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## **TITLE: Thinking Mental Health Beyond the Brain: Ethological Embodied Cognition and Its Integrative Possibilities**

**Name:** Igor Marques-Santos  
**Affiliation:** PhD Student at Universidade de São Paulo  
**Country:** Brazil  
**Email ID:** igor.marques.santos@usp.br

### **ABSTRACT (upto 300 words)**

The concept of embodied cognition, an ethological approach about evolutionary dynamics behind body components participation to create, maintain and adapt one organism's thought, is also a key concept to bring interdisciplinarity to a more physiological discussion about cognition. In this webinar, we expose embodied cognition main ideas, altogether with Tinbergen's four questions, an important ethological theoretical guideline to achieve a more complex and integrated knowledge and research about animal behavior and cognition. By then, we can discuss embodied cognition's role to reposition central nervous system heuristic value in the understanding of what creates and supports cognition. This enables some evaluations about mental health interventions and policies, taking Brazil's public healthcare system (SUS - *Sistema Único de Saúde*) as a brief case study.

### **BIOGRAPHY (upto 300 words)**

Igor Marques-Santos is an ongoing PhD student in Ethology and Animal Behavior at Experimental Psychology from Universidade de São Paulo, Brazil. A psychologist, his academic formation includes an evergreen interdisciplinary practice, ranging from psychological care training at public facilities under Psychoanalysis and Phenomenology, to epistemological inquiries about how evolutionary inquiries can propose refreshing and integrative ways to think about psychology's established concepts.





**Presenter Name:** Igor Marques-Santos  
**Mode of Presentation:** Webinar  
**Contact number:** +55 (11) 95434-3575



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1309 Coffeen Avenue STE 1200, Sheridan, WY 82801, United States  
www.scientexconference.com

mentalhealth.scientexconference.com   
mentalhealth@scientexconferences.com   
+1-213-463-2413 