

The Creative Conundrum: Navigating the links between Creativity, Cognition, and Well-being

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Abstract

In this talk, I will delve into the multifaceted realm of creativity, underscoring its pivotal role in personal development and societal progression. I will briefly examine the neuroscientific mechanisms of creative processes, including moments of cognitive insight or Aha! experience. Subsequently, I will explore the intriguing interplay between creativity, mental health and well-being. I will then discuss the phenomenological experience of flow, often related to creative and optimal performance, and its dispositional variations and neurocognitive mechanisms. Together, these evidences illuminate the complex pathways through which creativity mutually reinforces our cognitive landscapes and fosters a deeper sense of well-being.

Biography

Joydeep Bhattacharya (Joy) has been a Professor of Psychology at Goldsmiths University of London since 2009. He was the Director of Research in the Psychology Department at Goldsmiths and is the Founding Head of the largest departmental Research Group, Cognition and Neuroscience. Previously he was affiliated with the Austrian Academy of Sciences, California Institute of Technology, Max Planck Institute for Physics and Complex Systems, and Indian Institute of Technology. He has wide-ranging research interests, from creativity, music perception, emotion, decision-making, flow experience, and neuroaesthetics to brain oscillations, synchrony and brain networks. He has published over 160 research articles and a research monograph. His research findings are regularly covered by worldwide media outlets (BBC, Wall Street Journal, Economist, Guardian, New Scientist, ABC - Good Morning America, National Geographic etc). He is a Fellow of the Royal Society of Arts (UK) and the Association for Psychological Science, APS (USA).

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