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Emotions in the brain! The Hot Brain Hypothesis

Valentin Ionescu

The impact of emotions in the educational process is a common fact but not always transformed in a pedagogical principle and less in a research topic for validating a pedagogical method. Also, the influence of emotion in cognitive processes is controversial: emotions facilitate or block cognition and the hesitation of psychology when discussing affective and motivational processes as transforming and interchanging isn't helping to clarify the issue. It's important to change the perspective to an emotionally fueled cognitive process and to clarify the role of emotions we must be open to the fact that they are intrinsically social, so the perspective must be a socio-emotional brain theory.

The Hot Brain Hypothesis is a social and affective neuropsychoneuroendocrinological perspective put to the test by my previous research, knowing that the cognitive activity of the brain is possible through the emotional activity of the brain, especially amygdala's projections modulated by vmPFC. The HPA axis in my stress test experiment is reflecting the limbic system reaction, especially amygdala's reaction, but by prefrontal cortex modulation through the empathy. Both equations (fluidity equation and empathy coefficient across different groups) prove that fluidity is strongly connected with the emotional involvement in group interaction, that is, the intensity of emotion is what counts.

So, we must rethink the artificial dichotomy of affective and motivational processes in the brain as emotional temperature and motivation are indiscriminate. Because passion (that means both) is so important for activity efficiency and for creativity.

Biography

Valentin Ionescu has completed his PhD in philosophy at the age of 33 from Bucharest University and attends a neurobiology master program at Faculty of Biology. He is a school teacher at Cantemir-vodă National College and has a collaboration with the Pedagogy Center of the Faculty of Philosophy and the C I Parhon Endocrinology Institute. He has published four papers in reputed spanish journals on philosophy, psychology and neuroscience topics, a book, El hombre fluido y el futuro de la enseñanza. Una perspectiva de la psiconeuroendocrinología social y afectiva, and gave four presentations at three conferences only in 2019. He is also a writer and published two letters (out of 34) of his alter-ego: Don Quixote the second.

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