

SKT Workshop: The Elderly memory and Health Healing

SKT Workshop is an intensive 3-hours learning sessions focused on applying specific SKT techniques to improve elderly memory and health problems.

Focus: Intensive learning and practical skill development

Duration: Approximately 3 hours

Goal: SKT for elderly health enhancement and health problem healing in NCDs

Techniques: Training in SKT 1, 3, 7, and 8

Organization: **The founder of SKT Meditation Healing Exercises 1-8**, Prof. Dr. Somporn Kantharadussadee Triamchaisri and **Thai Neuroscience Society (TNS)**: Prof. Dr. Supin Chompoopong and Assoc. Prof. Dr. Chailerd Pichitpornchai

Main Considerations:

SKT: The SKT (Short Cognitive Performance Test) is described as a tool used to assess cognitive impairment, specifically memory and attention, particularly in patients with dementia. It is also used to evaluate the effectiveness of therapies in improving these cognitive functions. However, the description mentions training in specific "SKT techniques" (1, 3, 7, 8) for memory and health improvement, suggesting the workshops may apply methods related to this test or perhaps a system of exercises called SKT Meditation Healing Exercises. Further information about the specific content of "SKT Meditation Healing Exercises 1-8" would be beneficial to understand the full scope of the workshops.

Scientific Basis: The workshops stimulate the exchange of scientific knowledge, suggesting an evidence-based approach to the training provided.

Focus: The explicit aim is to enhance elderly memory and health, indicating specialized techniques and practices that fit to a specific purpose to the group with Noncommunicable diseases; NCDs.

In conclusion, the SKT Workshops appear to be designed to provide focused, practical training in specific SKT-related techniques with the goal of improving the cognitive health of older adults, potentially through exercises and strategies aimed at enhancing memory and addressing health-related issues with self-healing, up skills and re skills.

Activities:

S1. Introduction and Health

S2. Mechanism and Safety of SKT Meditation Healing Exercises

S3. Practicing SKT 1: Fit and firm brain cells/memory, body/mind, cardiovascular system and brain potential

S4. Self-Management for Noncommunicable diseases (NCDs)

S5. Discussion & Evaluation

Advisory of workshops

Professor Dr. Supin Chompoonong, TNS President 2025-2027

Emeritus Prof Dr. Sukumal Chongthammakun, TNS President 2023-2025

Speakers & Trainers of workshops

Professor Dr. Somporn Kantharadussadee Triamchaisri (Dr. SKT)

Assoc. Prof. Dr. Chailerd Pichitpornchai, MD

Dr. Ruchee Pornchai

Dr. Chanati Juntarachotichatchawal

Ajarn Thanaphon Sutsinsunthon

Ajarn Nuanchawee Netsangthip

Registration

All participants can register by completing the online registration form. Registration will close on July 29, 2026, 16.00 GMT+7. Participating in the workshop fee is 1,000 THB. Any more questions please send an email to meditationskt@gmail.com.

Who can attend?

Participants are health provider, researchers, students, patients, health volunteers from different backgrounds.

Languages

Thai language in August 5, 2026 (01:30 pm-16:30 pm)