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On Loneliness: Neuroscience, Social and Psychological Perspectives

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Learning Goal:

Participants will be able to have a deeper view of loneliness based on research across brain, mind and culture

Abstract Text:

Carter (2004) pointed out that new social attachments are more likely to be formed during or after periods of vulnerability, especially after periods of distress. She noted:

“Social relationships and social bonds have benefits not only for the future of the species, but also in the here and now, improving individual survival. There is increasing evidence that social bonds protect and allow growth and restoration in the face of stress of life and disease. ...in humans a sense of social support is associated with a more successful recovery from cardiovascular disease, cancer, and mental illness and reduces vulnerability to substance abuse. Epidemiological studies have repeatedly revealed that indices of social support are powerful predictors of vulnerability to many diseases” (p. 55).

This paper will discuss the phenomena of loneliness and its relationship to states of psychosis particularly from the perspectives of social and affective neuroscience research, psychodynamic theory and experience, and social factors believed to contribute to stigma and loneliness.

**ON THE HEALING POWER
OF HUMAN RECONNECTION**