



CICLO

**CONFERÊNCIAS 17|18**

ISPA - INSTITUTO UNIVERSITÁRIO

# EMBODIED TIME: HOW THE BODY AND BRAIN CREATE OUR EXPERIENCE OF TIME



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The diversity of time perception models, show that no consensus exists on how and where in the brain temporal information is processed. In my talk I will discuss recent empirical findings suggesting that physiological changes of the body, the basis of our feeling states, form an internal signal to encode the duration of external events in the time range of several seconds. Subjective time emerges through the existence of a conscious self across time as an embodied entity. The entanglement of self-reflective consciousness, emotion and body awareness with the experience of time is prominently disclosed in altered states of consciousness such as in experiences of flow and of boredom, in meditative states, under the influence of drugs as well as in many psychiatric and neurological conditions. The body of work on the intricate relationship between the self and time will be presented and discussed.

**9 ABRIL 2018**

12H30 | AUDITÓRIO 1

**ENTRADA LIVRE**

HOST  
**TERESA  
GARCÍA-MARQUES**



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