TECHNOLOGY

Training Course for Improving Cognition and Mindfulness

OVERVIEW

The invention consists of audio-reorded instructions for eight hours of mindfulness guided imagery, which will have been empirically evaluated in a controlled behavioral treatment study for their beneficial impact on a trainee's cognition and mood above-and-beyond the impact of mere relaxation, due to a subset of instructions pertaining to attention control, specifically the detection of off-task mind-wandering states and the return of one's focus of attention to the primary relaxing task (e.g., breath counting, systematic observation of bodily sensations, and muscle relaxation). If found to be effective, potential users, such as healthy adult professionals, will be able to practice mindfulness guided imagery anywhere anytime by listening to the audiostream (e.g., via desktop or smartphone) assured of its benefit for attention control and its impact on complex thinking tasks, such as reasoning about a text, above-and-beyond any relaxation benefits (e.g., effects limited to improved mood). Current approaches to mindfulness training have not been systematically designed nor empirically evaluated through controlled behavioral treatment studies to provide such assurance.

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EXTERNAL RESOURCES

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