

Dagstuhl Seminar Invited Talk: Body-centric computing: neurofeedback, affect, memories, gestures

Dagstuhl Seminar 17392 Body-Centric Computing, 27 Sept 2017

This talk highlights my scholarly work focusing on body-centric computing, around keywords such as affect, gestures, wearables and biofeedback. My focus on body has not been much about how the body moves in space while performing physical activities, but rather about how the body is "moved" by emotional states. This interest in emotions is underpinned by emotions' ability to signal meaning. In particular, I investigate how by mirroring feelings back, people can become more self-aware and ultimately able to better engage in emotional self-regulation. Some of my work on emotional wellbeing, emotional memories, neurofeedback, digital disposal and embodiment is outlined through design exemplars such as MeditAid and AffectCam systems, and studies of digital breakup and rituals of letting go. I also offer an overview of AffectTech Innovative Training Network on personal technologies for affective health. My work draws from theoretical perspectives of phenomenology, embodied cognition, and UX, and methodologies of iterative user centred design, and qualitative fieldwork.

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