



Faculty of Education  
The University of Hong Kong

## Transforming negative emotion via religious chanting

Dr Junling Gao, Centre of Buddhists Studies, HKU

June 16, 2017. Friday 12 noon - 1:30 pm NfE Lab, MWC 531

Emotion plays an important role in learning and negative emotions in daily life can create undesirable impact. Yet, relatively little is done in today's formal education to teach students how to self regulate emotional response effectively. The Center of Buddhists Studies at the University of Hong Kong has been an leader in integrating training in self regulation with formal school education. In a recent published study, which has been reported by Newsweek, the team of researchers led by Dr. Gao sought to provide direct neuroscience evidence demonstrating that religious chanting by practitioners can effectively neutralize the neural response to fearful pictures. It is assumed that religious chanting helps to construct a positive schema which can form resilience when confronting with stress-provoking stimuli. Implications of this and other related findings in the literature on early education will be discussed.

ALL ARE WELCOME

For inquiries and registration, please contact:

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Dr. Junling Gao was a clinical neurologist trained in the Huazhong University of Science and Technology, China. He received his Ph.D in Neurology from the Medical School, the University of Hong Kong, for work on dementia using neuroimaging methods. He also received a Master degree in Buddhists Studies from the Faculty of Social Sciences, the University of Hong Kong. Combining his clinical and religious studies training, he has been working as a Postdoctoral Fellow in the Center of Buddhists Studies. His main research focus is on neuroimaging study of meditation, or in a broader sense, mental exercise.

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