

IBMT Introduction

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Integrative Body-Mind Training (IBMT) originates from ancient eastern contemplative traditions, including traditional Chinese medicine, Zen and other lineage. IBMT stresses no effort or less effort to control thoughts, and the achievement of a state of restful alertness that allows a high degree of awareness and balance of the body, mind, and environment. The meditation state is facilitated through training and trainer-group dynamics, harmony, and resonance. A number of randomized clinical trials (RCTs) indicate that IBMT improves attention, creativity, working memory, self-regulation and immune function, reduces stress, induces neuroplasticity through interaction between the central and the autonomic nervous systems. IBMT has also been used in prevention and treatment of addiction, anxiety and depression, stress related disorders such as PTSD, TBI and aging (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).

IBMT system has three levels: (i) body-mind health (BMH), (ii) body-mind balance (BMB) and (iii) body-mind purification (BMP), 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, wisdom, compassion, and to understand and experience natural laws (or 'Tao').

IBMT Level One mainly involves several body-mind techniques such as body relaxation, mental imagery and mindfulness training, accompanied with selected music background developed by Dr. Tang and his teachers many years ago. IBMT techniques help practitioners to better prepare ('warm up') first, and then go through these practice via a 'direct experience' to achieve a balanced attention control, emotion regulation and self-awareness or self-transformation. In our series of studies, IBMT level one has been used and included (i) pre-session, (ii) practice session, and (iii) post-session (Tang, 2005, 2007, 2009; Tang et al, *CDP*, 2012; Tang et al, *Nat Rev Neurosci.*, 2015).

In the pre-session, usually 1 day before the start, the coach gathers participants to have an introduction and free question-and-answer 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, 2007).

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 immediately. After each training session, the coach may give responses to questions raised by the participants, helps those who have difficulties or misunderstanding of practice. In the post-session, every participant fills out a questionnaire, comments and evaluates the practice. When the IBMT onsite class ends IBMT coach will follow participant's practice to support the gradual and steady progress and transformation.

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 participants in their training by providing supporting instructions, resonance and direct experience throughout the whole sessions. If a coach is not ready inside (healthy, balanced and purified), how to help others? So IBMT coach is not someone who has only completed three levels of IBMT training and passed associated tests in theory and technique, 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 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 meditation state, have an insight and transformative experience (Tang, 2005, 2007, 2009).

Become an IBMT Coach - a Master of IBMT

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 also apply neuroscience techniques to verify. By means of these integrative tests and measures, we can 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 candidate to directly experience energy, reality and natural laws.

The most important thing for coach is to create a harmonious, relaxed, 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 potentials rather than to teach them. This requires the coach's own transformation first (qualified inside) then the coach can resonate and help others. IBMT coach is recognized and certified by Dr. Tang, the founder of IBMT.

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Coming in late 2015