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## From Stopping Action to Stopping Thoughts

Executive functions underlie our ability to control our behavior according to our goals. Here I will focus on one particular kind of executive function - stopping. I will begin by showing how a research program focused on the stopping of action has been fruitful, especially with regard to identifying underlying fronto-basal-ganglia circuits in humans. I will then give some examples of how we are leveraging those insights towards more ecologically relevant and richer forms of human self control.

**Friday, April 13**

10-11am

6363 Alvarado Ct.

Suite 250, Conference Room