direct experience' to achieve a balanced attention control, emotion regulation and self-awareness or self-transformation. IBMT uses full awareness and presence of the body (bodifulness) to facilitate the mindfulness process, as bodifulness mainly involves implicit processes such as visceral or interoceptive awareness regulated by ANS and needs less effort through autonomic control, which is much easier to induce effortless practice.

Improving Psychological Well-being Through Mindfulness Training (IBMT)



IBMT system has three levels: (i) body-mind health, (ii) body-mind balance, and (iii) body-mind transformation, which serves for adults and children. In each level, instructed and guided by the qualified coach, IBMT has core

theories and key techniques that can support practitioners to go through each step and achieve health, balance, happiness, wisdom, compassion, and ultimately to understand and experience natural laws (or 'Tao'), in other words, to see the "truth of impermanence, unsatisfactoriness, and selflessness of changing phenomena.

In our series of RCT studies, 2 to 10 hours of IBMT Level One has been used. It often included (i) pre-session, (ii) practice session, and (iii) post-session to help and facilitate experiential learning (Tang, 2005, 2007, 2009, 2017; Tang et al, *CDP*, 2012; Tang et al, *Nat Rev Neurosci.*, 2015, 2016). In the pre-session, usually before the start, the coach gathers participants to have an introduction and Q&A meeting about IBMT theory and practice to ensure the clear grasp of IBMT for the novices. The coach also sets up the exact time, training room and ground discipline for the group practice. During this stage, the most important thing for the coach is to create a harmonious and relaxed atmosphere for effective practice (Tang, 2005, 2009, 2017).

In the training session, participants follow the coach's instruction and compact disc to practice. During the training session, the coach observes body cues to identify those who are struggling with the method and gives proper feedback. The coach adjusts training focuses and techniques to maximize effectiveness if needed.

In the post-session, every participant fills out a questionnaire, comments and evaluates the practice. The coach may give responses to questions raised by the participants, helps those who have difficulties or misunderstanding of practice. When the IBMT class ends, the coach often follows participant's practice to support the gradual and steady progress and transformation (Tang, 2009, 2017).

IBMT involves explicit and implicit learning and experience. To ensure appropriate experience, coaches are trained to help novices understand and practice IBMT properly. A qualified IBMT coach guides participant by providing supporting instructions, resonance and direct experience throughout the whole sessions. If a coach is not ready inside (e.g., healthy, balanced), how to help others? So IBMT coach is not someone who has only completed three levels of IBMT training, instead, the coach has transformed his/herself and gone through all levels of practice via own direct experience. In this case, coach can really have the capacity and the ability to effectively interact with the trainees and guide them individually and in group with wisdom and compassion. The role and skill of the coach in effectively engaging participants is critical, especially when working with adolescents, children, and older populations. IBMT coach more likes a 'catalyst' that can promote and facilitate participants' practice and growth, for example, using an appropriate approach to help participants enter a mindfulness state, and have an insight and transformative experience (Tang, 2005, 2007, 2009).

Become an IBMT Coach

First, become a student to learn IBMT. After attendance of IBMT classes by Dr. Tang or other qualified IBMT coaches, one will learn and grasp IBMT techniques and theories, then practice correctly under the supervision of IBMT coach. After certain period of practice for each IBMT level, a person who achieves all three levels of full training can apply for a coach candidate. IBMT coach will interview, screen, and check your practice and understanding of IBMT, and apply psychology and neuroscience techniques to verify. By means of these integrative tests and measures, we could know whether you are ready and qualified to move to the next step as a potential coach candidate. IBMT has a unique lineage and systematic training for coach candidates to directly experience mindfulness, energy, reality, and natural laws.

The most important thing for coach is to create a harmonious, relaxed, happy, insightful, and growing atmosphere and give proper feedback for effective practice. The coach believes everyone has full potential and equality and that coach's job is to find and enjoy a person's inner beauty and capacities to help them perceive, think and act better and unfold their full potentials rather than to teach them. This requires the coach's own transformation first (qualified inside) then the coach can resonate with and help others. IBMT coach is recognized and certified by Dr. Tang, the founder of IBMT.

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