

## **EAPP Conference “The Emotions”, Heidelberg 22-24 September, 2022**

Pre-conference Workshop

### **Enactive perspectives on consciousness and psychological flexibility**

---

Tom Froese, Mark James

Embodied Cognitive Science Unit, Okinawa Institute of Science and Technology

**Venue:** Heidelberg, Psychiatric Clinic, Voss-Str. 2, 3<sup>rd</sup> floor, seminar room

**Date:** 21 September, 2022, from 14:30 to 17:00.

#### **Outline:**

In this event, we will discuss recent theoretical advances in the so-called irruption theory of consciousness. Irruption theory promises a new solution to the mind-body problem and seems to have potentially profound implications for our understanding of mental health and the treatment of disorder. In short, irruption describes an ability to introduce a degree of indeterminacy into our physiology, such that our subjective involvement is expected to coincide with a decrease in the degree to which any past measurement of our physiology can be expected to be a good predictor of our future states.

The ambition of this workshop is to bring together theorists and practitioners, familiarize them with the basic insights of irruption theory, and then collectively deliberate together over the course of an afternoon on the potential implications of the theory to our understanding of mental disorder and its treatment. The workshop will consist of an initial lecture on the details of irruption theory, with time for questions and discussion. Then, we will make a short presentation on some potential psychotherapeutic implications of irruption theory, i.e., the role of irruptions in enabling psychological flexibility. After this, a structured workshop will be facilitated, wherein we will work together to consider some potential benefits, challenges, and opportunities of applying irruption theory in the domain of psychotherapy.

Snacks and coffee will be available to participants during the workshop.

**Registration:** Pre-registration for the workshop is encouraged as space is limited. Please write to Mark James, [mark.james@oist.jp](mailto:mark.james@oist.jp)

