

## Class Meeting 8

Debriefing on Spring Break assignments and experiences

The Neuropsychology of Affect; The emotional brain; embodiments of mental life; biological roots of thoughts and feelings; comprehending and coping with Stress.

### PREPARATION:

READ: 8-1 Damasio, A. (2004) Looking for Spinoza: Joy, Sorrow, and the Feeling Brain, (excerpts: Chapter 1: "Enter Feelings", pp. 1-8; Chapter 2: Of Appetites and Emotions, pp. 25-80; Chapter 3: Feelings, pp 81-133), Harcourt.

READ:8-2 Oatley, K., & Jenkins, J.J. Understanding Emotions, Chapter 5, Brain Mechanisms of Emotion pp. 133-159.

VIEW:8-3 Stress: Portrait of a Killer (video)  
Stanford University neuroscientist, Robert Sapolsky and colleagues explore the effects of stress on our mental life and behavior, our brains, our bodies, and even our chromosomes.

WRITE: Reaction Paper #7

### CLASS NOTES:

Organisms as congeries of systems within systems; of atoms within molecules within macromolecules within organelles within cells within tissues within organs, within organ systems, (pulmonary, cardiovascular, digestive, musculoskeletal, reproductive, nervous, central and peripheral – incl. autonomic – divisions) brains and spinal cords, triune mode of organization and development, within organisms, within sociocultural contexts (families, groups, collectivities) within surrounding geopolitical jurisdictions and local, regional and global environments. We introduce some evolutionary, experiential, neuropsychological, psychodynamic, literary, poetic, dramaturgical and sociological aspects of affect in human systems; discuss the distinction between feelings and emotions as it relates to the neuropsychology of affect; and look quite closely at how our biology and our nature as “social animals” relates to how we think, feel, and act.

MIT OpenCourseWare  
<http://ocw.mit.edu>

9.68 Affect: Neurobiological, Psychological and Sociocultural Counterparts of "Feelings"  
Spring 2013

For information about citing these materials or our Terms of Use, visit: <http://ocw.mit.edu/terms>.