





If you learn how this brain takes this shortcut, you can gain a measure of control over this system so that when it is not operating correctly, you can take steps to address it.





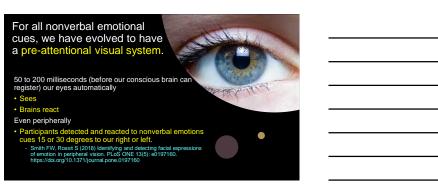
Three Things to Know Concerning How the Amygdala Processes Emotional Stimuli

1. I Hear You Talking but I Only See What You Are Saying

- The Amygdala is not primarily involved in language when making interpersonal judgments.
   The more intense the discussion the lower the ability to accurately process verbal information.
- Language related to interpersonal judgments is associated with the dmPFC (Harris et al., 2005; Mitchell et al., 2002; 2005; Ochener et al., 2005; Sugiura et al., 2004; Zysset et al., 2002).
   The dmPFC is not involved in formulating impressions of others (Schuler et al., 2009).













Small but reliable
 We think it is more
 significant because
 behavioral response patterns
 are different
 - (McClure, 2000)





















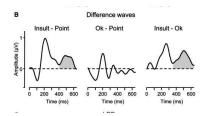




Early Posterior Negativity (EPN) test show enhanced observation of hand gestures, with a greater observation of negative gestures (Flaisch et al., 2009, 2011).

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### Monitoring of Hand Gestures from 200 to 700ms



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### Positive Gestures and Productivity Especially if There is Good Rapport

- Gesturing reduce the load on working memory (cf. Marstaller and Burianová, 2013) and cognitive load in general (Pouw et al., 2014).
- Better memory and comprehension
  The higher the empathy the more effective gestures are on conveying meaning in language, (Chu et al. 2014)
  Communication between workers is improved by empathy
  - Less communication errors

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### **Mirror Neurons**

- Mirror neurons provide a neural mechanism by which the actions and intentions of others can be automatically understood.
- · Children with autism show no mirror neuron activity irror neuron sv
- Process
  - n matches the move on syste ents of
  - oduces che nical signals which co

  - o its
  - ci. 27, 169–192 (2004). 97–5502 (2003).
  - 3). 1 601–607 (2)

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 National Academy of Sciences found that blind individuals produce many of the same emotional movements and gestures - Could not have been learned

- The product of the limbic system
  - Why it is so easily produced and interpreted (Hewes et al., 1973; Harnad et al., 1976; Rizzolatti and Arbib, 1998; Corballis, 2003)

# Mirror Neuron Circuits Play Two Role in Adaptive Behavior

- Support fast learning (Gallese, 2003)
   Pattern behaviors are highly influential
   We are repeating it over and over again Learning
   Chemistry

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2. Responsible for social empathy and cooperation (Decéty & Charminade, 2003, Huffeld, Cactoppo, & Rageon, 1992) A deeper understanding of another Modifying our behavior to be a member of the team (Rizzołati, Fadiga, Fogasia, & Gallese, 2002, also see Chao & Martin, 2000)

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### We Notice All Emotional Cues Consciously and Subconsciously

- Conscious
   Brain process movements of other
   Level of brain activity increase in direct correlation to the intensity of emotional cues
   processed
   movements increasing improving vision and focus rouesSet - Eye oscillation increasing improving vision and focus - Oscillation in the region of the brain monitoring the movement increases interpreting the meaning of movement
- Oscillation directly correlated to arrygdala response
   Negative emotional range surpasses the highest positive emotional range
   Survival Survival
   At the higher levels of emotional processing, the body is ramped up to respond
- Subconscious
   The same exact responses demonstrated in subconscious monitoring of emotional cues

(Borgomaneri et al., 2014; de Gelder et al., 2004, 2010; Kret et al, 2011; Schupp et al., 2003, 2004b; Thom et al., 2014; Sato et al., 2001; Schupp et al., 2004a; Fru hhdiz et al., 2011; Calvo and Beltran, 2014)

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### Three Key Points to Remember

- 1. We are on alert for emotional cues
- 2. We respond in kind to the intensity of the emotional cue
- 3. We ramp up to respond to intensity

### Seeing Nonverbal Emotional Body Movements

- Pleasant or unpleasant emotional movements activate subcortical structures in the amygdala.
- · Impacting your chemistry altering the emotional condition
- Projecting your chemistry altering the emotional conditional end of the posture in chain
  You as well as those around you
  The more emotionally intense the stronger the amygdala reaction and subsequent chemical response
  Adolphs, R. (2002). Neural systems for recognizing emotion. Curr. Opin. Neurobiol. 12, 169–177.
  Dolan, R.J. (2002). Emotion, Cognition and Behavior. Science 8, 1191–1194.

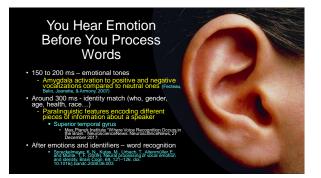
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With your partner brainstorm how many things we determine about another person by voice tone (all the characteristics of the way a person speaks). Write them down.



	Age	19.	Нарру
	Gender	20.	Fearful
3.	Race	21.	Apprehensive
4.	Language	22.	Stressed
5.	Culture	23.	Sexy
6.	Sick	24.	Serious
	Size	25.	Authoritative
8.	Powerful	26.	Condescending
9.	Strong	27.	Submissive
10.	Weak	28.	Obnoxious
	Dying	29.	Annoyed
12.	Tired	30.	Irritated
13.	Familiar person	31.	Disgusted
14.	Angry	32.	Goofy
15.	Calm	33.	Hared/rushed
16.	Anxious	34.	Surprised
17.	Excited	35.	Disappointed
18.	Sad	36.	Uninterested





### Your Tone of Voice Is Controlled by Your Brain • Chang and his colleagues found that the bilateral dorsal laryngeal motor cortex (dLMC), signals voice tones.

- They could evoke movement of the muscles in the larynx with small electrical currents to the dLMC.
- The input to the dLMC come from the cortex when calm and from amygdala when aroused.





### Contest

"I never said she stole my money

- By changing the tone, inflection, or emphasis on a word, how many meanings can two people come up with?
- · Couple with the most variations wins!
- You must be able to perform each variation and the audience agrees it is different from the others performed to validate count.
- If the audience changes the count, another team with more variations can perform for the prize.



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# So as You Think You Do You Are Speaking but Your Lip Aren't Moving

 When you engage in inner speech the same mechanism of outer speech are all engaged -'as a kind of action'. ctrical signals that tell the

A clear example of how empathy can trigger the same chemical experience in the observer to a lesser extent because the body mimics in the same exact physical process. Whitford TJ, Jack BN, Pearson D, Griffiths O, Luque D, Harris AWF, Spencer KM, Le Pelley ME. (2017). Neurophysiological evidence of efference copies to inner speech, eLife, 6, ex2197.



What You Say to Yourself Impacts Your Biology Sadness Depression Anger Repeat a Different Message

### Gender Differences In Voice Processing

- Females process voices slightly differently than males in the middle temporal gyrus and the middle superior temporal gyrus.
- Females are better able to assess vocal and nonvocal sounds than males.
  - Ahrens et al., 2014 M. M. Ahrens, B. Awwad Shiekh Hasan, B.L. Giordano, P. Belin Gender differences in th temporal voice areas Front. Neurosci., 8 (2014), 10 3380/joines 2014 (00228)



# The Many Levels of Bias

- Personal biases taught or a product of experiences
- Environmental created by patterns in the environment
- Societal the shared majority opinion



### Infants Attend More to Information Perceived Negatively (Mastropieri & Turkewitz, 1999)

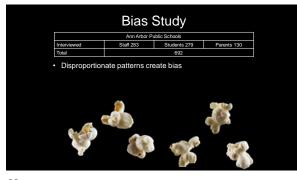
How does this impact daily life: Infants around age 1 in new situations, use the perceptions of others to form their own. tly were influenced by the negative response of han the positive (Mumme, Fernald, and Herrera

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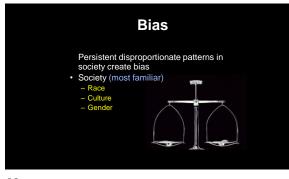
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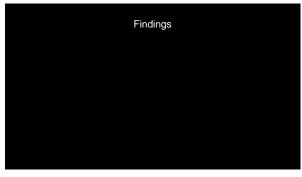


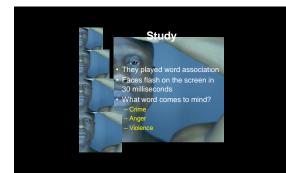




# Harvard Bias Study

 Found that regardless of race or gender most Americans associate black males to crime and violence today (Levin & Banaji 2006; Dunham & Banaji, 2006; Baron & Banaji, 2006; Kalis, Banaji, & Kosslyn, 2008; Sabin, Nosek, Greenwald, & Rivara, 2009; Stanley, Sokol-Hessner, Banaji, & Phelps, 2011; Cunningham, et al. 2004; Mazzocco, et al. 2006; Green, et al. 2007).





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# Study

- · Whites were shown faces

- Whites were shown races
   30 milliseconds
   To quickly for them to notice them
   vet black faces still triggered activity in the amygdala
   When the pictures slowed for a half a second
   Black faces caused heightened activity in the prefrontal
   cortex indicating internal conflict.
   What they were feeling and what they believed were in conflict
   Wil A. Cunningham 2004

It is not surprising - watch TV, listen to the radio, read a newspaper and one cannot escape the association of black males to crime, violence, and danger.

# Amygdala Response

- It is the amygdala that inspired the first investigations to race and mental processing.
- Amygdala processes emotions
   The history of race relations in the US, especially black-white relations, is fraught with complex emotions, including fear, hostility and lack of trust.



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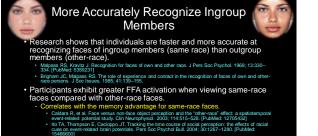


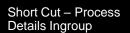


# Societal Bias Does Not Discriminate

"There is nothing more painful to me at this stage in my life than to walk down the street and hear footsteps and start thinking about robbery then look around and see somebody white and feel relieved." Jesse Jackson



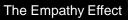




 Researchers found cross-race effect processes outgroup members primarily at the category level (race group) at the expense of encoding individuating information.
 Outer M Capperer S. Seldets C LF Different

processing of in-group and out-group information. J Peers Soc Psychol. 1993; 64:21–34. Sangrigoli S. Pallier C. Argenti AM. Ventureyra VAG, de Schnein S. Reversibility of the other-race effect in face recognition during childhood. Psychol Sci. 2005; 16:440–444. [buildhed: 15:492680] Young SG. Hugenberg K. Individuation motivation and face experience can oberate ionivity to orduce the own

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 This mental process produces lower empathy for out of group members





# Reading and Empathy

Empathy improves reading comprehension.

Reading books in which the reader feels 'transported' by the narrative increase empathy.

Stansfield, J., & Bunce, L. (2014). The Relationship Between Empathy and Reading Fiction: Separate Roles for Cognitive and Affective Components. Journal of European Psychology Students, 5(3), 9– 18. DOI: http://doi.org/10.5334/jeps.ca

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Sociopolitical Context Helps Explain Harvard Bias Study Findings

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How Did We Get Here? Association of Blacks to Crime and Violence

- 1644 1<sup>st</sup> African slave in America
- 1863 Emancipation Proclamation
- = 244 years with slavery
- Theological arguments used cursed race or less than human
- = 158 years without slavery

### Convict Leasing

- In 1951, almost 90 years after the passage of the Emancipation Proclamation Congress passed explicit
  - statutes outlawing slavery.
  - The practice of renting prisoners as labor at a fraction of the cost of regular workers was called *convict leasing*.
     90 percent of individuals incarcerated and forced into hard labor in the South
- were black males (Blackmon, 2008). • Blacks were arrested and prosecuted for noncriminal acts.
  - Vagrancy statutes made it a crime to be unemployed.
     Trial records indicate spikes in arrests during harvest times and when large companies needed an influx of workers.
- When the Emancipation Proclamation passed 92 percent of all blacks in America lived in the South (Jones, 1985).
- As late as 1900 approximately 90 percent of blacks still lived in the South (Jones, 1985).
   The southern black experience is pervasive to black culture.
- The southern black experience is pervasive to black cultu

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### Ancient History

- In 1951, Congress passed explicit statutes outlawing *convict leasing*.
- = 70 years w/o some form of slavery

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### Harvard Bias Study

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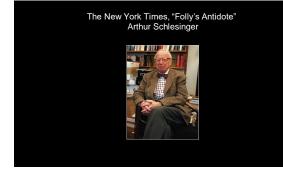
### Cultural Archetypes

Cultural archetyp cultures or s are universal patterr common to a culture

- Police "two people from different cultures can look at the same event and have very different reactions." Black culture
- Black culture
   Anxiety concerning police altering nonverbal behavior
   Based on patterns they are right
   Police have anxiety concerning blacks and Latinos –
   altering nonverbal behavior
   Based on patterns they are right
- = What you see today

However, the majority of blacks/Latinos are not criminals nor are the majority of police looking to harm people of color.

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### "Folly's Antidote"

Arthur Schlesinger "Conceptions of the past are far from stable. They are perennially revised by the urgencies of the present. When new urgencies arise in our times and lives, the historian's spotlight shifts, probing at last into the darkness, throwing into sharp relief things that were always there but that earlier historians had carelessly excised from the collective memory. New voices ring out of the historical dark and demand to be heard"

If conceptions of the past are far from stable. Then curriculums must be revised by the urgencies of the present.

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# Ralph Johnson Bunche

First African American to be honored in 1950 with the Nobel Peace Prize for his mediation in Israel.



# Musa Keita I

Business Insider called him the richest person of all time.



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### Dr. Patricia Bath

First African American to complete a residency in ophthalmology and inventor of the Laserphaco Probe.



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### Garrett Morgan

Inventor who many believe to have designed the prototype for the gas mask and the traffic light.



# What Is the Difference Between the Two Lists

- Harriet Tubman
- Dr. Martin Luther King, Jr.
- Bunche

  Musa Keita I
- Rosa Parks
   Dr
- Thurgood Marshall
- Dr. Patricia Bath

Ralph Johnson

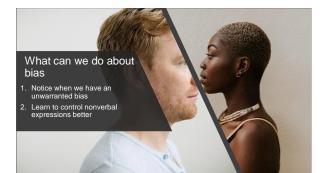
Garrett Morgan

#### Are You the President?

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### **Curriculum and Bias**

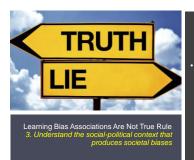
- Educators must consider how curriculums create collective memory and have, therefore, biased students unwittingly.
- It is clear that the lessons of the past have not reshaped our collective conscious from the biases that plague American society.
- If education maintains the status quo, it will pass on to the next generation a future that perpetuates the past.



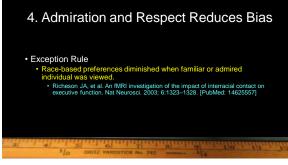


 Higher out-group response is lowered when the dorsolateral prefrontal cortex (DLPFC) is more active because it regulates the amygdala.
 People who have greater emotional control can bias reported.
 Curringham WA.et als composition read composition composition read composition read composition read compositio

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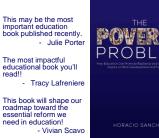
 Long-term biases in America
 Black males are inherently violent



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