

INTERDISCIPLINARY WORKSHOPS ON INTEROCEPTIVE AWARENESS: BRIDGING RESEARCH ACROSS CULTURES

Interoceptive Awareness (IA): Conscious perception of internal bodily cues (e.g., heartbeat, breathing) linked to empathy and emotions. Emphasize importance of asking "What am I feeling?" alongside "How am I feeling?". Varied interoceptive abilities across cultures, genders, age groups, and neurotypical/neurodivergent individuals. This workshop aims to discuss current debates in the area of interoception and individual differences.

Workshop will span over two days: 22nd and 27th May, and will take place at the IRCN centre at the University of Tokyo Hongo campus



DAY 1: PRESENTATIONS

Date: 22nd May
10am - 1.30pm

Ruichen Li



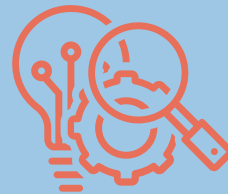
AI integrated multi-system modeling method revealing interaction among interoception, external stimuli, and psychological states

Sarune Savickaite



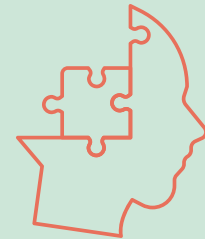
Work on VR, neurodiversity and immersive education. Interest in interoception and cognition

Yusuke Haruki



Assessing Interoceptive Awareness: Merits and Limitations in Current Experimental Research.

Satsuki Ayaya



Introduction of "Tojisha-Kenkyu" Practice by an Autistic Person in Japan

DAY 2: WORKSHOP

Date: 27th May
2-5pm



Summary of Day 1
and next action
points

REGISTER NOW



Opportunities for
exchange of ideas



Interdisciplinary
workshop



Discussion and Q&A