

Traditional Chinese Mind-Body Exercises Improve Self-Control Ability of an Adolescent with Asperger's Disorder

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The present study has employed traditional Chinese mind-body exercises, namely the Triarchic Bodypathway Relaxation Technique (TBRT) and Natural Dan Tien Breathing (NDTB) of the Dejian Mind-Body Intervention, to improve the self-control ability of a teenage girl, TK, diagnosed with Asperger's disorder. Instant intervention effect was noted with significant reduction in temper tantrums and repetitive behaviors, and faster self-calming process observed in TK after the first week of intervention. The effect was able to sustain throughout the three-month intervention period. Additional positive changes in problem-solving and psychosocial functioning were also observed. The present encouraging findings have provided preliminary efficacious support for the traditional Chinese mind-body exercises on improving brain functions and promoting psychological well-being.

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傳統中國身心運動改善亞氏保加症患者的自我控制能力

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摘要

本研究採用兩項傳統中國身心運動——三路端坐鬆弛法及德建身心療法中的自然丹田呼吸法，來改善一名患有亞氏保加症的女孩的自我控制能力。結果顯示中國身心運動的療效迅速而顯著，女孩於接受首星期治療時，已

明顯減少了鬧情緒及重覆行為的頻率，及加快了平定情緒的速度。此療效更能於三個月療程中得以持續。此外，女孩的解難能力及心理社交能力亦改善了。本研究的鼓舞性結果為傳統中國身心運動於改善大腦功能及提升心理健康的療效提供了初步的驗證。

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