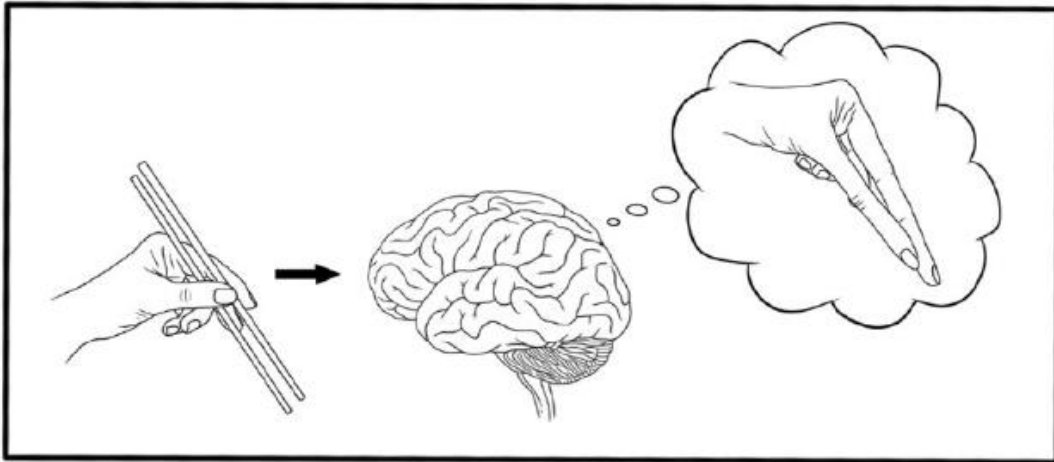


Focus of Attention and Mindful Movement

Dr. Amit Abraham B.P.T, MAPhty, PhD
Department of Physical Therapy
Faculty of Health Sciences
Ariel University, Israel



From: Gose & Abraham (2021) *Experimental Brain Research*

In this webinar, ISMETA's Research Initiative Consultant, Dr. Amit Abraham, will discuss some of the most fascinating questions in the world of Movement Research: What is attention? and How does the directing of attention affect motor performance ?

During our time together, Dr. Abraham will explain how it is that we human's direct attention and will share a suggested model to focus attention which includes an innovative subtype: dynamic interactive attention. Amit will specifically discuss how his research into attentional focus and mental imagery is a model for directing attention and how that can be used to impact movement planning, execution and performance in ourselves and with our students and clients.

The webinar will conclude with time dedicated to a discussion and questions from the audience.

Lecturer:



Dr. Amit Abraham is a licensed physical therapy and a specialist in dance injuries rehabilitation and mental imagery. Dr. Abraham is a faculty member (tenure track) at the Department of Physical Therapy, Faculty of Health Sciences, at Ariel University (Israel). Dr. Abraham holds a Bachelor in Physical Therapy from Tel-Aviv University (Israel), a Master's Degree in Musculoskeletal Physical Therapy from The University of Queensland (Australia), and a Ph.D. in Physical Therapy from the University of Haifa (Israel). Dr. Abraham completed his post-doctoral training at Emory University School of Medicine (USA) and served as an adjunct assistant professor at the Department of Kinesiology, The University of Georgia (USA).