The Social Psychology Program at Baruch Ivcher School of Psychology invites you to a Special Seminar with

Dr. Golland Yulia
Assistant Professor
Baruch Ivcher School of Psychology
Sagol Center for Brain and Mind
IDC Herzliya

On:

Being in sync with others: interpersonal synchrony in social interactions

Monday, March 21st 2016, at 4:30pm
Room PE204, Ivcher-Tiomkin building

Recent research has elucidated a powerful phenomenon – the spontaneous tendency of people to synchronize with others during various social interactions. Interpersonal synchrony seems to be automatic and unintended; it prevails even when it contradicts immediate goals; and it is suggested to be advantageous for successful joint action (Knoblich et al., 2011). Moreover, interpersonal synchrony was shown to have positive social benefits, leading to an increased sense of connectedness, cooperation and compassion (Valdesolo et al., 2010, Wiltermuth & Heath, 2009).

Notably, a rapidly growing body of research demonstrates that people become aligned not only in their movements but also in their physiology, exhibiting synchronized neural signals and autonomic measures during interactional exchanges (Konvalinka and Roepstorff, 2012). Similar to behavioral synchrony, this dynamic mapping of another’s state in one’s own brain and body has been suggested to play a pivotal social role, promoting shared experiences and mutual understanding (Hasson et al., 2012).
I will "demystify" interpersonal synchrony by presenting the current scientific understanding of its biological mechanisms. I will also present a series of studies done in our lab which investigated the mechanisms of interpersonal synchrony and its role in emotional experiences. Using an innovative dyadic setup for measuring behavioral synchrony, we demonstrated that unintended motor synchrony during self-disclosure is associated with empathic communication. In the physiological domain, we showed that merely co-present, not directly communicating individuals still transmit emotional signals to each other and become synchronized in their autonomic signals and emotional responses. Finally, in the neural domain, we found that the emotions of others penetrate the whole continuum of emotional processing in the brain. Specifically, the neural response patterns of "core affect" systems and of higher-level prefrontal cortical structures exhibited direct alignment with the dynamic emotional input from another individual.

You are invited!