

WCP 2024 Mexico City Brain and Politics

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Politics - a Brain Research Perspective



- 1. Relationships
- 2. Active Conduct
- 3. Sense of Coherence
- 4. Healthy Stress Level

- 1.
Relationships

How Relationships Enter the Brain?



Mirroring Neurons



Mirroring Neurons

- Basic Unit for any Action – and for its Meaning
-
- Need to be trained: Environmental Learning
-
- Emotions are contagious

Mirroring Specialist: Humans



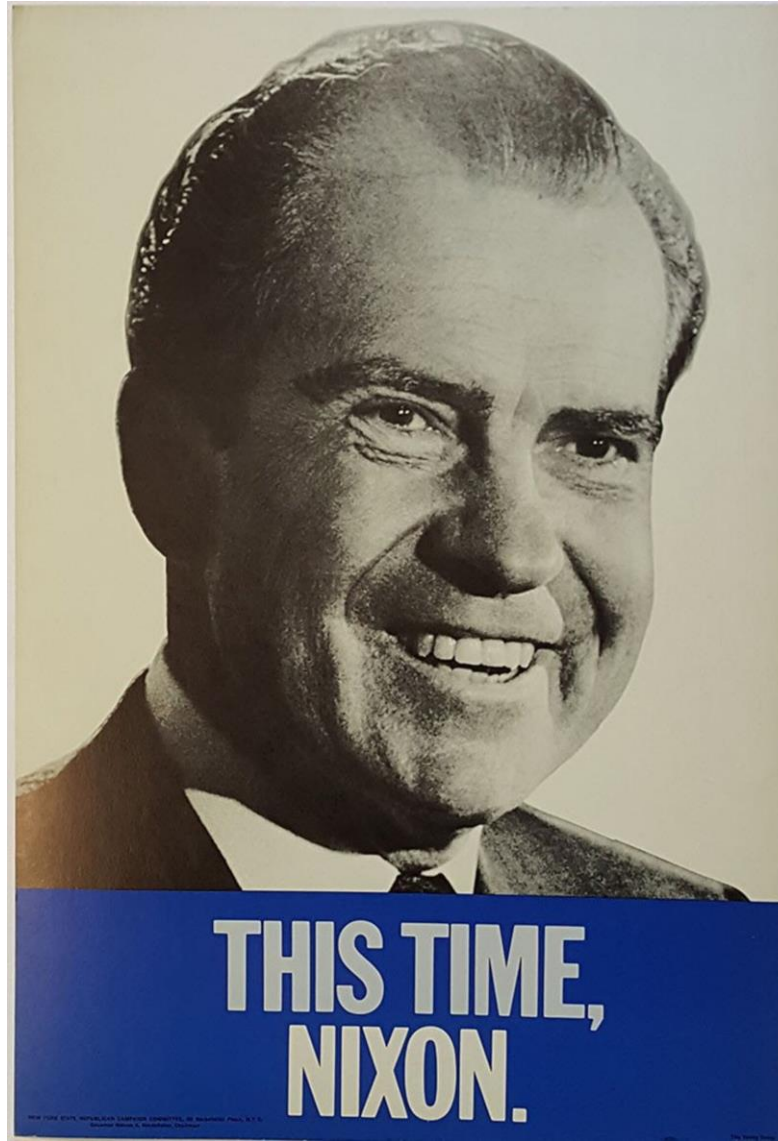
Partners turn Similar



Candidates - Parties no Participation



Why does he Smile?



- No Direct Relationship and no Active Involvement = Lack of Identity as Citizen
- We against Them - They against Us

- 2. Active
Conduct

2nd Basis of a fulfilled Life

Active Conduct



Motility

Donald Winnicott



Action

- .
- .
- . Motivation: Dopamine
- .
- . Success: Morphine/Endorphines





Anthropocene - Playground of Active Conduct



Party Concepts = Parcels
Election every 4-5 years



No Active Participation in Decisions

Short-term Measures = Lack of Perspective

=> Lack of Motivation

- 3. Sense of Coherence

- In January 2024 86% of the population in Germany claimed, they did not have a clue what the government wanted
- Lack of long term perspective
- Short term measures to look good in the media - Example: COVID measures

Get what you deserve

BUNDESKANZLER
CHRISTIAN
KERN:

**HOLEN SIE SICH,
WAS IHNEN ZUSTEHT.**

SPÖ

We are just kidding





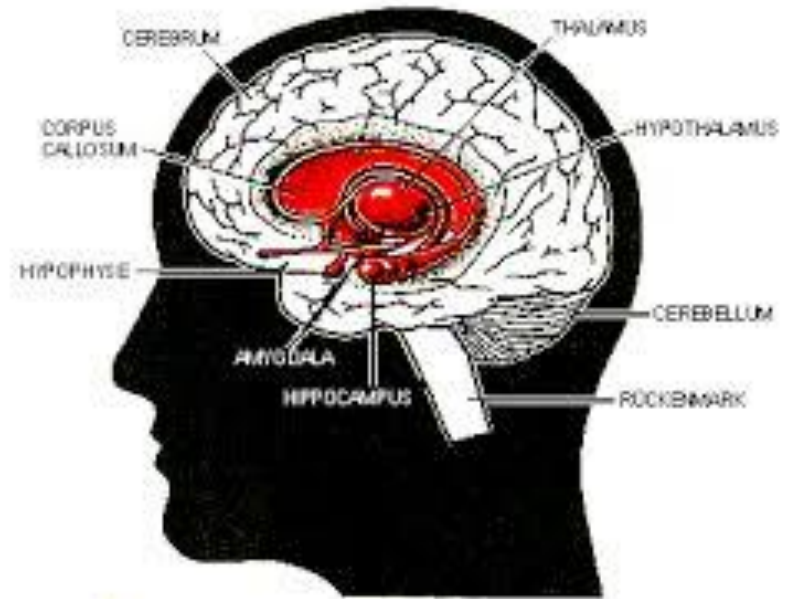
Emotional Logic

Emotion first,
Understanding second

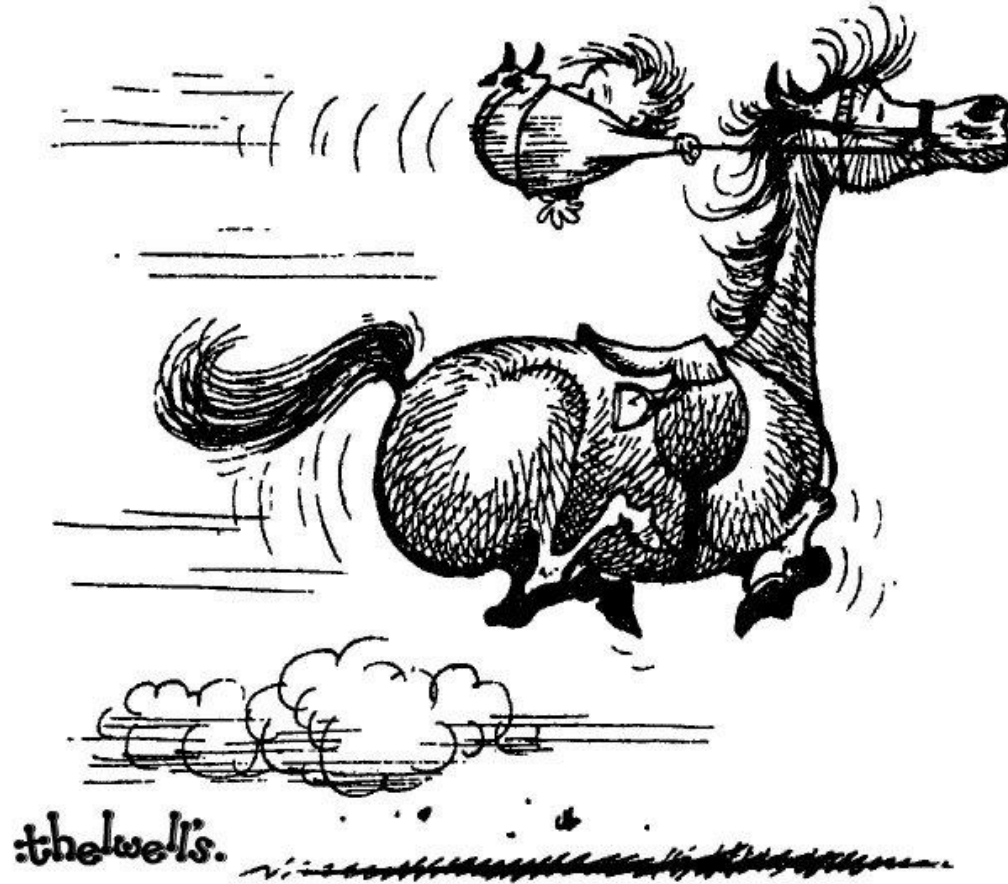


The Unconscious: Limbic System

- Tasks: Emotional Decisions, Learning, Stress
- Creates rapid Impulses for Action
- Feedback with Cortex



Cortex controls Limbic Impulses



the wells.

Anger => Stress – Now what?



Stress Release



The Power of Relationships: Bonding

- Oxytocin: Opponent to Cortisol



Coherence interpersonal

Resonance = Effect of Bonding

Bonding = the Opponent to Stress



But Emotions are
contagious





Social Media

- Self enhanced Thinking
- Same Dynamic as in Masses but 24/7
- Anger fueled

Anger: Borderline Level



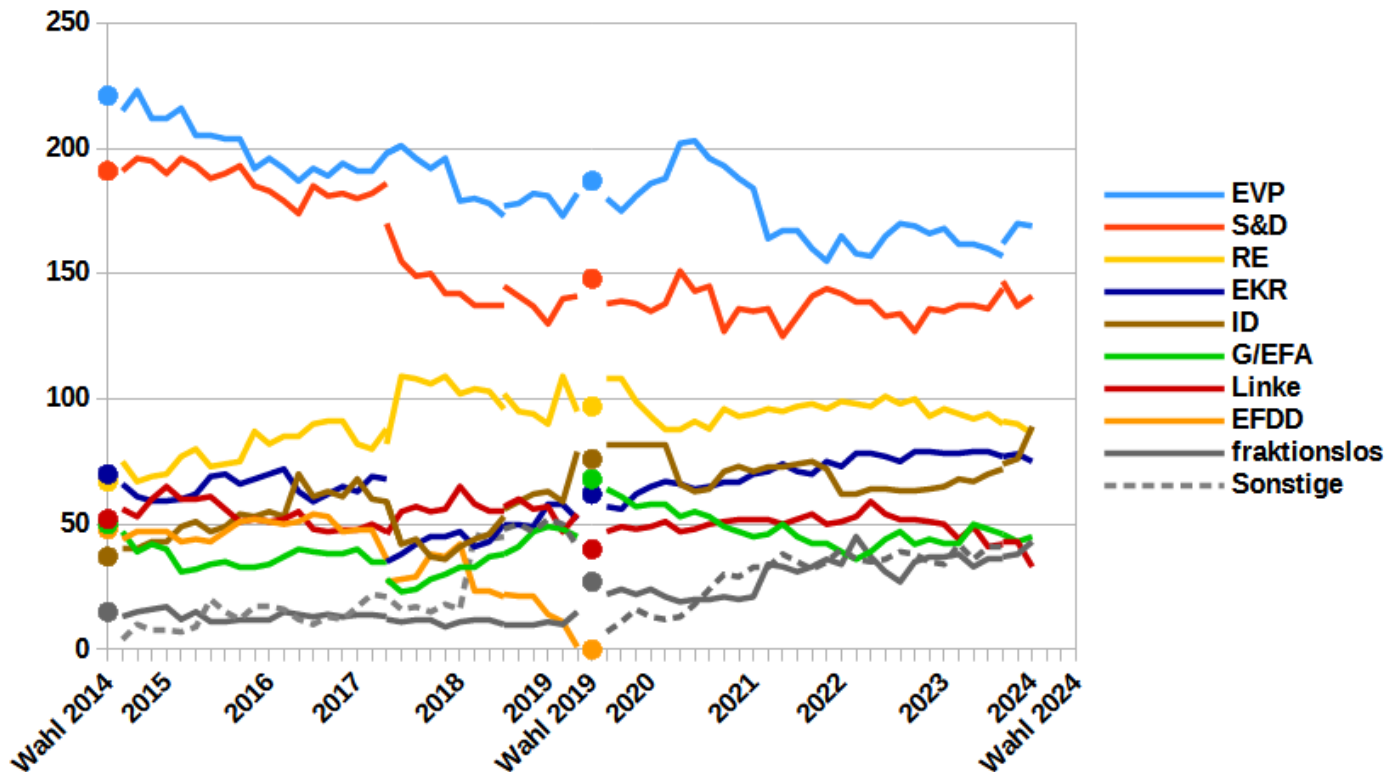
Splitting

**ALL
WRONG**

**ALL
RIGHT**

Radicalisation

Sitzzahl der Fraktionen im Zeitverlauf
(Projektion: Basisszenario)



(c) Der (europäische) Föderalist

- Radicals: ID, Linke, Fraktionslos

- . 4. Healthy Stress Level
- .
- . Needs Security and Justice
- .
- . Instead: no orientation, no participation, no coherence
- .
- . Anger:
- . Splitting:
- . Radicalisation

Stress Worsened by

- Conflicts
- Persisting Trauma



Open Conflicts



Psychological Trauma



Passing on Trauma

To subsequent Generations
in Victim Perpetrator Chains

=

Constant Source of Stress

=>

Prone to Radicalisation

Overcome Trauma Chains

Insight => Cognitive Control – Top Down
Emotional Support – Bottom Up

Breaking the Trauma Chains

Changes in Politics

- Consciously define Long Term Goals
- Focus on Relationships
- Create Sense of Identity: Region over Nation
- Promote Active Participation
- Integrating instead of Splitting
- Education towards adult Citizenship