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Patrizio Paoletti, Tal Dotan Ben Soussan & Tania Di Giuseppe

Patrizio Paoletti Foundation for Development and Communication, Italy

OMM (One Minute Meditation) path for increasing resilience and well-being

Psychosocial factors, such as increased levels of social engagement, positive emotion, and dispositional optimism have all been shown to promote resilience. In addition, our brains are continuously shaped both functionally and structurally by experience on which explicit training can capitalize to promote more adaptive brain functioning. These factors, as well as additional characteristics of resilience, such as positive self-concept/esteem, self-awareness, hopefulness, emotional expression, emotional management in stressful situations, and interpersonal problem-solving skills can increase by training, such as meditation. The current workshop will first present qualitative and quantitative research findings that illustrate how people can benefit from training, and especially from meditation, in terms of neuroplasticity and psychological well-being. We will, then, have a practical experience of OMM – One Minute Meditation methods - and will learn the procedure of how to: (1) become more relaxed and increase concentration, (2) prefigure more effectively, while acquiring more Detachment from needs, Distance from negative emotions and Determination; (3) improve the ease in relating to others thanks to the focus on personal values, thus achieving more self-awareness. By these experiences and by the neuroscientific results demonstrating the physiological effects which can be obtained following a minute of training (e.g. decreased cortisol, improved neuronal function), we will further learn not to underestimate the power contained in just one minute. An infinite number of things happen in a very short time. Together with the fact that these state changes are also achievable with open-eyes makes it appealing for potential applications in daily life.

Biography

Patrizio Paoletti is the President of the "Patrizio Paoletti Foundation for Development and Communication". As President of the homonymous Foundation, Paoletti is leading international social projects and educational programmes with the aim of promoting human resilience, personal and community well-being. He is member of several scientific boards and committees and has numerous publications concerning lifelong learning processes for personal and social development and growth. Moreover, he is one of the leading teachers of meditation in Italy and the creator of several scientifically studied meditation techniques, including: One Minute Meditation (OMM); Quadrato Motor Training and OVO Whole-Body perceptual deprivation Tank.

Tal Dotan Ben Soussan is the director of Neuroscientific Research Unit, of the Patrizio Paoletti Foundation. Leading studies examining the effects of different training paradigms on neuroplasticity, resilience and well-being, Ben-Soussan's multidisciplinary approach utilises electrophysiological, neuroanatomical and molecular tools to examine the underlying mechanisms promoting cognitive and emotional well-being. Ben-Soussan's pioneering work on the Quadrato Motor Training has demonstrated that specifically-structured sensorimotor activity can improve neurobiological, emotional and cognitive functions. She is also applying her neuroscientific model to examine the interconnectedness of motion, emotion and cognition for increasing resilience and performance in the workplace, as well as in schools and neurodegenerative states.

Tania Di Giuseppe is psychologist, supervisor and international trainer of the Patrizio Paoletti Foundation, working in both Italy and abroad. She has collaborated with the Sapienza University of Rome, Padua University and Scientific University of Perugia (Iquitos), promoting training and research on the constructs of awareness, hope, resilience and planning. Since 2008 she has been involved in the design and implementation of projects and training courses in favor of professionals, teachers and the community, especially in the context of emergency and social exclusion.

research@fondazionepatriziopaoletti.org