

Positive Psychology, Psychotherapy & Cognitive Behavioral Sciences

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Mindfulness, brainwaves and happiness

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This research includes PubMed recent publications that focus on the underlying the mechanisms of mindfulness meditation and its effects on emotional acceptance and on reducing cognitive rigidity. The neuroscience and clinical testing data was collected with the purpose of evaluating the effects of mindful meditations on psychological, behavioral, cognitive, and emotional functioning. Mindfulness therapy has become a promising field in addressing generalized stress and specific addictions. Some findings provide evidence for changes in brain oscillatory activity during meditation to increase our understanding of the cortical processes. From the framework of preventative science and integrated neuroscience this research explains the impact the mindfulness on psychological outcomes. The investigative methods provide information on the changes in brain waves activity on different areas of the brain during the moment of awareness and emotional acceptance. Numerous studies suggest meditation mindfulness reduces decline of cognitive domain and brain structure and builds resilience.

Biography

Ellie Wright is a Naturopathic Physician and a passionate Medical Researcher and International Presenter for EGW Research Institute LLC. She obtained a Bachelor Degree at Arizona State University with Summa Cum Laude in 2008. In 2010, she graduated with a Master's degree (ASU) and graduate certificate in Geriatric and Gerontology from Arizona University. In 2015, she received a Doctoral Degree from Southwest College of Naturopathic Medicine.

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