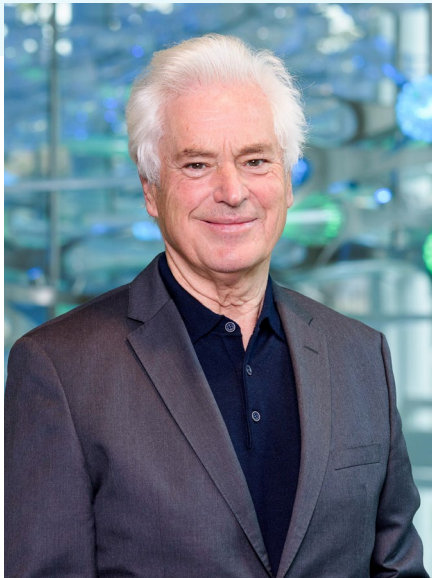


# IAN ROBERTSON, PHD

T. BOONE PICKENS DISTINGUISHED CHAIR  
CO-LEADER, THE BRAINHEALTH PROJECT

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**I**an Robertson, T. Boone Pickens Distinguished Chair, is a clinical psychologist and leading researcher on how individuals can harness the mind's attention systems. His research and writings focus on ways to maximize the brain's capacity to reshape itself and give every person a sense of control over their emotions and cognitive function.

Dr. Robertson serves as Co-Leader of The BrainHealth® Project, a landmark scientific study designed to define, measure and improve brain health and performance across the lifespan.

By studying the relationship between the brain's attention and neurotransmitter systems, Dr. Robertson has developed effective cognitive training methods for attention deficit hyperactivity disorder, schizophrenia, traumatic brain injury and age-related changes.

His research has revealed the critical role of norepinephrine in brain plasticity and the development of "cognitive reserve," suggesting possible ways to mediate other variables, including education level, mental stimulation, novelty, social networks and IQ.

Dr. Robertson is also Co-Director of the Global Brain Health Institute and Emeritus Professor at Trinity College Dublin, where he previously founded the Institute of Neuroscience. He is the author of several best-selling books, including *How Confidence Works*, which brings science-based strategies to non-specialists.