

SIXTH SENSE: DEVELOPING SOMATIC INTELLIGENCE

Michael B. Mantz, MD

We are all familiar with the 5 senses: sight, sound, smell, taste and touch. Many of us may not be familiar with a 6th sense, interoception. Interoception is the capacity to sense bodily signals and feeling states. In this presentation we will explore how interoception and cultivating interoceptive sense (developing body wisdom) can improve a wide range of mind capacities including: empathy, decision-making, creative problem solving and emotional intelligence.

In this presentation we will dive into the neuroscientific research on the linkages between interoception and empathy, decision-making, and emotional intelligence. We will explore how body sensations form the heart of emotions and how emotions profoundly influence decision making. We will also look into how bodily sensations are the bridge to non-conscious thinking and how non-conscious thinking is often superior to conscious thinking in many ways.

Objectives:

1. Identify how interoception, sensing and describing body sensations and feeling states can improve: decision making, empathy and emotional intelligence.
2. Define the basic differences between conscious and non-conscious thinking.
3. Explain how interoception influences empathy and how it can be used to improve social relationships.
4. Specify how emotions, in particular the body states they evoke, influence decision making.

Michael Mantz M.D. is a board-certified psychiatrist with a master's degree in herbal medicine. He currently runs a private practice, Santa Barbara Integrative Psychiatry, which focuses on mind-health optimization using a unique blend of mindfulness-based practices, nutrition, supplements and the latest in brain-boosting strategies that have come out of recent neuroscientific research. He also provides consulting and speaking services to corporations throughout the country. His new website DrMantz.com is dedicated to providing articles and videos to help teach the public how to strengthen both mind and brain function.

Santa Barbara Cottage Hospital
Psychiatry and Addiction Medicine
Department invites you to attend
its October 2019 presentation.

Wednesday, October 9, 2019

Noon to 1:30 PM

**Santa Barbara Cottage Hospital
Amphitheatre**

UPCOMING EVENTS:

Wednesday, November 13, 2019

Wednesday, December 11, 2019

CONTINUING EDUCATION

Physicians: Please note that due to changes in the requirements to qualify for CMEs Psychiatric Grand Rounds is no longer able to offer CMEs.

- Course meets the qualifications for 1 hour of continuing education (CE) credit for LMFTs, LCSWs, LPCCs, and LEPs as required by the California Board of Behavioral Sciences.
- Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider # 57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.
- Course approved by the California Board of Registered Nursing, Provider #00252 for 1 contact hour.
- No RSVP or advance registration is required. Registration for course attendees requesting continuing education credit will take place prior to the start of the course.
- CH employees may receive the continuing education credit through HealthStream.
- Continuing education certificates for others will be issued within 10 business days following receipt of the course evaluation and \$15 fee. Detailed instructions will be provided at registration.
- Grievances may be addressed directly to the Education Department.
- **Continuing Education:** To receive credit, attendance for the full hour is required
- If you are in need of special accommodation please contact the Education Department at (805) 569-7325.

Learn more about our Psychiatry and Addiction Medicine services at:

cottagehealth.org/mentalhealth

Program Coordinators

Cynthia Manigault, RN, BSN

Carole Reynolds Ingraham,
LMFT

Education Consultant

Christine Block, MSN, RN, CNRN

Water and coffee will be offered.