

“Relaxing with TAI CHI DVD: Helping to Relieve Stress in Patients” VCU #11-01

Applications

- Relieves stress in patients by using tai chi
- Holistic approach to speed recovery

Advantages

- Potential to enhance the effectiveness of traditional medical treatments
- Increase the overall well-being of patients
- Movements can be disease-specific

Inventors

[Jo Lynne W. Robins, Ph.D.](#)

Contact

Magdalena K. Morgan, Ph.D.
Licensing Associate
mkmorgan@vcu.edu
Direct 804-827-6095

Market Need

Tai chi is a fitness exercise that is described as “moving meditation”. It focuses on connecting the mind and body to facilitate health through breathing, relaxation and movement. Tai chi has been associated with a number of health benefits, including reduced stress, anxiety and depression, and enhanced mood, in both healthy people and in those with chronic conditions. A number of studies have shown that tai chi can help improve the well-being of chronically ill patients with HIV, cancer, chronic pain or depression.

Technology Summary

This is a DVD of guided meditation and tai chi movements designed to teach patients how to manage their stress. In addition to step-by-step instruction on the movements, the meaning and philosophy associated with each movement is taught to further enhance stress management. An initial proof-of-concept study showed increased overall quality of life and emotional well-being in HIV patients.

Multiple versions are in development for other diseases, such as breast cancer and heart disease, which include alternative disease-specific movements. For example, the heart disease DVD will include movements that could potentially decrease the risk of the disease.

Technology Status

Copyright: Virginia Commonwealth University

See publication: [McCain, et al., \(2008\) J Consult Clin Psych. 76\(3\) 431-441.](#)

This technology is available for licensing to industry for further development and commercialization.