Stephenson School of Biomedical Engineering
Seminar Series Presents

FROM SENSATIONS TO SYMPTOMS: THE ROLE OF INTEROCEPTION IN MENTAL HEALTH

Sahib S. Khalsa, M.D., Ph.D.

Director of Clinical Studies, Laureate Institute for Brain Research
Assistant Professor, Oxley College of Health Sciences, University of Tulsa

Friday, Oct. 30, 2020 | 9:00 a.m.

zoom
Meeting ID: 921 2784 0485
Passcode: 92183006

ABSTRACT

Interoception refers collectively to the processing of internal bodily stimuli by the nervous system. Interoception contributes to the maintenance of health via influences on the expression of reflexes, urges, feelings, drives, adaptive responses, and cognitive and emotional experiences. Interoception's role in mental health has been increasingly appreciated, despite a limited knowledge base. This talk will illustrate recent empirical discoveries identifying interoceptive dysfunction across psychiatric disorders including mood, anxiety, addiction, and eating disorders. These discoveries lay the groundwork for the development of novel tests and treatments focused on ameliorating psychiatric dysfunction and improving the understanding of the neural basis of mental health.

BIO

Sahib Khalsa received a bachelor of science in psychology from SUNY Stony Brook in 2002. He graduated from the Medical Scientist Training Program at the University of Iowa, receiving M.D. and Ph.D. (neuroscience) degrees in 2009. He completed his residency training in psychiatry at UCLA in 2013, serving as the program chief resident and chief resident in the UCLA Anxiety Disorders Clinic. At that time, he joined the department as a faculty member in the Division of Adult Psychiatry at UCLA, becoming an assistant professor in residence in 2014. Khalsa's research examines how people feel their heartbeat, how the human brain maps cardiac sensation, and whether there is dysfunctional cross talk between the heart and brain in psychiatric and cardiovascular illnesses. To approach these questions, his studies have examined the effects of aging, focal brain injury, cardiac dysfunction, and long-term meditation practice on awareness of the heartbeat. Ongoing projects examine the neural basis of cardiac sensation, the neural basis of dysfunctional heart-brain communication in anorexia nervosa, and the impact of implantable cardioverter defibrillators on awareness of the heartbeat. These studies aim to ultimately answer the question "How can we develop new treatments that re-establish a functional dialogue between the heart and brain?" In February 2015, Khalsa joined the Laureate Institute for Brain Research in Tulsa, Oklahoma, as the Director of Clinical Studies, and as an Assistant Professor (tenure track) on the Faculty of Community Medicine at the University of Tulsa.