



Integrative Inquiry (INIQ)

Intentionally Changing the Structure and Function of your Brain

INIQ- What Do We Do?

Integrative Inquiry (INIQ) is a 6, 8, 10, or 16-week, 2 hours/week, hybrid or online training program. The course uses research-proven mindfulness based stress reduction practices, self-compassion practices, and inquiry coaching in order to train attention and emotion regulations skills as well as enhance cognitive re-appraisal and regulation skills, which are expected to increase persistence and degree completion via improved critical thinking dispositions, decreased stress and anxiety, and increased self-compassion and resilience.

INIQ can be offered in an on-line, hybrid, or face-to-face format for undergraduate and graduate students or modified for higher education faculty and administrators. It can be offered as stand alone course, a one-hour lab that complements any already existing course, or a complementary seminar or training program for any degree.

In addition, INIQ offers a daily training APP that can be downloaded for use on most mobile devices.

INIQ - Why Do We Do It?

There are indications that employers are not satisfied with the preparedness level of students who are entering the job market. According to the Association of American Colleges and Universities 2013 survey of employer perceptions, employers wanted to see more evidence of graduates' critical thinking, analytical reasoning, creativity, complex problem solving, collaboration, innovation, and ethical decision-making. The design of INIQ includes attention regulation (AR), emotion regulation (ER), and cognitive regulation (CR) components intended to reduce students' perceived stress and increase their focus, enhancing their executive functions. In essence, INIQ is designed to enable students to more effectively deal with these sources of stress that may hinder academic achievement while practicing self-compassion and critical thinking. INIQ practices work to change the structure and function of certain portions of the brain by down regulating amygdala activity, the center of emotional reactivity and up-regulating anterior cingulate cortex, insula, and pre-frontal and medial frontal cortex activity - the center of executive functions (analytical reasoning, critical thinking, communication, decision-making, and more).

INIQ - Potential Outcomes

INIQ incorporates valid and reliable assessment instruments to evaluate the following intended outcomes in a pre- and post-test design. Results from INIQ research shows that students who engage fully in the 16-week course can be expected to demonstrate:

- Decreased stress and anxiety
- Increased attention, emotion, and cognitive regulation
- Increased self-compassion and compassion for others
- Increased resilience
- Increased critical thinking dispositions
- Increased communication abilities
- Increased persistence (longitudinal study)
- Increased graduation rates (longitudinal study)

For More Information

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