

## **Studying the Power of the Mind using Brain Imaging Tools**

### **Abstract**

Healing is a complicated process. Theoretically, it is made up of three components: the self-healing properties of the body (power of the human body), the non-specific effects of treatment (power of the mind), and the specific effect of physical or pharmacological intervention (power of medicine). The final outcome is the combination of all three components. In the talk, it will introduce 1) the role of the power of the mind (expectancy) in acupuncture and conventional medicine and how to apply the power of the mind to enhance the therapeutic effects of treatment, 2) how the mind and body can interact to produce treatment effects using Tai Chi, Baduanjin, and meditation as examples, and 3) a novel example demonstrating the power of the mind through imagery and its potential role in pain management.