The Integration of Mind-Body and Mental Health: a Budo (武道) perspective

27 November 2023
14:00-16:00
Palazzo Fredrigotti
Corso Bettini 31,
Rovereto, TN (Italy)

Preventing Addictions: why Budo Matters?
Prof. Ornella Corazza
Department of Psychology and Cognitive Science, University of Trento

The mental health benefits of Budo from neuroscientific point of view
Prof. Hironobu Fujiwara
Department of Neuropsychiatry, Graduate School of Medicine, Kyoto University

Reconciliation after interpersonal harm: An Aikido inspired perspective
Prof. Jeroen Vaes
Department of Psychology and Cognitive Science, University of Trento

Chairs: Prof Ornella Corazza and Prof Gianluca Esposito

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