

The Neurobiology of Social Connectedness

11:30, Tuesday 11th June, Committee Room 4, House of Lords

Today we welcome Dr. Stephen Porges from the Kinsey Institute, Indiana, whose work on Polyvagal Theory is transforming the world of psychological therapies worldwide and could be foundational to understanding and improving social connectedness and cohesion.

This event, held in collaboration between the APPG on Yoga in Society and the APPG on Mindfulness, brings together policymakers and health experts to explore how yoga and mindfulness practices influence these physiological mechanisms to promote social connection and improve mental health. Attendees will have an opportunity to learn a simple breath practice, which evidence suggests reduces stress and improves pro-social behaviour.

Today's speakers:

Dr. Stephen Porges: Distinguished University Scientist at the Kinsey Institute, Indiana; Professor of Psychiatry at the University of Illinois and at University of North Carolina at Chapel Hill; widely regarded as the father of Polyvagal Theory.

Dr. Sue Carter: Director of the Kinsey Institute; international expert in behavioural endocrinology and the first person to identify the physiological mechanisms responsible for social monogamy. Her current work focuses on how to maximise the production of oxytocin, "the cuddle hormone".

Dr. Amit Bhargava: GP Partner at Southgate Medical Group in Crawley and Clinical Chief Officer of the Crawley Clinical Commissioning Group, National Executive Board member of the NHS Alliance, member of the Leaders Group of NHS Clinical Commissioners and member of National Stakeholder Forum.

Today's Agenda:

- 11:30-11:40** Introductions
- 11:40-12:00** Polyvagal Theory (**Dr. Stephen Porges**)
- 12:00-12:20** The Healing Power of Connections and Love (**Dr. Sue Carter**)
- 12:20-12:30** Mind-Body Practice and Social Prescribing (**Dr. Amit Bhargava**)
- 12:30-12:35** Breathing Practice (**Heather Mason**)
- 12:40-13:00** Questions and Answers

Please see: www.yogainsociety.co.uk or contact appgonyoga@gmail.com

Also see: www.themindfulnessinitiative.org