

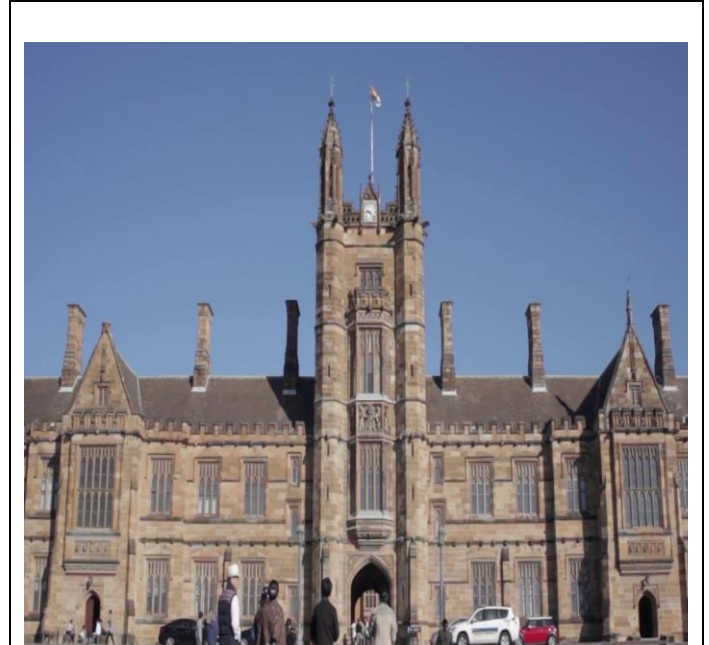


Emotions: What do we know about them now?

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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.



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*.

- LeDoux and Brown’s Higher order representations in emotional consciousness
- Orientation as a functional key in the creation of conscious perception
- The importance of mentalizations in the management and regulation of both

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