

34th International Conference on Brain Science and Cognitive Research

Journal of Clinical Neurology and Neurosurgery Volume: 04

August 23-24, 2021 | Webinar

Emotions: What do we know about them now?

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“Emotion” is a term whose technical definition is still argued and whose impact on the daily life of children and adolescents is complex and can be problematic for some. We will clarify the recent work by Joseph LeDoux and others to provide an update on where emotions are represented in mental process and in the felt experience of daily life. We will explore a model for understanding emotional fluctuations in the light of an individual’s focus of attention, the consequent perception of reality and how that is oriented by the individual’s emotional, cognitive and attitudinal frame. Lecture key-points and Learning Objectives



1. LeDoux and Brown’s Higher order representations in emotional consciousness
2. Orientation as a functional key in the creation of conscious perception
3. The importance of metallization’s in the management and regulation of both conscious perception and emotion
4. How and why different therapies have similar benefits
5. Why relationship is one of the most important aspects of effective therapy, education, functioning relationships and personal thriving.

Biography

Richard Hill, MA, MEd, MBMSc, is a practicing psychotherapist and also an author, educator, and professional supervisor. He lectures in human dynamics, communications, the brain and the mind, neuroscience and psychosocial genomics. His work with Ernest Rossi, PhD (California, USA), has led to the publication of *The Practitioner’s Guide to Mirroring Hands*. He is Past-president of the Global Association of Interpersonal Neurobiology Studies (GAINS), a select member of the International Psychosocial Genomics Research Group, director of the Mind science Institute, Managing Editor of The Science of Psychotherapy, and Chief Educational Officer of The Science of Psychotherapy online academy.

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