



ASOCIACIÓN NACIONAL CEREBRO CORAZÓN

PIF



APPLICATION FORM PIF

Country:	SPAIN
Organization name:	ASOCIACIÓN NACIONAL CEREBRO CORAZÓN
Foundation date:	21 / JUNE / 2021
OID	E10356139
Organisation full legal name (national language)	ASOCIACIÓN NACIONAL CEREBRO CORAZÓN
Organisation full legal name (English)	BRAIN HEART NATIONAL ASSOCIATION
Legal status	ASSOCIATION
Type of organisation	NGO
National ID (if applicable)	G67686675
Address	P.º CONSTITUCION, 29 DUPDO.
Post code	50001
City	ZARAGOZA
Country	SPAIN

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PROFILE

Type of Organisation	ASSOCIATION
Is the partner organisation a public body?	NO
Is the partner organisation a non-profit?	YES



BACKGROUND AND EXPERIENCE

The Brain Heart National Association was created in 2021 with the aim of helping people to improve their quality of life and efficiency in their brain functioning given the influence of emotions on the brain and reason.

The Association is made up of renowned professionals in the fields of neuroscience, cardiology, neurology, psychology and communication and is dedicated to promoting the study and research on the chemical-physical-emotional relationship between the brain and heart, thanks to the knowledge of Neuroscience for the benefit of well-being, as well as training and dissemination in the prevention of cardiovascular diseases and psychological problems such as chronic stress, anxiety, etc.

A leader in helping people to achieve emotional balance and wellbeing, making them effective in their personal, social and working lives, the Cerebro y Corazón Association is based on research and the method created by Sara Dobarro (President of the Association) to change the perception of threat, reduce anxiety and aim for a new focus to function effectively.

The mSD Method was presented in NY at Mount Sinai Hospital in 2016 and subsequently the results of the research conducted were presented at the ICOT 2018 International Congress in Miami.

The successes of the results of the work of applying neuroscience to people are endorsed by the most prestigious international researchers such as Rock, Schwartz, Lindstrom and Damasio.

With this methodology, the capacities of more than five thousand people have been improved.

The Association is linked to the University of Zaragoza and prepares improvement projects both for university students and for those who are preparing to enter university.

It also collaborates with different regional governments in the health field to help build a preventive policy in cardiovascular health for the population.



Cerebro Corazón's future objectives are to continue expanding the collaboration network to reach as many people as possible in the application of the mSD methodology and to continue advancing in research, as both neuroscience and society are constantly changing and evolving.

Activities and experience of our organisation. Skills and experience of our team

The Brain Heart National Association prides itself on promoting life change, stability and development for students, professionals and faculty of the different institutions that have placed their trust in it.

Growth mindset, mindfulness and other tools to regain balance are essential according to the studies of modern neuroscience to reduce the warning signs that block people when they are threatened, as in this case students, by the pressure to which they are subjected, the evaluations and changes in society that make them reduce the efficiency and attention in the work they are doing. The Association has worked since its inception to help people reverse the principle of frustration and vulnerability for a greater security that focuses on a new way of acting and renews brain power, in line with the postulates of the growth mindset.

The Association applies neuroscience in its work with people, training them to enhance their neuronal plasticity, accompanying them in a vision that allows them to change their mental paradigms and accept new social proposals that help to achieve equality, inclusion, etc.

Through the Association's practices, the people it works with (including university professors and students) focus on change and the achievement of goals, increasing their resilience and allowing new neuronal connections to be generated until they achieve them, reducing anxiety levels and depressive states.



Skills of the key people

Sara Dobarro is a journalist, specialist in non-verbal communication and neuroscientist with 40 years of professional experience. She has been a university lecturer in undergraduate and postgraduate courses at the University of Zaragoza. Creator of the mSD Methodology to implement safety and development using her years of experience in the field of communication and her knowledge and research in neuroscience. Lecturer and author of seven books. She has carried out several research projects in the neuroscientific field and has trained more than five thousand people in techniques to improve mental health and balance.

Cristina Díaz has a degree in Law, specialising in health law and is a Psychology student specialising in health psychology. She is a qualified Yoga teacher and a specialist in the application of mindfulness and relaxation techniques. She has been working for five years in the training of people with the application of the mSD Method, helping them to increase their quality of life in the field of health and wellbeing.



LEGAL REPRESENTATIVE

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PROJECTS GRANTED BY THE EUROPEAN UNION

<i>EU program</i>	<i>Title</i>	<i>Year</i>	<i>File No.</i>	<i>Applicant</i>
Erasmus+ KA2	From Waste to Wardrobe	2024	2024-1-RO01-KA210-SCH-000251840	Școala Gimnazială „Avram Iancu” Baia de Criș (Romania)