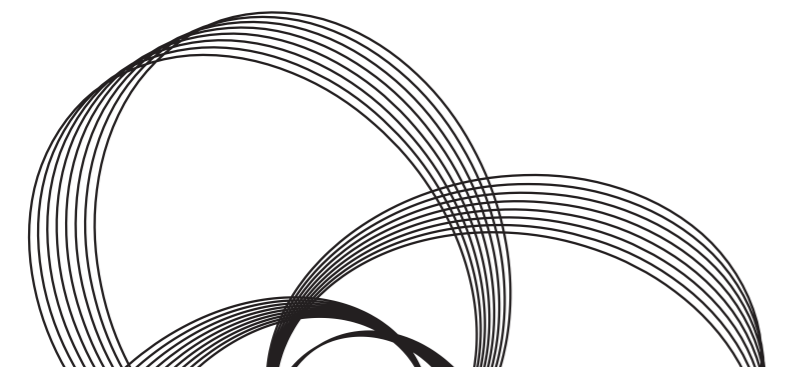


Gravitational self-force: review/introduction

gravity meets Gravity.



UCD RELATIVITY GROUP

Chris Kavanagh
SFI-IRC Pathway Research Fellow
University College Dublin



IRISH RESEARCH COUNCIL
An Chomhairle um Thaighde in Éirinn

- Part I
The SF set-up: dealing with 'point' particles

- Part II
Solving the field equation: Teukolsky and a 'closed form' Green function

- Part III
Results: Self-force and reality

- **Part I**

The SF set-up: dealing with 'point' particles

- Part II

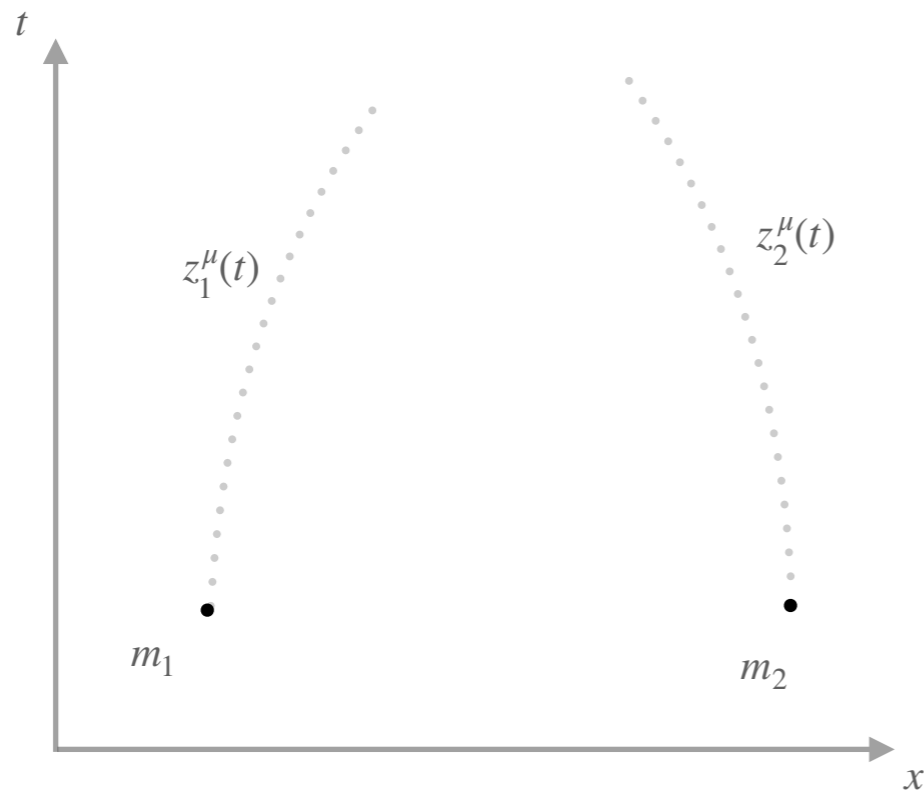
Solving the field equation: Teukolsky and a 'closed form' Green function

- Part III

Results: Self-force and reality

- Introduction: The problem of motion, post-Minkowskian/post-Newtonian

'Point particles' endowed with multipole moments, fields constrained by EFEs



$$(1) \quad S = S_M[m_i] + S_{GR}[g]$$

See everyone's talks..

$$(2) \quad G_{\mu\nu}[g] = 8\pi T_{\mu\nu}$$

$$T_{\mu\nu} = \sum_{i=1,2} m_i \int d\tau \delta^4(x, z_i) u_\mu^i u_\nu^i$$

$$g_{\mu\nu} = \eta_{\mu\nu} + Gh_{\mu\nu}^{(1)} + G^2 h_{\mu\nu}^{(2)} + \dots$$

Explicitly calculate $h_{\mu\nu}^{(i)}$, then solve geodesic equation in $g_{\mu\nu}$

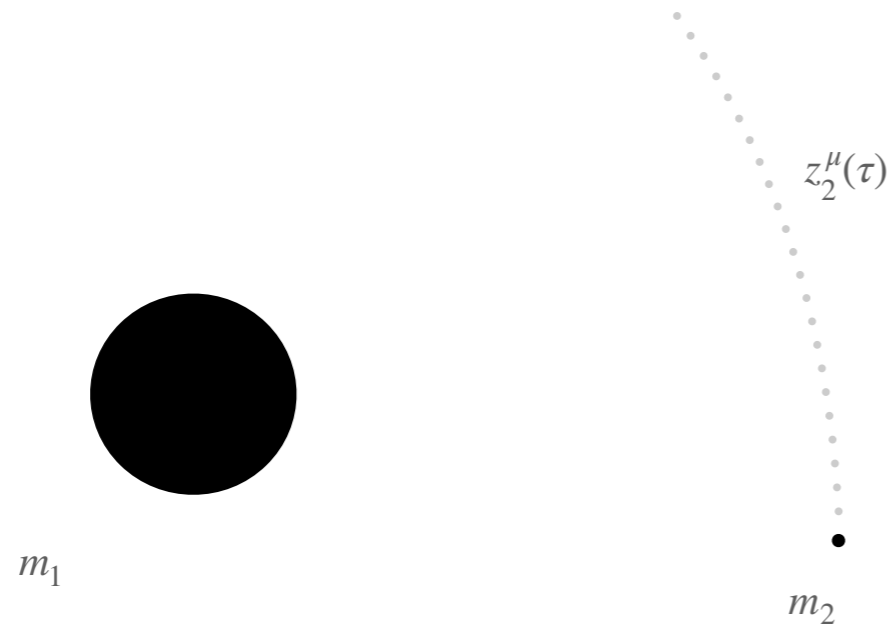
$$\square^0 [h^i]_{\mu\nu} = S[h^{i-1}, \dots] \rightarrow G_{\text{flat}}(x, x')$$

Both approaches rely on delicate treatments of point particle limit (??)

Subtraction of singular terms which *do not* affect the motion via, 'counter terms' in the action, regularisation techniques..

- The problem of motion, BH spacetime

'Point particle' endowed with multipole moments + Exact Kerr BH



$$(2) \quad G_{\mu\nu}[g] = 8\pi T_{\mu\nu}$$

$$T_{\mu\nu} = m_2 \int d\tau \delta^4(x, z_2) u_\mu u_\nu$$

$$g_{\mu\nu} = \bar{g}_{\mu\nu} + \epsilon h_{\mu\nu}^{(1)} + \epsilon^2 h_{\mu\nu}^{(2)} + \dots$$

$$\epsilon = \frac{m_2}{m_1}$$

Explicitly calculate $h_{\mu\nu}^{(i)}$, solve geodesic equation

$$\bar{\nabla}^a \bar{\nabla}_a h_{\mu\nu}^{(1)} + 2\bar{R}_{\mu\nu}{}^{ab} h_{ab}^{(1)} = 16\pi T_{\mu\nu}$$

$$\bar{\nabla}^a \bar{\nabla}_a h_{\mu\nu}^{(2)} + 2\bar{R}_{\mu\nu}{}^{ab} h_{ab}^{(2)} = S[h_{\mu\nu}^{(1)}, h_{\mu\nu}^{(1)}]$$

- The problem of motion, BH spacetime

'Point particle' endowed with multipole moments + Exact Kerr BH

$$(2) \quad G_{\mu\nu}[g] = 8\pi T_{\mu\nu}$$

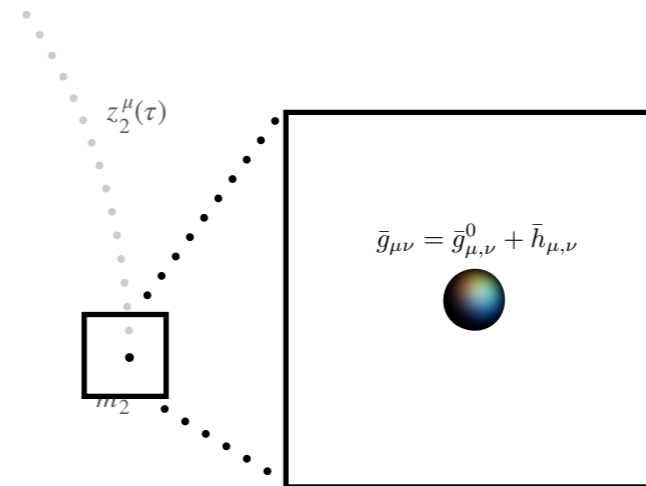
Point particle divergence (UV)

(1) Define a singular potential $h_{\mu\nu}^S$

- $\lim_{x \rightarrow z(\tau)} h_{\mu\nu}^{\text{ret}} - h_{\mu\nu}^S$ is finite
- $h_{\mu\nu}^S$ is causal
- $h_{\mu\nu}^S$ produces no net force

-Detweiler-Whiting singular field
[Detweiler, Whiting 2003]

(2)



Match effective global field to a local expansion of Kerr+tidal field

- Determines subtraction term in effective field + self-force

[Mino, Sasaki & Tanaka 1997 (1SF), Pound++ 2016...(2SF)]

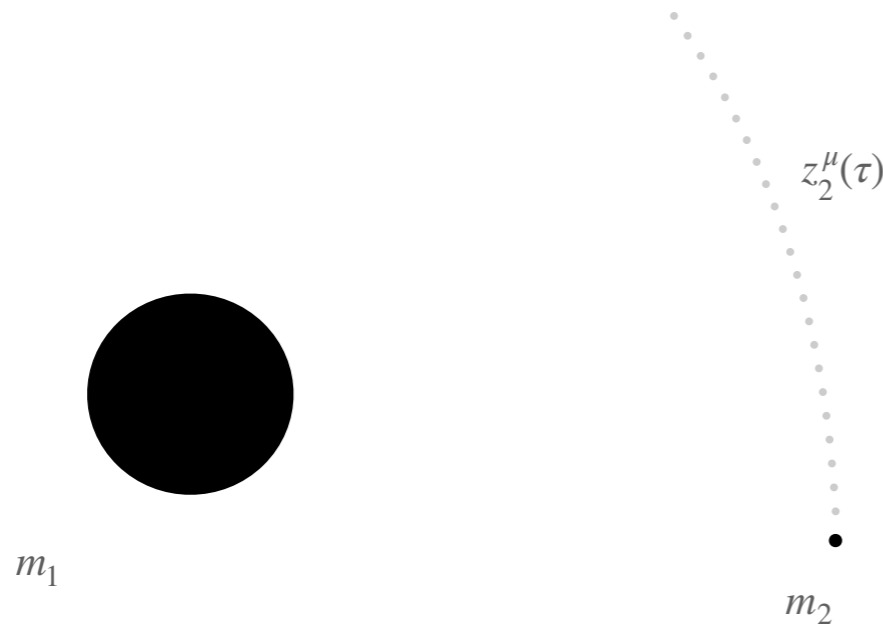
Explicitly

$$\bar{\nabla}^a \bar{\nabla}_a h_{\mu\nu}^{(1)} + 2\bar{R}_{\mu\nu}{}^{ab} h_{ab}^{(1)} = 16\pi T_{\mu\nu}$$

$$\bar{\nabla}^a \bar{\nabla}_a h_{\mu\nu}^{(2)} + 2\bar{R}_{\mu\nu}{}^{ab} h_{ab}^{(2)} = S[h_{\mu\nu}^{(1)}, h_{\mu\nu}^{(1)}]$$

- The problem of motion, BH spacetime

'Point particle' endowed with multipole moments + Exact Kerr BH



$$(2) \quad G_{\mu\nu}[g] = 8\pi T_{\mu\nu}$$

$$T_{\mu\nu} = m_2 \int d\tau \delta^4(x, z_2) u_\mu u_\nu$$

$$g_{\mu\nu} = \bar{g}_{\mu\nu} + \epsilon h_{\mu\nu}^{(1)} + \epsilon^2 h_{\mu\nu}^{(2)} + \dots$$

$$\epsilon = \frac{m_2}{m_1}$$

Explicitly calculate $h_{\mu\nu}^{(i)}$, solve geodesic equation

$$\bar{\nabla}^a \bar{\nabla}_a h_{\mu\nu}^{(1)} + 2\bar{R}_{\mu\nu}{}^{ab} h_{ab}^{(1)} = 16\pi T_{\mu\nu}$$

$$\bar{\nabla}^a \bar{\nabla}_a h_{\mu\nu}^{(2)} + 2\bar{R}_{\mu\nu}{}^{ab} h_{ab}^{(2)} = S[h_{\mu\nu}^{(1)}, h_{\mu\nu}^{(1)}]$$

+

subtraction terms determined from matching

$$u^a \bar{\nabla}_a u^\mu = -\frac{1}{2}(\bar{g}^{\mu\nu} - h_R^{\mu\nu})(2h_{\nu\rho;\sigma}^R - h_{\rho\sigma;\nu}^R)u^\rho u^\sigma$$

$$h_{\mu\nu}^R = \epsilon h_{\mu\nu}^{R,(1)} + \epsilon^2 h_{\mu\nu}^{R,(2)}$$

→ All small mass-ratio black hole binaries!

- Part I
The SF set-up: dealing with 'point' particles

- **Part II**
Solving the field equation: Teukolsky and a 'closed form' Green function

- Part III
Results: Self-force and reality

- Teukolsky approach — Lightcone structure & ‘gauge invariance’

Newman-Penrose

- Kerr spacetime two radial null vectors, typically written l^μ, n^μ : $l \cdot l = n \cdot n = 0$, $l \cdot n = -1$
- Rotational degrees of freedom captured by 2 complex null vectors m^μ, \bar{m}^μ

$$g_{ab} = l_{(a}n_{b)} - m_{(a}\bar{m}_{b)}$$

$$R_{abcd} = \Psi_0 n_a \bar{m}_b n_c \bar{m}_d + \Psi_1 n_a l_b n_c \bar{m}_d + \Psi_2 n_a \bar{m}_b m_c l_d + \Psi_3 n_a l_b m_c l_d + \Psi_4 l_a m_b l_c m_d$$

Ψ_0	$s = 2$
Ψ_1	$s = 1$
Ψ_2	$s = 0$
Ψ_3	$s = -1$
Ψ_4	$s = -2$

- Teukolsky approach — Lightcone structure & ‘gauge invariance’

Newman-Penrose

- Kerr spacetime two radial null vectors, typically written l^μ, n^μ : $l \cdot l = n \cdot n = 0$, $l \cdot n = -1$
- Rotational degrees of freedom captured by 2 complex null vectors m^μ, \bar{m}^μ

$$g_{ab} = l_{(a} n_{b)} - m_{(a} \bar{m}_{b)}$$

$$R_{abcd} = \cancel{\Psi_0} n_a \bar{m}_b n_c \bar{m}_d + \cancel{\Psi_1} n_a l_b n_c \bar{m}_d + \Psi_2 n_a \bar{m}_b m_c l_d + \cancel{\Psi_3} n_a l_b m_c l_d + \cancel{\Psi_4} l_a m_b l_c m_d$$

$$\Psi_2 = \frac{-1}{(r + ia \cos \theta)^3}$$

Ψ_0	$s = 2$
Ψ_1	$s = 1$
Ψ_2	$s = 0$
Ψ_3	$s = -1$
Ψ_4	$s = -2$

Teukolsky 1973:

Perturbations : $\Psi_i + \epsilon \psi_i$

- ψ_0, ψ_4 -gauge invariant
- Capture all dynamics of the field
- Each satisfy there own field equation

$$O\psi_0 = T_0$$

$$\zeta^{-4} O\zeta^4 \psi_4 = T_4$$

$$\zeta = r - ia \cos \theta$$

- Teukolsky approach — Lightcone structure & ‘gauge invariance’

Newman-Penrose

- Kerr spacetime two radial null vectors, typically written l^μ, n^μ : $l \cdot l = n \cdot n = 0, \quad l \cdot n = -1$
- Rotational degrees of freedom captured by 2 complex null vectors m^μ, \bar{m}^μ

$$g_{ab} = l_{(a}n_{b)} - m_{(a}\bar{m}_{b)}$$

$$R_{abcd} = \cancel{\Psi_0} n_a \bar{m}_b n_c \bar{m}_d + \cancel{\Psi_1} n_a l_b n_c \bar{m}_d + \Psi_2 n_a \bar{m}_b m_c l_d + \cancel{\Psi_3} n_a l_b m_c l_d + \cancel{\Psi_4} l_a m_b l_c m_d$$

$$\Psi_2 = \frac{-1}{(r + ia \cos \theta)^3}$$

Ψ_0	$s = 2$
Ψ_1	$s = 1$
Ψ_2	$s = 0$
Ψ_3	$s = -1$
Ψ_4	$s = -2$

Teukolsky 1973:

Perturbations : $\Psi_i + \epsilon \psi_i$

- ψ_0, ψ_4 -gauge invariant
- Capture all dynamics of the field
- Each satisfy there own field equation

$${}_2\psi = \psi_0 \quad {}_{-2}\psi = \zeta^4 \psi_4$$

$$O\psi_0 = T_0$$

$$\zeta^{-4} O\zeta^4 \psi_4 = T_4$$

$$\zeta = r - ia \cos \theta$$

Teukolsky 1973:

Perturbations : $\Psi_i + \epsilon\psi_i$

- ψ_0, ψ_4 -gauge invariant
- Capture all dynamics of the field
- Each satisfy there own field equation

$$O\psi_0 = T_0$$
$$\zeta^{-4}O\zeta^4\psi_4 = T_4$$

or

$$\bar{\nabla}^a \bar{\nabla}_a h_{\mu\nu}^{(1)} + 2\bar{R}_{\mu\nu}{}^{ab} h_{ab}^{(1)} = 16\pi T_{\mu\nu}$$

O - separable differential operator!

$${}_s\psi = \sum_{lm} \int d\omega e^{-i\omega t} {}_sR_{lm\omega}(r) {}_sS_{lm}(\theta, \phi; a\omega)$$

Just need to solve
a radial ODE

Teukolsky 1973:

Perturbations : $\Psi_i + \epsilon\psi_i$

- ψ_0, ψ_4 -gauge invariant
- Capture all dynamics of the field
- Each satisfy there own field equation

$$O\psi_0 = T_0$$

$$\zeta^{-4}O\zeta^4\psi_4 = T_4$$

O - separable differential operator!

$${}_s\psi = \sum_{lm} \int d\omega e^{-i\omega t} {}_sR_{lm\omega}(r) {}_sS_{lm}(\theta, \phi; a\omega)$$

Just need to solve
a radial ODE

Spheroidal wave functions

$${}_sS_{lm}(\theta, \phi; a\omega) = {}_sY_{lm}(\theta, \phi) + (\alpha_{lm} {}_sY_{lm-1}(\theta, \phi) + \beta_{lm} {}_sY_{lm+1}(\theta, \phi)) a\omega + \dots$$

Teukolsky 1973:

Perturbations : $\Psi_i + \epsilon\psi_i$

- ψ_0, ψ_4 -gauge invariant
- Capture all dynamics of the field
- Each satisfy their own field equation

$$O\psi_0 = T_0$$

$$\zeta^{-4}O\zeta^4\psi_4 = T_4$$

O - separable differential operator!

$${}_s\psi = \sum_{lm} \int d\omega e^{-i\omega t} {}_sR_{lm\omega}(r) {}_sS_{lm}(\theta, \phi; a\omega)$$

Just need to solve
a radial ODE

Some facts:

- The field at infinity (e.g. outgoing radiation, scattering amplitudes) ψ_4 is sufficient
- also encode local conservative information:
 - can reconstruct full $h_{\mu\nu}$ from knowledge of $\psi_{0,4}$

$$h_{\mu\nu} = \nabla_a \zeta^4 \nabla_b C^a{}_{(\mu}{}^b{}_{\nu)}[{}_s\psi] + \nabla_{(\mu} \xi_{\nu)} + \mathcal{N}T_{\mu\nu} + g_{\mu\nu}[\delta M, \delta a]$$

[Wald, Cohen & Kegeles, Chrzanowski, Steward 70s]

[Price, Whiting; Acksteiner, Andersson, Backdahl ++; Green, Hollands, Zimmerman +; Dolan, CK, Wardell]

- How do we calculate Teukolsky solutions? e.g. a free field with physical boundary conditions?

Following work by [Leaver 80s], Mano Suzuki and Takasugi [MST ~96] wrote down the homogeneous (vacuum) solutions

$$R_{lm\omega}^{\text{in}}(r) = C_{lm\omega}^{\text{in}} \sum_{n=-\infty}^{\infty} a_n^\nu {}_2F_1(a, b, c, 1 - r/2M)$$

$$R_{lm\omega}^{\text{up}}(r) = C_{lm\omega}^{\text{up}} \sum_{n=-\infty}^{\infty} a_n^\nu U(d, e, r\omega)$$

$$G_{lm\omega}^{\text{ret}}(r, r') = \frac{R_{lm\omega}^{\text{in}}(r')R_{lm\omega}^{\text{up}}(r)}{W[R_{lm\omega}^{\text{in}}(r), R_{lm\omega}^{\text{in}}(r)]} \theta(r - r') + \frac{R_{lm\omega}^{\text{in}}(r)R_{lm\omega}^{\text{up}}(r')}{W[R_{lm\omega}^{\text{in}}(r), R_{lm\omega}^{\text{in}}(r)]} \theta(r' - r)$$

At 1SF

$$\psi = \int dr G_{lm\omega}^{\text{ret}}(r, r') T(r') \propto \{ \partial_r^2 G_{lm\omega}^{\text{ret}}(r, r_p), \partial_r G_{lm\omega}^{\text{ret}}(r, r_p), G_{lm\omega}^{\text{ret}}(r, r_p) \}$$

- How do we calculate Teukolsky solutions? e.g. a free field with physical boundary conditions?

Following work by [Leaver 80s], Mano Suzuki and Takasugi [MST ~96] wrote down the homogeneous (vacuum) solutions

$$R_{lm\omega}^{\text{in}}(r) = C_{lm\omega}^{\text{in}} \sum_{n=-\infty}^{\infty} a_n^\nu {}_2F_1(a, b, c, 1 - r/2M)$$

$$R_{lm\omega}^{\text{up}}(r) = C_{lm\omega}^{\text{in}} \sum_{n=-\infty}^{\infty} a_n^\nu U(a, b, r\omega)$$

$$G_{lm\omega}^{\text{ret}}(r, r') = \frac{R_{lm\omega}^{\text{in}}(r')R_{lm\omega}^{\text{up}}(r)}{W[R_{lm\omega}^{\text{in}}(r), R_{lm\omega}^{\text{in}}(r)]}\theta(r - r') + \frac{R_{lm\omega}^{\text{in}}(r)R_{lm\omega}^{\text{up}}(r')}{W[R_{lm\omega}^{\text{in}}(r), R_{lm\omega}^{\text{in}}(r)]}\theta(r' - r)$$

At 1SF

$$\psi = \int dr G_l^{\text{ret}}$$

$$T = \mathcal{T}[T_{\mu\nu}]$$

- How do we calculate Teukolsky solutions? e.g. a free field with physical boundary conditions?

Following work by [Leaver 80s], Mano Suzuki and Takasugi [MST ~96] wrote down the homogeneous (vacuum) solutions

$$R_{lm\omega}^{\text{in}}(r) = C_{lm\omega}^{\text{in}} \sum_{n=-\infty}^{\infty} a_n^{\nu} {}_2F_1(a, b, c, 1 - r/2M)$$

$$R_{lm\omega}^{\text{up}}(r) = C_{lm\omega}^{\text{in}} \sum_{n=-\infty}^{\infty} a_n^{\nu} U(a, b, r\omega)$$

$$G_{lm\omega}^{\text{ret}}(r, r') = \frac{R_{lm\omega}^{\text{in}}(r')R_{lm\omega}^{\text{up}}(r)}{W[R_{lm\omega}^{\text{in}}(r), R_{lm\omega}^{\text{in}}(r)]}\theta(r - r') + \frac{R_{lm\omega}^{\text{in}}(r)R_{lm\omega}^{\text{up}}(r')}{W[R_{lm\omega}^{\text{in}}(r), R_{lm\omega}^{\text{in}}(r)]}\theta(r' - r)$$

At 1SF

$$\psi = \int dr G_{lm\omega}^{\text{ret}}$$

$$T = \mathcal{T}[T_{\mu\nu}] \propto \partial_r^2[\delta(r - r_p)]$$

- How do we calculate Teukolsky solutions? e.g. a free field with physical boundary conditions?

Following work by [Leaver 80s], Mano Suzuki and Takasugi [MST ~96] wrote down the homogeneous (vacuum) solutions

$$R_{lm\omega}^{\text{in}}(r) = C_{lm\omega}^{\text{in}} \sum_{n=-\infty}^{\infty} a_n^\nu {}_2F_1(a, b, c, 1 - r/2M)$$

$$R_{lm\omega}^{\text{up}}(r) = C_{lm\omega}^{\text{in}} \sum_{n=-\infty}^{\infty} a_n^\nu U(a, b, r\omega)$$

$$G_{lm\omega}^{\text{ret}}(r, r') = \frac{R_{lm\omega}^{\text{in}}(r')R_{lm\omega}^{\text{up}}(r)}{W[R_{lm\omega}^{\text{in}}(r), R_{lm\omega}^{\text{in}}(r)]} \theta(r - r') + \frac{R_{lm\omega}^{\text{in}}(r)R_{lm\omega}^{\text{up}}(r')}{W[R_{lm\omega}^{\text{in}}(r), R_{lm\omega}^{\text{in}}(r)]} \theta(r' - r)$$

At 1SF

$$\psi = \int dr G_{lm\omega}^{\text{ret}}$$

$$\begin{aligned} T &= \mathcal{T}[T_{\mu\nu}] \propto \partial_r^2[\delta(r - r_p)] \\ &= \delta''(r - r_p) + \delta'(r - r_p) + \delta(r - r_p) \end{aligned}$$

- How do we calculate Teukolsky solutions? e.g. a free field with physical boundary conditions?

Following work by [Leaver 80s], Mano Suzuki and Takasugi [MST ~96] wrote down the homogeneous (vacuum) solutions

$$R_{lm\omega}^{\text{in}}(r) = C_{lm\omega}^{\text{in}} \sum_{n=-\infty}^{\infty} a_n^\nu {}_2F_1(a, b, c, 1 - r/2M)$$

$$R_{lm\omega}^{\text{up}}(r) = C_{lm\omega}^{\text{in}} \sum_{n=-\infty}^{\infty} a_n^\nu U(a, b, r\omega)$$

$a_n^\nu \sim (GM\omega)^{|n|}$

$$G_{lm\omega}^{\text{ret}}(r, r') = \frac{R_{lm\omega}^{\text{in}}(r')R_{lm\omega}^{\text{up}}(r)}{W[R_{lm\omega}^{\text{in}}(r), R_{lm\omega}^{\text{in}}(r)]}\theta(r - r') + \frac{R_{lm\omega}^{\text{in}}(r)R_{lm\omega}^{\text{up}}(r')}{W[R_{lm\omega}^{\text{in}}(r), R_{lm\omega}^{\text{in}}(r)]}\theta(r' - r)$$

At 1SF

$$\psi = \int dr G_{lm\omega}^{\text{ret}}(r, r') T(r') \propto \{ \partial_r^2 G_{lm\omega}^{\text{ret}}(r, r_p), \partial_r G_{lm\omega}^{\text{ret}}(r, r_p), G_{lm\omega}^{\text{ret}}(r, r_p) \}$$

—Valid to all orders in G (or $1/c$)

- How do we calculate Teukolsky solutions? e.g. a free field with physical boundary conditions?

Following work by [Leaver 80s], Mano Suzuki and Takasugi [MST ~96] wrote down the homogeneous (vacuum) solutions

$$R_{lm\omega}^{\text{in}}(r) = C_{lm\omega}^{\text{in}} \sum_{n=-\infty}^{\infty} a_n^\nu {}_2F_1(a, b, c, 1 - r/2M)$$

$$R_{lm\omega}^{\text{up}}(r) = C_{lm\omega}^{\text{in}} \sum_{n=-\infty}^{\infty} a_n^\nu U(a, b, r\omega)$$

$a_n^\nu \sim (GM\omega)^{|n|}$

$$G_{lm\omega}^{\text{ret}}(r, r') = \frac{R_{lm\omega}^{\text{in}}(r')R_{lm\omega}^{\text{up}}(r)}{W[R_{lm\omega}^{\text{in}}(r), R_{lm\omega}^{\text{in}}(r)]}\theta(r - r') + \frac{R_{lm\omega}^{\text{in}}(r)R_{lm\omega}^{\text{up}}(r')}{W[R_{lm\omega}^{\text{in}}(r), R_{lm\omega}^{\text{in}}(r)]}\theta(r' - r)$$

At 1SF

- Extensively used by PN-SF calculations [MST, Fujita, Bini, Damour, Munna, Evans, Hopper, CK, Ottewill, Wardell..]
- Basis used for *only* 1SF results for generic orbits in Kerr [van de Meent, Nasipak]
- Can provide 100-1000s digits of numerical accuracy [Shah+, Evans, Forseth, Hopper, Munna]
- useful for 2SF??

—Valid to all orders in G (or $1/c$)

The work often is getting from spectral harmonics/ ω -domain to t -domain! (See Bautista, Friday afternoon)

- Part I
The SF set-up: dealing with 'point' particles

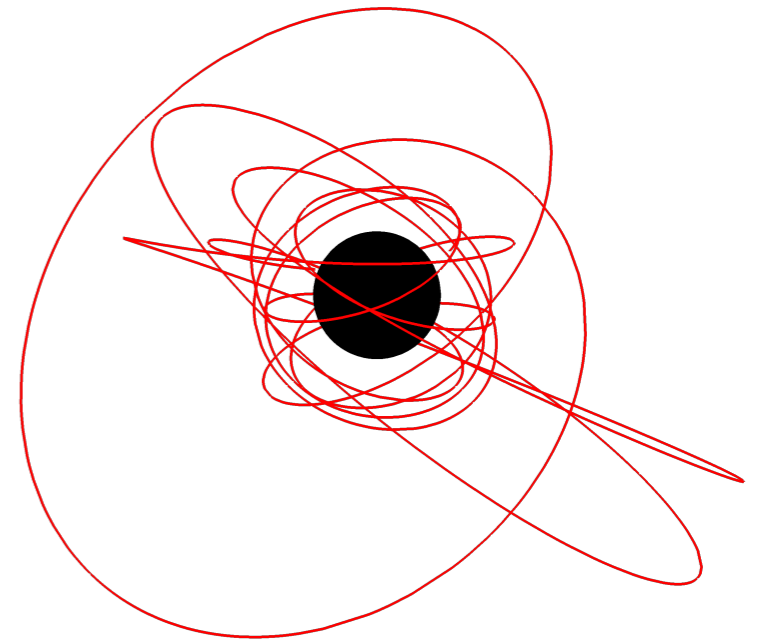
- Part II
Solving the field equation: Teukolsky and a 'closed form' Green function

- **Part III**
Results: Self-force and reality

- Status report: Where is self-force at

Scientific motivation: Extreme mass-ratio inspirals as a source for LISA

- mass ratios $10^{-4} < \epsilon < 10^{-6}$
- eccentricities $0 \leq e < .9$?
- Kerr spin $0 \leq a < .99$?
- linear order in secondary spin s
- arbitrary orientations of both spins
- $\sim 1/\epsilon$ orbital cycles



GW phase through an inspiral: $\phi = \frac{\phi_0}{\epsilon} + \frac{\phi_{1/2}}{\epsilon^{1/2}} + \phi_0 + O(\epsilon)$

ϕ_0 : dissipative 1SF (e.g. fluxes)

$\phi_{1/2}$: orbital resonances

ϕ_1 : cons 1SF, diss 2SF + linear-in-spin fluxes

Bound orbit implies discrete frequency spectrum:

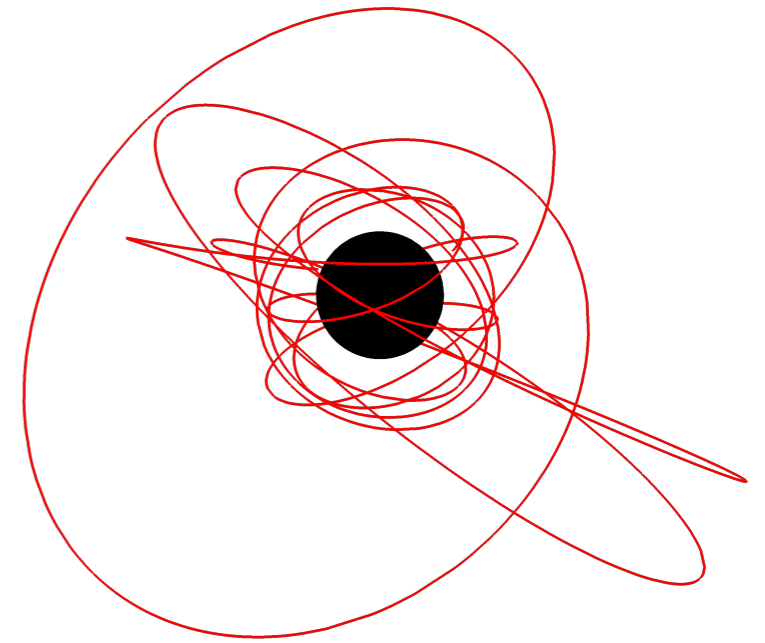
$$\omega = m\Omega_\varphi + n\Omega_r + k\Omega_\theta$$

$$\int d\omega \rightarrow \sum_{mnk}$$

- Status report: Where is self-force at

Scientific motivation: Extreme mass-ratio inspirals as a source for LISA

- mass ratios $10^{-4} < \epsilon < 10^{-6}$
- eccentricities $0 \leq e < .9?$
- Kerr spin $0 \leq a < .99?$
- linear order in secondary spin s
- arbitrary orientations of both spins
- $\sim 1/\epsilon$ orbital cycles



WHAT IS KNOWN

	Schwarzschild	Kerr
0SF	Analytic solutions for motion, with spin	Analytic solutions for motion, with spin
1SF	<p>Numerics: Routine, high accuracy for both cons+diss</p> <p>Weak-field: extensive ~20 PN results +spin squared</p>	<p>Methods fairly well understood, best approach debated.</p> <p>Numerics: some data for generic orbits exists. With spin emerging</p> <p>Weak-field: dissipative PN results for generic, ~7-10PN conservative results.</p>
2SF	<ul style="list-style-type: none"> • Full quasi-circular inspiral. Intriguing agreement with NR ** • 	-----

Review Barack and Pound 2018 + many many references..

** [next slide..]

- Status report: Where is self-force at

Resolving gauge issues in Kerr spacetime [Barack, Merlin, Pound, van de Meent, Green, Hollands, Zimmerman, Toomani, Spiers, Pound; Dolan, CK, Wardell]

Numerical developments [Barack, van de Meent, Macedo, Leather, Warburton, Wardell, Zenginoğlu, Nasipak]

post-Newtonian self-force [Bini, Damour, Geralico, Steinhoff, Munna, Evans, Fujita, Wardell, CK, Ottewill]

Overlaps with EOB/PN [Khalil, Antonelli, Vines, Steinhoff, Bini, Damour, Geralico, Wardell, CK, Ottewill, Vines, Akcay, van de Meent]

2SF project [Pound, Miller, Warburton, Wardell, Moxon, Durkan, Upton, Spiers, Bonetto, Sam, Le Tiec]

Spinning secondary [Mathews, Wardell, Witzany, Drummond, Hughes, Piovano, Maselli, Pani, Skoupy, Lukes-Gerakopolous..]

Waveform generation and acceleration [Lynch, Warburton, van de Meent, Katz, Chua, Speri, Hughes]

Resonances [Nasipak, van de Meent, Speri, Gair, Hughes, Lynch]

Regularisation [Heffernan, Upton, Pound]

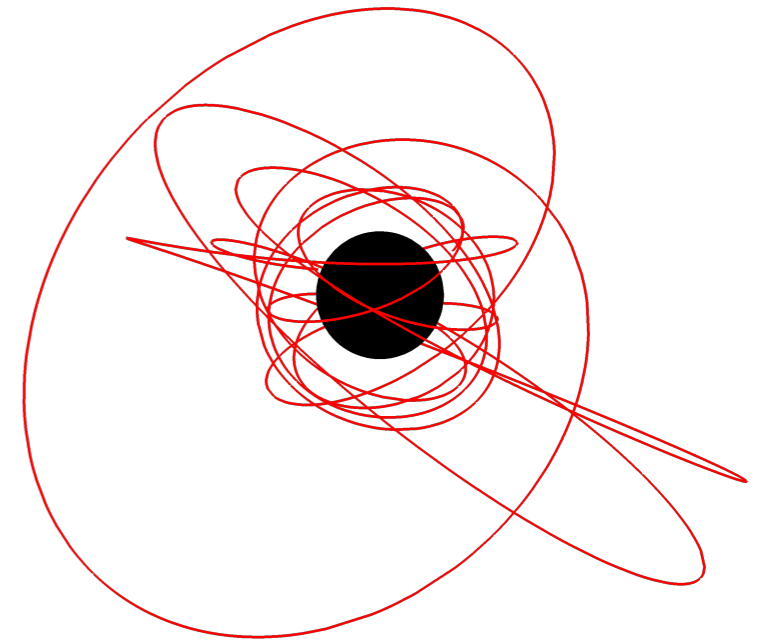
Review Barack and Pound 2018 + many many references..

** [next slide..]

- Status report: Where is self-force at

Scientific motivation: Extreme mass-ratio inspirals as a source for LISA

- mass ratios $10^{-4} < \epsilon < 10^{-6}$
- eccentricities $0 \leq e < .9?$
- Kerr spin $0 \leq a < .99?$
- linear order in secondary spin s
- arbitrary orientations of both spins
- $\sim 1/\epsilon$ orbital cycles



WHAT IS MISSING?

	Schwarzschild	Kerr
0SF		
1SF	<ul style="list-style-type: none"> • Generic spin orientations • higher multipole moments on secondary • Scattering? Numerics emerging, see next talk 	<ul style="list-style-type: none"> • Full understanding of gauge issues using Teukolsky • Dealing with large computation times of generic case • Full treatment of resonances • Conservative post-Newtonian information in more interesting cases + spinning secondary.
2SF	<ul style="list-style-type: none"> • Teukolsky approach • efficient non-linear source • more regular gauges? • analytic results (PN) • transition to plunge • eccentric orbits • Conservative gauge invariants 	Everything..

- Recent 2SF results: not just extreme mass-ratios

Flux comparison with numerical relativity

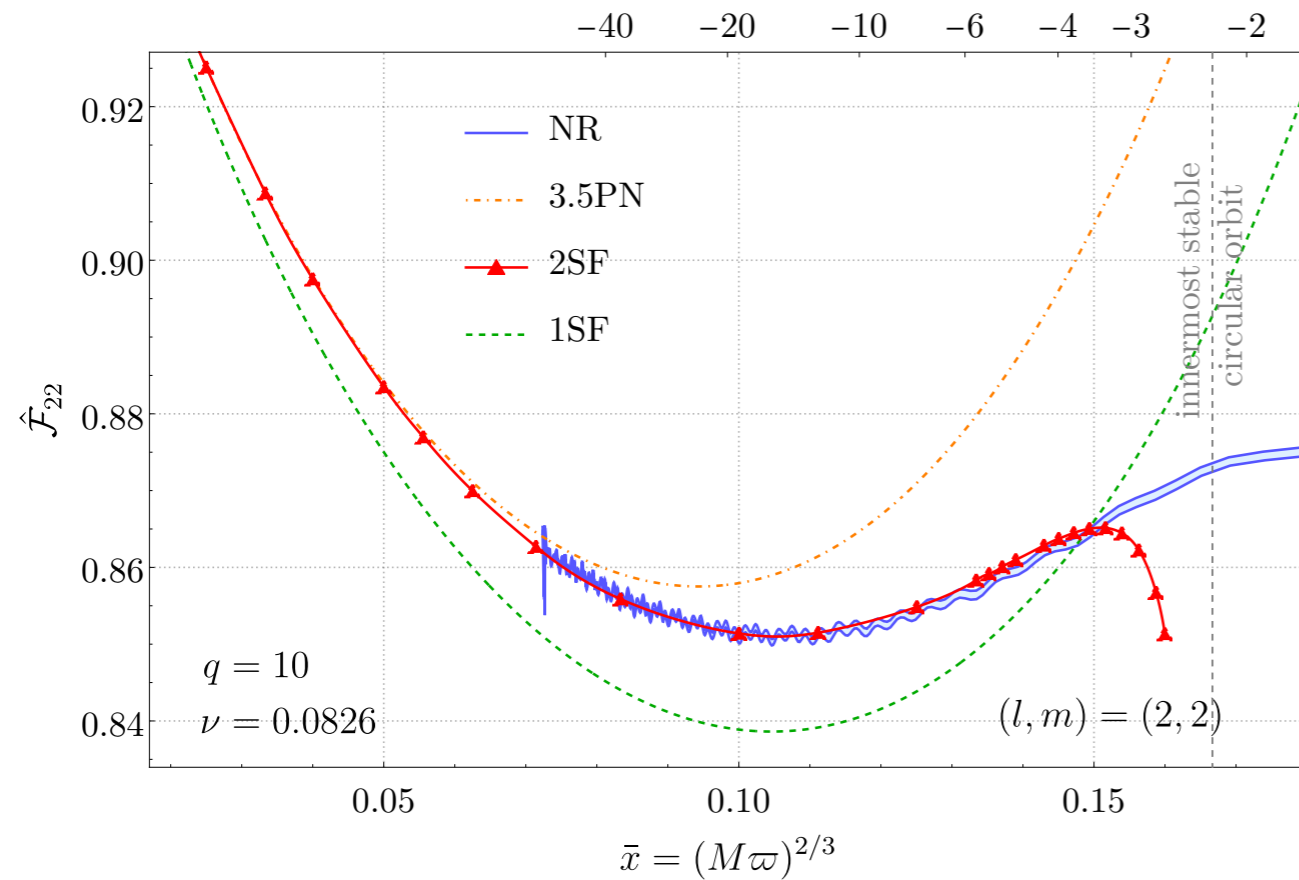


Figure 1 [Pound, Wardell, Warburton, Miller, Durkan]

$$m_1 : m_2 = 1 : 10$$

Series of papers, also including explicit waveform comparisons
 [Pound, Wardell, Warburton, Miller; + Durkan; + Durkan, Le Tiec; + Durkan, Albertini, Nagar]

- Advertisements:

Black Hole Perturbation Toolkit: bhptoolkit.org.

- Teukolsky solvers: homogeneous + point particle, *Mathematica*, c++ implementations
- SpinWeightedSpheroidalHarmonics package
- Kerr Geodesics
- data repositories, numerical data, post-Newtonian series (redshifts, fluxes, gauge invariants..)
- Fast inspiral models

Capra Conference on Radiation Reaction in General Relativity
-July 3-7 Copenhagen, Niels Bohr Institute 2023 (caprameeting.org)