

TITLE: “The Neuroscience of Cultural Competency – Opening Our Minds”

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DOCUMENTATION: The topics covered in this presentation include: Neuroplasticity, Neurogenesis, ARIA learning format, The Neuroscience of Cultural Change.

Neuroplasticity, (via Wikipedia) also known as brain plasticity and neural plasticity, is the ability of the brain to change throughout an individual's life, e.g., brain activity associated with a given function can be transferred to a different location, the proportion of grey matter can change, and synapses may strengthen or weaken over time. (part of this video is shown in the presentation: “After watching this, your brain will not be the same” | Dr. Lara Boyd | TEDxVancouver. 10/14/2015 (14:24) https://en.wikipedia.org/wiki/Neuroplasticity#Brain_training

Neurogenesis: (via Wikipedia) is the process by which neurons are generated from neural stem cells. Developmental neurogenesis and adult neurogenesis differ markedly; this article is limited in scope to **adult neurogenesis**. In most mammals, new neurons are continually born throughout adulthood in two regions of the brain.
https://en.wikipedia.org/wiki/Adult_neurogenesis

ARIA learning format: The Neuroscience of leadership development: The “few minutes” rule
There are four phases around insight: Attention / Awareness, Reflection, Insight, Action.
<https://www.theleadershiphub.com/research-paper/3-neuroscience-leadership-development-few-minutes-rule>

“Understanding Prejudice: How It Forms and How to Prevent It” by Kendra Cherry,
Updated February 11, 2018 <https://www.verywellmind.com/what-is-prejudice-2795476>

Limbic System: The limbic system supports a variety of functions including emotion, behavior, motivation, long-term memory, and olfaction.^[4] Emotional life is largely housed in the limbic system, and it has a great deal to do with the formation of memories. https://en.wikipedia.org/wiki/Limbic_system

The NeuroScience of Cultural Change (1:02:24) Jan. 15, 2014 – Uploaded by the Association of Change Management Professionals. <https://www.youtube.com/watch?v=2qOa5E-FUsU>

Evening For Educators: Constructing Identity - March 15, 2017, published by the Portland Art Museum. (1:09:14) https://www.youtube.com/watch?v=N3jVZR3_koc Video of presenters Lisa Jarrett, Assistant Professor of Art + Design, and D.A. Carter, Assistant Professor of Black Studies, Portland State University. Presentation title: “**Negotiating Meaning – Labels as Expectations, Labels as Lens**”

Cultural neuroscience of the self: understanding the social grounding of the brain

S Kitayama, J Park - Social cognitive and affective neuroscience, 2010 - academic.oup.com

<https://academic.oup.com/scan/article/5/2-3/111/1662496>

Abstract: Cultural neuroscience is an interdisciplinary field of research that investigates interrelations among culture, mind and the brain. Drawing on both the growing body of scientific evidence on cultural variation in psychological processes and the recent development of social and cognitive neuroscience, this emerging field of research aspires to understand how culture as an amalgam of values, meanings, conventions, and artifacts that constitute daily social realities might interact with the mind and its underlying brain pathways of each individual member of the culture. In this article, following a brief review of studies that demonstrate the surprising degree to which brain processes are malleably shaped by cultural tools and practices, the authors discuss cultural variation in brain processes involved in self-representations, cognition, emotion and motivation. They then propose (i) that primary values of culture such as independence and interdependence are reflected in the compositions of cultural tasks (i.e. daily routines designed to accomplish the cultural values) and further (ii) that active and sustained engagement in these tasks yields culturally patterned neural activities of the brain, thereby laying the ground for the embodied construction of the self and identity. Implications for research on culture and the brain are discussed.

Cosmos Conversation/Biology/November 1, 2016

The emotion centre is the oldest part of the human brain: why is mood so important?

<https://cosmosmagazine.com/biology/the-emotion-centre-is-the-oldest-part-of-the-human-brain-why-is-mood-so-important>

ADDITIONAL RESOURCES:

Topics used for Goggle searches: neuroscience and cultural change, cultural neuroscience graduate programs, cultural influences on brain development, brain and culture

Cultural Neuroscience – Culture and the Brain | Neuroanthropology

blogs.plos.org/neuroanthropology/.../cultural-neuroscience---culture-and-the-brain/

How Culture Wires Our Brains | Psychology Today

<https://www.psychologytoday.com/us/blog/...cultures/.../how-culture-wires-our-brains>

The Neuroscience of Organizational Culture | Library of Professional ...

<https://psychology.edu/library/the-neuroscience-of-organizational-culture/>

Cultural neuroscience - Wikipedia

https://en.wikipedia.org/wiki/Cultural_neuroscience

Cultural neuroscience is an interdisciplinary field studying how cultural values, such as practices and beliefs, shape and are shaped by the mind, brain and genes across multiple timescales.

Scholarly articles for Brain and Culture: Neurobiology, Ideology and Social Change.

https://scholar.google.com/scholar?lookup=0&q=Brain+and+Culture:+Neurobiology,+Ideology+and+Social+Change.&hl=en&as_sdt=0,38&as_vis=1

Your brain on culture - American Psychological Association

www.apa.org › Monitor on Psychology › November 2010 Monitor on Psychology

The neuroscience of change: Why it's difficult and what makes it easier

blog.langleygroup.com.au/neuroscience-of-change-what-makes-change-easier/

Culture Wires the Brain: A Cognitive Neuroscience Perspective

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3409833/>

Searches related to neuroscience and cultural change: [cultural neuroscience](#), [culture and brain development](#), [culture and the brain](#), [cultural neuroscience graduate programs](#), [your brain on culture](#) [how do cultures shape minds](#), [cultural mind](#), [how does culture influence cognition](#)

Search for brain and culture: Brain and Culture: Neurobiology, Ideology, and Social Change. Book by [Bruce E. Wexler](#). <https://mitpress.mit.edu/books/brain-and-culture>

Brain and Culture | The MIT Press

<https://mitpress.mit.edu/books/brain-and-culture>

Brain and Culture: Neurobiology, Ideology, and Social Change (MIT ...

<https://www.amazon.com/Brain-Culture-Neurobiology-Ideology.../dp/0262731932>

Nature, Brain, and Culture | Psychology Today

<https://www.psychologytoday.com/us/blog/nature-brain-and-culture>

The Mind in the World: Culture and the Brain – Association for ...

<https://www.psychologicalscience.org> › Observer › 2011 › May/June

Brain and Culture: Neurobiology, Ideology, and Social Change by ...

https://www.goodreads.com/book/show/1341399.Brain_and_Culture

The brain in culture and culture in the brain: a review of core issues in ...

<https://www.sciencedirect.com/science/article/pii/S0079612309178044>

Your brain on culture - American Psychological Association

www.apa.org › Monitor on Psychology › November 2010 Monitor on Psychology

Brain and culture: Neurobiology, ideology, and social change.

psycnet.apa.org/record/2006-07370-000

Culture: by the brain and in the brain? - Scielo.br

www.scielo.br/scielo.php?script=sci_arttext&pid=S0104-59702016000400965

Brain and Culture: Neurobiology, Ideology, and Social Change - Bruce ...

https://scholar.google.com/scholar?lookup=0&q=Brain+and+Culture:+Neurobiology,+Ideology,+and+Social+Change+-+Bruce+...&hl=en&as_sdt=0,38&as_vis=1

Searches related to brain and culture: [brain and culture pdf](#), [culture and brain development](#) [culture and brain impact factor](#), [your brain on culture](#), [how culture wires our brain](#), [cultural influences on brain development](#)