

Brain Mapping Center SEMINAR SERIES

Sponsored by the UCLA Brain Mapping Center Faculty

The focus of these talks is on advancing the use of brain mapping methods in neuroscience with an emphasis on contemporary issues of neuroplasticity, neurodevelopment, and biomarker development in neuropsychiatric disease.

Hosted By: Marco Iacoboni, MD, PhD, Psychiatry and Bibehavioral Sciences, UCLA

Health, Well Being and the Social Regulation of Effort



James Coan, PhD

Associate Professor, Department of Psychology
Director, Virginia Affective Neuroscience Laboratory
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High-quality social relationships help us live longer, happier, and healthier lives -- facts that hold true, as far as anyone knows, regardless of geography or culture. Although links between relationships and health have been observed for decades (if not millennia), the mechanisms responsible for them remain speculative. For this talk, I'll first describe our work on one of these potential mechanisms: social regulation of the brain's response to perceived threat. Next, I'll offer a perspective -- derived initially from our social regulation results -- that integrates the study of social relationships with principles of behavioral ecology and cognitive psychology to propose that social relationships are construed by the brain as bioenergetic resources available to the self. Because of this, proximity to social resources economizes both current and predicted cognitive and bodily effort, a process that can diminish subjective stress, improve health, and prolong life.

February 2, 2017 11:00am - 12:00pm

**Neuroscience Research Building (NRB 132)
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