

Annual Conference on
Brain Disorders, Neurology and Therapeutics
October 15-16, 2018 Paris, France



Brian L Ackerman

Meditation and Mindfulness Training, USA

Mental diplopia

"Learning to see Double" which is effectively learning to be aware of how different parts of our brain see the world quite differently. Using a tri-partite model of the brain, the ongoing tug of war from the opposing psychologies of our upper and lower brain levels and how with mindfulness learn to create a hierarchy, whereby by our upper brains, learn how to lead us to and keep us on the path of our inner peace and well-being.

Biography

Brian L Ackerman is a Harvard Medical School Trained Psychiatrist and is also the Director of Meditation and Mindfulness Services at the Kent Center in Warwick Rhode Island. He is also Staff Psychiatrist at the Community Care Alliance, in Woonsocket, RI. He is the Staff Psychiatrist at AdCare in N Kingston RI. He is a Family Therapist and is the Founder Member of the American Family Therapy Association.

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