

IBMT Introduction

IBMT involves several body–mind techniques including:

(i) body relaxation, (ii) breath adjustment, (iii) mental imagery, and (iv) mindfulness training, accompanied with selected music background. In this study, IBMT module one was used. A compact disc was developed for module one that included background music. IBMT module one practice included (i) pre-session, (ii) practice session, and (iii) post-session.

In the pre-session, usually 1 day before the experiment, the coach gathered subjects to have a free question-and-answer meeting about IBMT practice via coaching techniques to ensure the clear grasp of IBMT for the novices. The coach also set up the exact time, training room, and discipline for the group practice. The most important thing for the coach was to create a harmonious and relaxed atmosphere for effective practice (Tang, 2005, 2007).

In the training session, subjects followed the compact disc with body posture adjustment, breathing practice, guided imagery, and mindfulness training accompanied by a music background. Y.-Y.T. gave the practice instructions on the compact disc himself. The practice time was 20 min

for 5 days. During the training session, the coach observed facial and body cues to identify those who were struggling with the method and gave proper feedback immediately in post-session.

In the post-session, every subject filled out a questionnaire and evaluated the practice. The coach gave short responses to subjects as required.

IBMT belongs to body–mind science in the ancient Eastern tradition. Chinese tradition and culture is not only a theory of being but also (most importantly) a life experience and practice. The IBMT method comes from traditional Chinese medicine, but also uses the idea of human in harmony with nature in Taoism and Confucianism, etc. The goal of IBMT is to serve as a self-regulation practice for body–mind health and balance and well being and to promote body–mind science research.

IBMT has three levels of training: (i) body-mind health (BMH), (ii) body-mind balance (BMB), and (iii) body-mind purification (BMP) for adults and one level of health and wisdom for children. In each level, IBMT has theories and several core techniques packaged in compact discs or audiotapes that are instructed and guided by a qualified coach. A person who achieves the three levels of full training after theoretical and practical tests can apply for instructor status.

IBMT involves learning that requires experience and explicit instruction. To ensure appropriate experience, coaches (qualified instructors) are trained to help novices practice IBMT properly. Instructors received training on how to interact with experimental and control groups to make sure they understand the training program exactly. After each training session, the instructors gave brief and immediate responses to questions raised by the participants, helped those who were observed to be having difficulties, and asked each participant to fill out a questionnaire and make any comments. The most important thing for coaches was to create a harmonious and relaxed atmosphere and give proper feedback for effective practice. The coach believes everyone has full potential and equality and that his/her job is to find and enjoy a person's inner beauty and capacities to help them think better and unfold their potentials rather than to teach them.

A qualified coach is very important for each level of teaching and practice. Without coaching, it is impossible or very difficult to practice IBMT with only compact discs.