

Day 1 Review

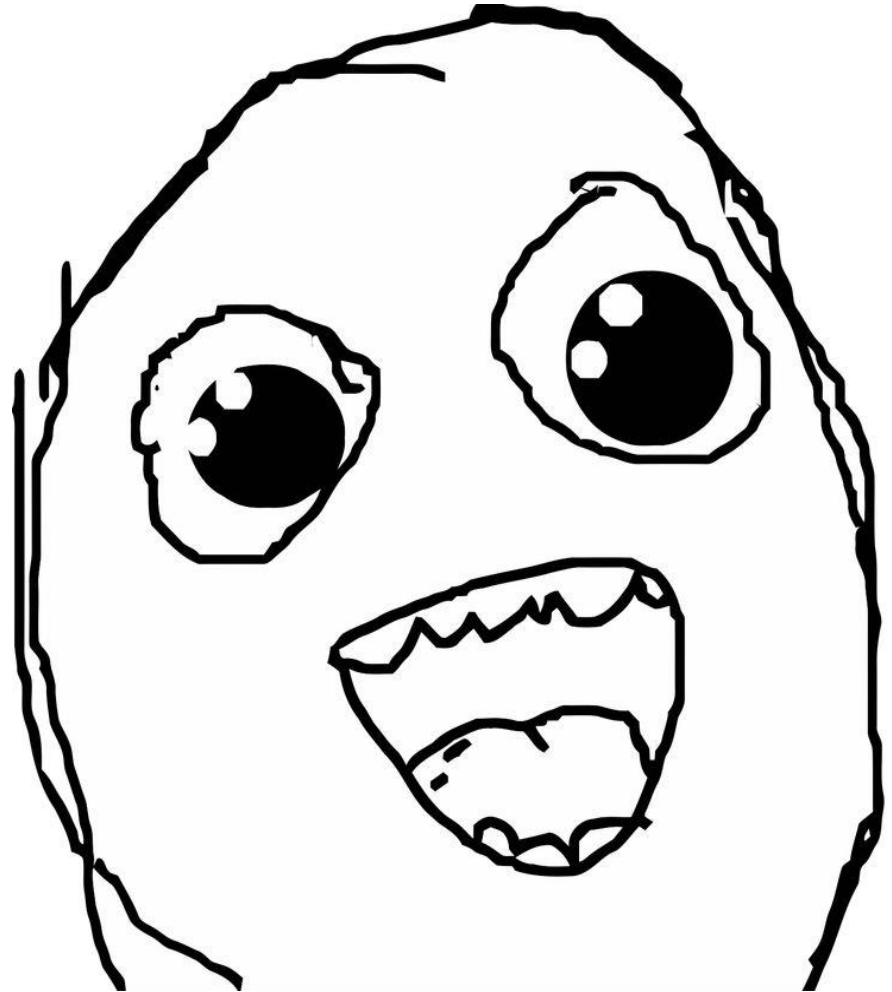
New Haven Forum

- “Neuroscience of flinking”
 - Peter: “wise mind”
 - Mike: “golden age” reality check
 - Georgina: time to learn
 - Antonia: SRTT emerged from conflict
 - Rachel: playfulness is amazing
 - Maryam: courage and support
 - Emma: celebrate novelty seeking
 - Susannah and Andrew: Wessex International Medical Export
 - Katherine: relationships matter.
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Mindless optimism

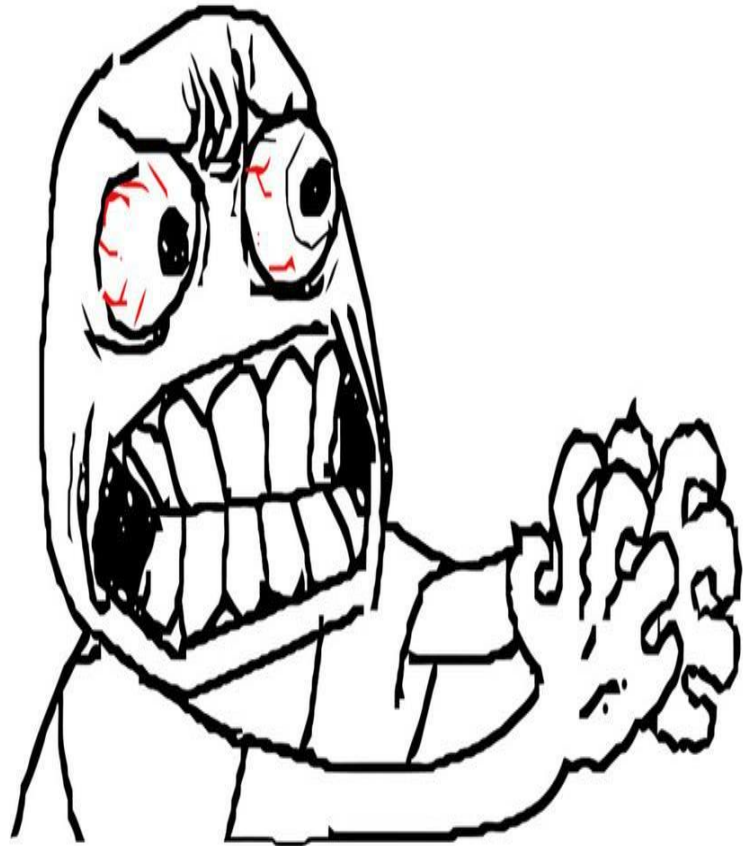
“Yes of course”

Vulnerability factors: busy enjoyable demanding job, home life full of love and strife, secretly planning big swimming adventure, high agreeableness scores, high novelty seeking



Angry despair

Reality dawns and horror sets in:
I can't sing,
I cannot wear Liz's Budgie Suit,
I last danced in desperate
courtship rituals 20 years ago,
I have male age related sense of
humour loss,
I can't do it ...blame Peter or
myself or maybe there is even a
gang of "got you's"



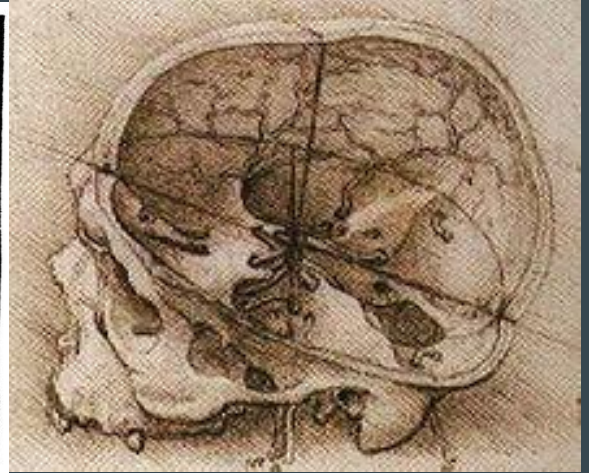
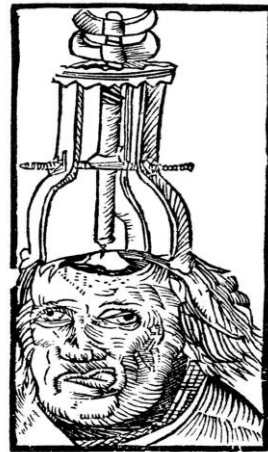
Neuro science of “flinking”

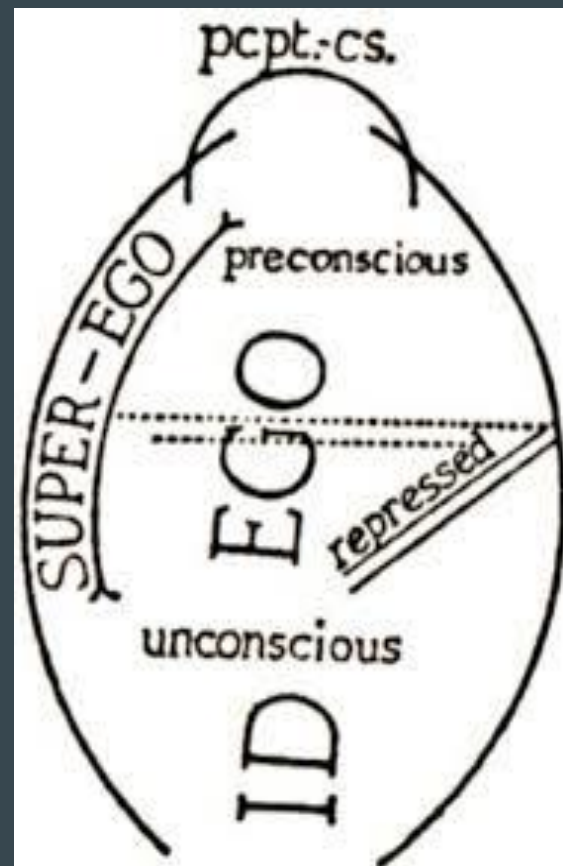
- If our brains were that simple we would be too simple to understand them.
 - Need models and metaphors to aid thinking
 - Use any model that helps but try ones that have some basis in research.
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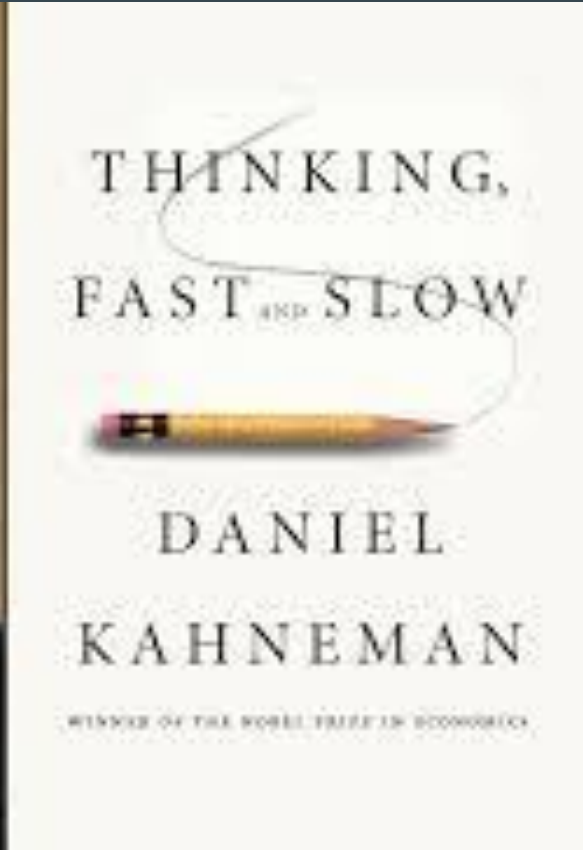
Brains: how do they work?



During the 4th century BC [Aristotle](#) thought that, while the heart was the seat of [intelligence](#), the brain was a cooling mechanism for the blood. He reasoned that humans are more rational than the beasts because, among other reasons, they have a larger brain to cool their hot-bloodedness.^[3]







Analytic mind

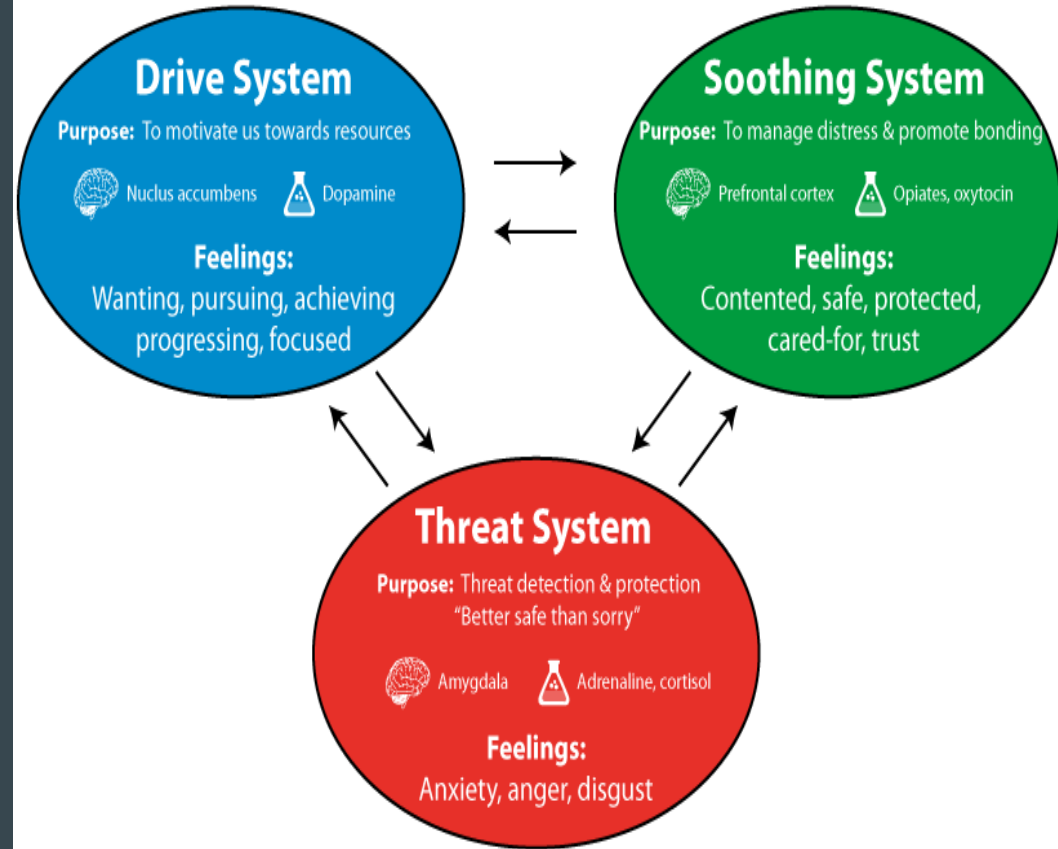
Vs

Intuitive mind

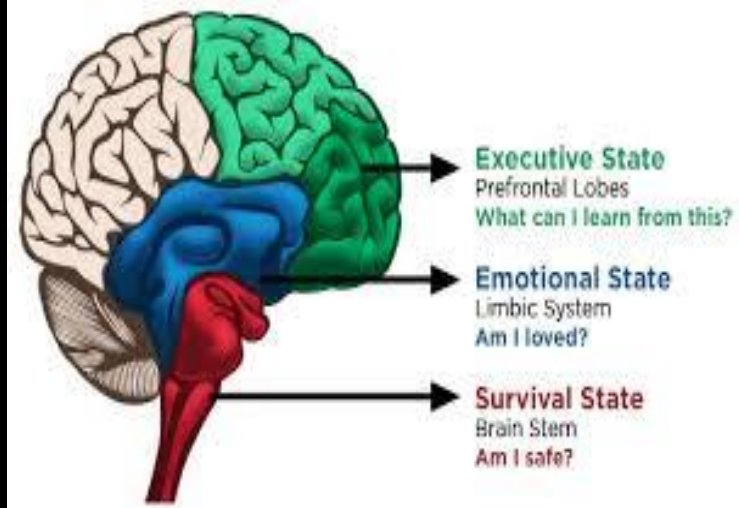
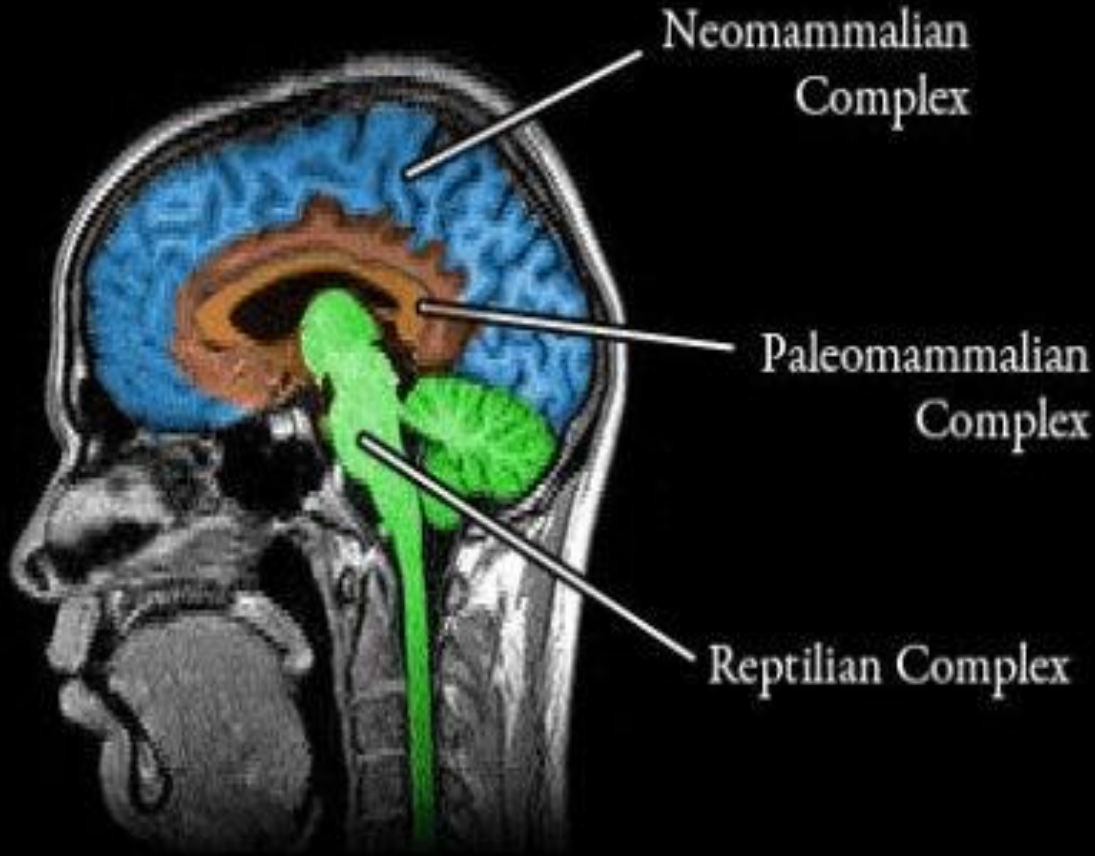




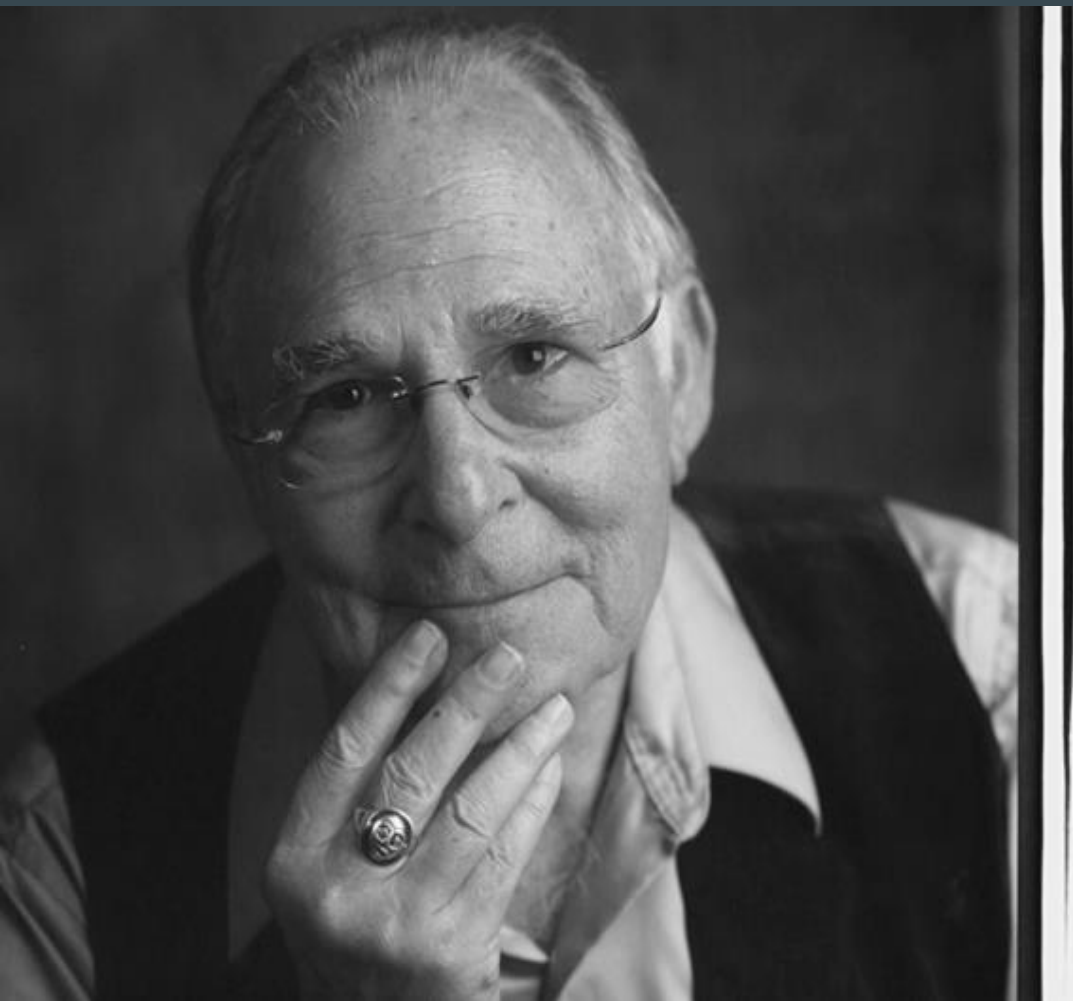
Emotional Regulation Systems



MacLean's "Triune Brain"



Evolutionary
view



sadness

- 1 drooping upper eyelids
- 2 losing focus in eyes
- 3 slight pulling down of lip corners

anger

- 1 eyebrows down and together
- 2 eyes glare
- 3 narrowing of the lips

happiness

A real smile always includes:

- 1 crow's feet wrinkles
- 2 pushed up cheeks
- 3 movement from muscle that orbits the eye

contempt

- 1 lip corner tightened and raised on only one side of face

fear

- 1 eyebrows raised and pulled together
- 2 raised upper eyelids
- 3 tensed lower eyelids
- 4 lips slightly stretched horizontally back to ears

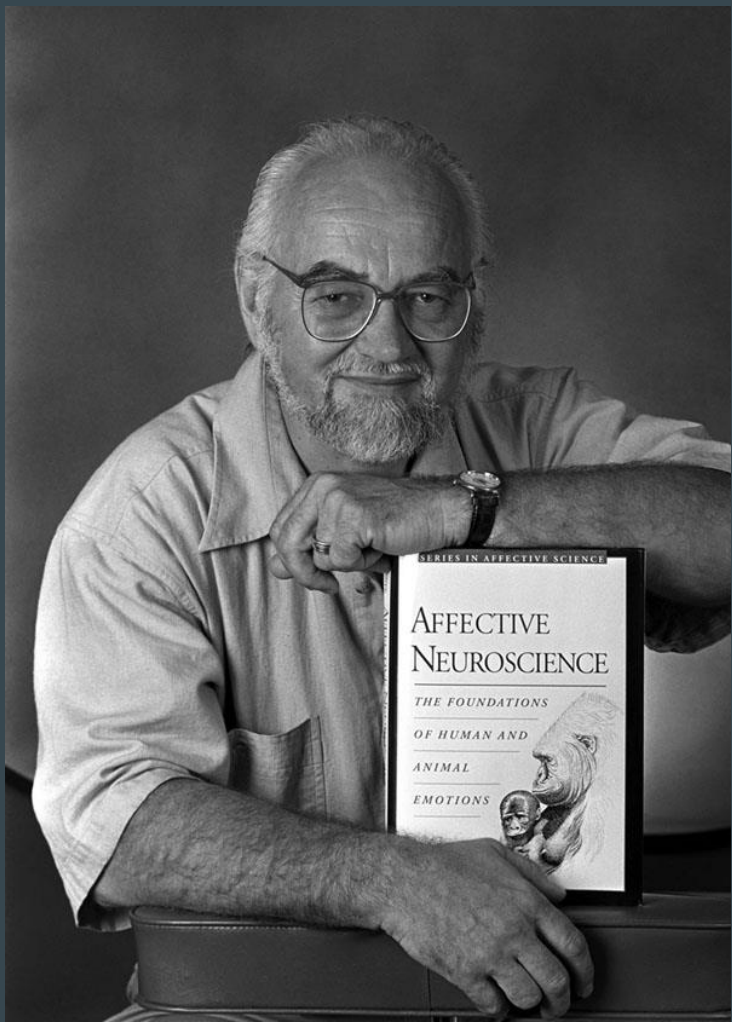
disgust

- 1 nose wrinkling
- 2 upper lip raised

surprise

Lasts for only one second:

- 1 eyebrows raised
- 2 eyes widened
- 3 mouth open



FREE ONLINE COURSE



What is a mind?

led by UCT's Professor Mark Solms.
STARTING ON 11 MAY

<https://www.futurelearn.com/courses/what-is-a-mind>



Panksepp's CORE Self - Based on Emotion!



Jaak Panksepp

BASIC EMOTIONAL SYSTEM	MAMMALIAN PROTOTYPE AFFECTIVE STATES	HIGHLY COGNISED HUMAN VARIANTS
SEEKING	Motivation, motor patterns, interest, frustration	Desire to win/succeed, extreme sports, addictions, cravings, obsessions
RAGE	Anger, irritability	Contempt, hatred
FEAR	Anxiety, phobias, panic, psychic trauma	Worry
PANIC	Separation distress, sadness	Guilt, shame, shyness, embarrassment, poor self image
PLAY	Joy, glee, happy playfulness	Laughter, sense of humour
LUST	Erotic feelings	Jealousy
CARE	Nurturance, attraction	Love, romantic attachment, the pain of broken relationships

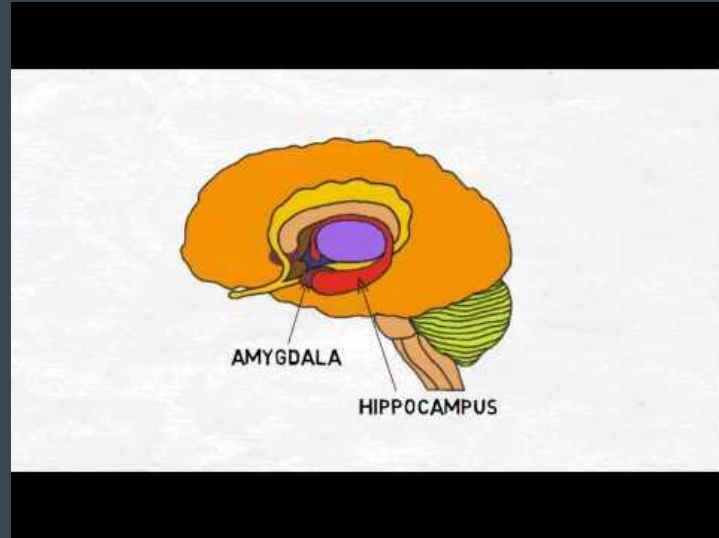
Table 1: Prototype affective state and their human variants

In humans the basic mammalian prototype affective states become melded with more complex self-images and images of the intentions of others towards us. For example shame, where we feel defective in the eyes of others, is derived from the PANIC system (data from Watt, 2005 & Panksepp, 2006).

Neuro science of flinking

- Our hardware is primitive and shared across species : chickens get superstitious too
 - Emotions are part of a whole system of sensing, feeling, thinking, behaving: the same as PDSA and audit cycles
 - Frontal lobes allow learning and creative ways of expressing and managing underlying systems of fear, lust, seeking, panic, play, rage, care
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Neuro anatomy



Key Players:

- 1) Freud
- 2) Kahneman
- 3) Ekman
- 4) Linehan
- 5) Gilbert
- 6) MacLean
- 7) Panksepp
- 8) Solms