

5th International Evolutionary Psychiatry Symposium



Date: Friday 10 March 2023

Venue: 21 Prescot Street, London, E1 8BB

9.00am	Registration and refreshments
9.30am - 9.35am	Welcome and Introduction Paul St John-Smith, EPSIG Chair
9.35am - 9.45am	Presentation by Darwin Essay Prize: 1
	Sirous Golchinheydari
9.45am	Session 1: Evolution and Child Development Chair: Professor George Ikkos
9.45am – 10.25am	What can we learn from hunter-gatherers about child development? Annie Swanepoel and Nikhil Chaudhary
10.25am – 11.05am	What is the expected human childhood? Insights from evolutionary anthropology Willem Frankenhuis
11.05am - 11.15am	Joint Q&A
11.15am - 11.30am	Refreshment break
11.30am	Session 2: Chair: Paul St John-Smith, EPSIG Chair
11.30am – 12.10pm	Evolutionary perspectives on paranoia and conspiracies Nichola Raihani
12.10pm – 12.20pm	Q&A

12.20pm - 1.00pm	The evolution of suicide: The Pain and Brain theory and its implications C. A. Soper
1.00pm - 1.10pm	Q&A
1.10pm – 2.00pm	Lunch break
2.00pm	Chair: Reem Abed
2.00pm	Presentation by Darwin Essay Prize Winner: 2
	From Ancient Rituals to Social Media; The Emergence of Self-harm Culture Vaishnavi Sornarajah
2.10pm – 2.40pm	Making sense of the ultimate and proximate causes of eating disorders Agnes Ayton
2.40pm – 2.50pm	Q&A
2.50pm – 3.30pm	Evolutionary models of obsessions and compulsions Muzaffer Kaser
3.30pm – 3.40pm	Q&A
3.40pm – 3.55pm	Refreshment break
3.55pm	Session 4 Chair: Riadh Abed
3.55pm – 4.35pm	An Evolutionary Perspective on Emotions Laith Al Shawaf
4.35pm – 4.45pm	Q&A
4.45pm	Close

At the time of printing all information is accurate. We cannot be held responsible for any subsequent changes in the final programme.

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Speakers Bios
(Alphabetically)

Dr. Laith Al-Shawaf is an Associate Professor in the Department of Psychology at the University of Colorado in Colorado Springs. Laith is Chief Academic Advisor to the Center for Applied Social Cognition Research in Lebanon and has been named as a *Rising Star* by Association for Psychological Science. His science essays for general audiences have been translated into several languages, and his first edited volume, *The Oxford Handbook of Evolution and the Emotions*, is due to be published in September of this year.

Dr. Agnes Ayton is a consultant eating disorder psychiatrist at Oxford Health NHS Foundation Trust, an Honorary Senior Lecturer at the University of Oxford, and the current Chair of the Faculty of Eating Disorders. She qualified in Hungary and has specialised in eating disorders since 2003 and works both with adolescents and adults. Dr Ayton has had a longstanding interest in evolutionary thinking, which has influenced her clinical practice. She is a founding member of EPSIG.

Dr Nikhil Chaudhary is an assistant professor in Evolutionary Anthropology at the University of Cambridge. His previous research has explored the hyper-cooperative nature of our species and is currently examining differences between the childrearing practices and social networks of hunter-gatherers and Western societies. He has published in leading scientific journals including *Science*, *PNAS* and *Nature Human Behaviour*. He is an executive committee member of EPSIG.

Dr Willem Frankenhuis is an Associate Professor of Psychology at Utrecht University in the Netherlands, and a Senior Researcher at the Max Planck Institute for Research on Crime, Security and Law in Freiburg, Germany. He studies how people develop in harsh and unpredictable conditions and focuses on (1) *hidden talents*, abilities that are enhanced by adversity, and (2) *reasonable responses* to adverse conditions. He uses mathematical modelling to explore in which conditions natural selection favors sensitive periods in development, and how experiences shape the timing and duration of these periods.

Dr Muzaffer Kaser is a consultant psychiatrist at Cambridgeshire and Peterborough NHS Foundation Trust and a visiting researcher at the Department of Psychiatry, University of Cambridge. He is a by-fellow at Emmanuel College, Cambridge. He qualified in Turkey and trained in Istanbul and Cambridge. His research work spans depression, OCD, and psychosis. Dr Kaser is a founding member of Evolutionary Psychiatry Group of the Psychiatric Association of Turkey and is an executive committee member of EPSIG.

Dr Nichola Raihani is a Royal Society University Research Fellow and Professor in Evolution and Behaviour at UCL. Her group's research focuses on the evolution of social behaviour in humans and non-human species. She has been widely published in scientific journals, won the 2018 Philip Leverhulme Prize in Psychology for her research achievements, and was elected Fellow of the Royal Society of Biology in 2018. Her first book, *The Social Instinct*, was published in 2021 and won the Humanists UK's 2021 Voltaire Medal.

Dr C.A. Soper is a psychotherapist and independent researcher based in Lisbon,

Portugal. His Ph.D. thesis was adapted into a textbook published in 2018 titled 'The Evolution of Suicide'. Cas has since published a more accessible book, "The Evolution of Life Worth Living- Why We Choose to Live", as well as several articles and chapters on a similar theme.

Dr Annie Swanepoel is a Consultant Child and Adolescent Psychiatrist working in a team for children with severe/profound learning disability in London (NELFT). She holds a PhD in Human Physiology and is interested in how a knowledge of evolutionary science can help us understand childhood in Western Educated Industrialised Rich Democratic (WEIRD) societies and also help us understand developmental trauma and neurodevelopmental disorders in novel ways. She has published several articles and a couple of book chapters on this work. She is a founding member of EPSIG.