



2DA CONFERENCIA REGIONAL DE
PSICOLOGÍA DEL TIEMPO
AVANCES DESDE LATINOAMERICA
MONTEVIDEO - URUGUAY - 14.11.2019



El próximo 14 de noviembre de 2019, tendrá lugar la **2^{da} Conferencia Regional de Psicología del Tiempo**. La misma tendrá lugar en la Facultad de Psicología de la Universidad de la República en Montevideo, Uruguay y es organizada por la línea de Evaluación del Desarrollo y Temporalidad del Centro de Investigación Básica en Psicología (CIBPSI).

El evento contará con dos mesas de comunicaciones libres, una mesa redonda, tres conferencias invitadas y una sesión de posters.

Algunos de las palabras clave de los temas que serán abordados son:

- Perspectiva Temporal
- Percepción del Tiempo
- Orientación Temporal
- Consideración de Consecuencias Futuras
- Ansiedad de Futuro
- Cronotipos
- Tiempo Conceptual
- Diferencias culturales
- Previsión episódica
- Usos del tiempo.

Las conferencias en inglés contarán con traducción simultánea.

El evento no tiene costo de inscripción, pero agradecemos mucho que realice el registro aquí:
<http://www.timeperspective.net/registro.html>

Website: www.timeperspective.net/tiempo-uy-2019.html

Contacto: psictiempouy@gmail.com

Equipo coordinador científico y organizacional:

Dra. Tianna Loose, Dr. Víctor Ortuño, Dr. A. Vásquez-Echeverría



Programa

9h – 9h30´	Recepción de los participantes
9h30´ – 10h	Palabras de apertura.
10h – 11.30h	Mesa de comunicaciones orales 1. Discutidor: Tianna Loose
11.30h – 12.30´	Conferencista Invitada - <i>Umbelina Rego-Leite</i> . Time Perspective in Children: theory and methodological approach
12.30´ – 14h´	Pausa para almuerzo
14,00-.15.30	Mesa de comunicaciones orales 2. Discutidor: Víctor Ortuño
1530. 16.00´	Conferencista invitada – <i>Isabell Winkler</i> Measuring how time comes to mind: the <i>Time Consciousness Scale</i>
16h´ - 17.00	Sesión de posters y pausa para café
17,00-18,00	Conferencista invitado – <i>Marc Wittmann</i> Altered states of consciousness: Modulations of time and self.
18 – 19.30´	Mesa redonda – Psicología del Tiempo en Uruguay: avances y desafíos <i>Ana Silva // Tianna Loose // Víctor E.C. Ortuño // Alejandro Vásquez-Echeverría</i> Discutidor: <i>Alejandro Maiche</i>
19.30-19.45.h	Palabras de cierre.



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Conferencista Invitado: Marc Wittmann

Altered states of consciousness: Modulations of time and self

Over the last years a novel idea regarding the neural basis of time perception has been developed. Based on empirical evidence, this conceptual framework suggests that physiological changes of the body, the basis of our feeling states, form an internal signal to encode the duration of external events in the time range of several seconds. On a basic level, the bodily self, as created by the continuous physiological input from the body, is the functional anchor of phenomenal experience of a self – and of subjective time. The entanglement of self-reflective consciousness, emotion and body awareness with the experience of time is prominently disclosed in altered states of consciousness such as in everyday experiences of flow and of boredom as well as in peak experiences in meditative states, under the influence of drugs as well as in many psychiatric and neurological conditions. I will present empirical evidence on modulations of self and time in studies probing for effects of meditation, psychedelics (psilocybin, ayahuasca), and the floating tank.



Marc Wittmann studied Psychology and Philosophy in Fribourg, Switzerland, and Munich, Germany. He received his Ph.D. (1997) and his Habilitation (2007) at the Institute of Medical Psychology, Medical School, University of Munich. Between 2004 and 2009 he was Research Fellow at the Department of Psychiatry, University of California San Diego. Since 2009 he is employed at the Institute for Frontier Areas of Psychology and Mental Health in Freiburg, Germany. His research is focused on the perception of time in ordinary as well as altered states of consciousness, such as induced through meditation, the ganzfeld, the floating tank, and psychedelics. He is the author of the two MIT Press books "Felt Time" and "Altered States of Consciousness".



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Conferencista Invitado: Isabell Winkler

Measuring how time comes to mind: the Time Consciousness Scale

The ability to consciously perceive time is a universal characteristic of all human beings. Time consciousness may be seen as the basis of other temporal cognitions like the duration estimation of ongoing or past events, the anticipation of the duration of future events, temporal planning, punctuality and even the subjective impression of the speed of time during different situations. However, humans differ in various aspects concerning temporal cognitions, including age, specific personality factors as well as certain mental disorders like depression and attention deficit disorders. In all prominent models of human time perception attention towards time (or to temporal aspects of the stimuli) is an important precondition necessary to create valid temporal judgments. I will present the reliability and validity of a recently developed scale measuring the core part of temporal cognitions: Time consciousness. The scale consists of five stable factors: (1) Awareness of Time, (2) Time Orientation, (3) Time Estimation, (4) Anticipation of Durations, and (5) Dependency to Alarm Clocks. Within three studies using German samples ($N = 341$), we obtained high internal-consistency values for the five subscales (Cronbach's Alpha between 0.80 and 0.90) and a good model fit for a confirmative factor analysis. Correlations with the Big Five personality traits, the factors of Time Perspective (Zimbardo Time Perspective Inventory; ZTPI), chronotype, self-regulation, impulsivity, mindfulness and punctuality will be reported.



Isabell Winkler is a post-doctoral researcher in the field of cognitive psychology and research methods at Chemnitz University of Technology, Germany. She received her Ph.D. in 2009. Her main research interests are in factors that influence human time perception. Dr. Winkler is a licensed psychotherapist with specialization in Cognitive Behavioral Therapy (CBT).



Conferencista Invitado: Umbelina Rego-Leite

Time Perspective in Children: theory and methodological approach

Children's distinction between past, present and future, so important for adult's perception of time, is known to be acquired by 4-5 years of age and becomes more consolidated at the end of the pre-school period. However, many unknowns need to be addressed. First, there is a lack of prior research on the development of children's view of past-future-present during late childhood (8-12 years of age). Knowing more about this specific period would help to trace a more complete developmental trajectory of children's temporal knowledge. Second, little is known about children's time perspective. Are children at the end of childhood more future oriented? Or, perhaps, more present oriented? Could 8-9 year-old children hold a "positive" or a "negative" view of their past? To date, no studies have investigated the developmental aspects of time perspective by adopting a questionnaire methodology based on children's report. The majority of studies have been using experimental paradigms, as well as children's narratives. I will address the construction and validity processes of Zimbardo Time Perspective Inventory for Children - ZTPI-C. My studies suggest the adoption of a methodology using a reliable and valid time perspective inventory suitable for children between 8 and 12 years old.



Umbelina do Rego Leite has graduation degree in Psychology and Clinical Psychology license. Master's degree in Psychobiology, with emphasis in neuroscience and Doctor's degree in Psychology, with emphasis on development and validation of psychological measures, from Brazil. Now, has a full-time teaching position at Federal University of Pernambuco, Brazil. Research interests are mainly on: time perspective and psychological evaluation