

Seminar IRH-ICUB

Consciousness and Cognition: An Interdisciplinary Approach

<https://irhunibuc.wordpress.com/2016/04/05/new-seminar-consciousness-in-philosophy-and-neuroscience/>

convenor Dr. Diana Stanciu

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Date: Tuesday, 25 April 2017, 17h

Place: IRH-ICUB (1 D. Brandza Str.), conference room

Dr. Alexandra Varga

Alexandra Varga is a researcher in cognitive science who is currently on her way to becoming a cognitive-behavioral psychotherapist. After obtaining a PhD in Philosophy at the CEU, Budapest, she worked in a multidisciplinary team at the Cognitive Science Lab of the University of Giessen, where she was supported by the German Research Foundation program *New Frameworks of Rationality*. Her research interests are reasoning and rationality, (commonsense) logic and its applications in psychology, logical modeling, and action theory. She is currently most interested in making use of the knowledge from these theoretical domains in psychotherapy.

A Reasonable View of Human Rationality: Integrating Logic and Psychology

Through this talk I aim to make a contribution to the formation of an investigation-friendly and down-to-earth (i.e., reasonable, realistic) understanding of human rationality, with a focus on the its practical aspects – “rationality in action”. By making recourse to empirical data and conceptual analysis, I attempt to debunk some commonly held myths in the multidisciplinary field of cognitive science such as: experimental findings clearly show that people are irrational, all reasoning is conscious processing, there are universal normative standards for good reasoning (e.g., classical logic or probability). Such a view of rationality fits well with the rationalist approach of the cognitive-behavioral orientation in psychotherapy. In fact I view it as a promising direction for exploiting the benefits of reason for psychological well-being.