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The Hot Brain Hypothesis, stress research and implications for the neuropsychiatric classification of emotion related brain functioning

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My research of the effect of stress on adolescent brain functioning has led to the validation of the positive therapeutic impact of the fluid teaching interaction, based on a dimension of personality called fluidity (empathy, sincerity and positive interaction). The equation of fluidity that relates this dimension of the student, teacher and group and the salivary cortisol samples after a social stress test, followed by a fluid interaction in a democratic encounter group, prove the biological impact of such specific interaction on the reduction of stress. The effects of this approach are educational, developmental and therapeutic as well. They sustain a hypothesis about emotions and cognitive processes in the brain, the Hot Brain Hypothesis, and a micro-hypothesis about a quadruple brain functioning classification (supercold, cold, hot and superhot brain) that has consequences from the neuropsychiatric perspective of establishing a diagnostic and of an efficient therapeutic intervention. I present some criteria and elements of each category and at the same time I argue that the proposed classification of brain functioning from the emotion-cognition interaction perspective surpasses the linear and clear-cut partition and offers arguments for the four types of brain functioning as a psychiatric taxonomy on a continuum but also, *mutatis mutandis*, as four modes of everyday brain functioning in an active-adaptive strategy to a changing social context.

Biography

Valentin Ionescu has completed his PhD in philosophy at the age of 33 from Bucharest University and attends a neurobiology master program at Faculty of Biology. He is a school teacher at Cantemir-vodă National College and has a collaboration with the Pedagogy Center of the Faculty of Philosophy and the C I Parhon Endocrinology Institute. He has published four papers in reputed spanish journals on philosophy, psychology and neuroscience topics, a book, *El hombre fluido y el futuro de la enseñanza. Una perspectiva de la psiconeuroendocrinología social y afectiva*, and gave four presentations at three conferences only in 2019. He is also a writer and published two letters (out of 34) of his alter-ego: Don Quixote the second.