

## **EINLADUNG ZUM GASTVORTRAG**

**Frau Lorenza S. Colzato**

**(Leiden University, The Netherlands)**

**„Enhancing Brain and Cognition:  
a theory-driven approach“**

Using a theory-driven approach I will present three techniques to enhance brain and cognition. First, we tested the idea that the administration of L-Tyrosine, precursor of dopamine, refills resources required for cognitive-control operations. Second, I will show that transcutaneous Vagus Nerve Stimulation (tVNS) may be promising noninvasive brain stimulation tool in modulating cognitive functions related to the noradrenergic and GABAergic systems. Finally, I will outline how particular kinds of meditation (focused attention meditation vs. open monitoring meditation) creates particular cognitive-control states that bias the individual processing style towards either goal-persistence or cognitive flexibility.

**Termin: Mittwoch, 01. Juni 2016**

**Zeit: 14 Uhr c.t.**

**in GAFO 03/252**