

# The Brain-Body Connection

## The Lecture

Join us on an exploratory talk about one of the deepest mysteries of human nature - the mind-body problem. This lecture presents recent scientific insights on the brain-body connection and the growing evidence that this connection, termed interoception, plays a major role in physical and psychological wellbeing. Dr. Golland will start by describing the physiological basis of interoception - bidirectional neural pathways connecting the body milieu with a network of brain regions. These interoceptive pathways allow for a predictive regulation of the body, serving a vital allostatic function. They also give rise to the awareness of the body state and its metabolic budget. Intriguingly, there are vast individual differences in the sensitivity and accuracy of one's interoceptive abilities. She will touch upon the ways to assess these differences and the beneficial contribution of interoceptive skills. In the last part of her talk, Dr. Golland will discuss the essential role played by interoceptive signals in higher order affective and cognitive processes and suggest how these body-mind interactions can shape wellbeing.



Presented by:  
**Dr. Yulia Golland**

Dr. Yulia Golland is an Associate Professor at the Baruch Ivcher School of Psychology, Reichman University, Israel. Her research is focused on the mechanisms of social interaction, including neural, physiological and emotional synchrony with others, as well as the biological mechanisms of compassion. Her research combines rigorous methodological approaches with naturalistic, "real life like" social emotional setups. Her scientific work has been published in distinguished journals in neuroscience and biological psychology. She is also actively involved in knowledge dissemination, giving lectures and seminars about the workings of the brain to students, clinicians, policy makers and educators.

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**Kdy:** 4.5.2022 (středa), 16.30–17:30

**Registrace na lekci:**

<https://forms.gle/ssDVYY21HTAG6Bj76>

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