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.
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.
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

**Drive System**
- Purpose: To motivate us towards resources
  - Nucleus accumbens
  - Dopamine
- Feelings: Wanting, pursuing, achieving, progressing, focused

**Soothing System**
- Purpose: To manage distress & promote bonding
  - Prefrontal cortex
  - Opiates, oxytocin
- Feelings: Contented, safe, protected, cared-for, trust

**Threat System**
- Purpose: Threat detection & protection
  - “Better safe than sorry”
  - Amygdala
  - Adrenaline, cortisol
- Feelings: Anxiety, anger, disgust
Evolutionary view
AFFECTIVE NEUROSCIENCE
THE FOUNDATIONS OF HUMAN AND ANIMAL EMOTIONS

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!

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

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.
Key Players:

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