

Synchrony – an approach to explore shared moments

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Abstract:

Synchrony, the coupling and entrainment of motor behavior and physiology, commonly arises in social interactions of different kinds, in conversations, negotiations, therapy sessions, and even in listening to music in a concert. Synchrony depends on how strong the therapeutic alliance is (in psychotherapy), on the type of conversation, on the affectivity and personality traits of interlocutors (in everyday conversation). Building on the results of several empirical projects, I will present new aspects of the phenomenon of nonverbal synchrony. One new development is that synchrony can shed some light on 'nowness', our sharing of the present moment. The duration of synchrony may be interpreted as reflecting how moments are shared in social interaction.