

Seminar IRH-ICUB

Consciousness and Cognition: An Interdisciplinary Approach

<https://irhunibuc.wordpress.com>

convenor Dr. Diana Stanciu

https://irhunibuc.wordpress.com/visiting_scholars

Date: Tuesday, 7 June 2016, 17h

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

Dr. Ovidiu Brazdau

Ecological University of Bucharest

Dr. Ovidiu Brazdau obtained his PhD in psychological anthropology at the Francisc I. Rainer Anthropology Institute of the Romanian Academy, in 2009, with the thesis: *Studies on the States of Consciousness from the Perspective of the Individual Anthropology: The Consciousness Quotient*. Since 2010, Dr. Brazdau has been the research director of the Consciousness Quotient Institute. His research on the consciousness quotient also resulted in the book *The Psychology of Becoming Conscious. A Journey Through the Consciousness Quotient* (2016). Besides his participation in numerous scientific events and his publications in Romania, Dr. Brazdau has also presented his research results on the consciousness quotient in several internationally peer-reviewed articles and books and in numerous conferences and lectures in London, Brighton, Milan, Stockholm, Helsinki, Agra, Hong Kong etc.

The Consciousness Quotient: Psychological Assessment of Conscious Experience

The 'Consciousness Quotient' construct was developed through 15 successive studies between 2003 and 2014. The CQ-i beta version was first released in 2008 and, since then, a series of studies refined the concept and the measurement procedures. The Consciousness Quotient (CQ) is a composite psychological construct based on a list of traits, skills and abilities that describe conscious experience. The CQ Inventory (CQ-i) evaluates the frequency of various behaviours and the usage of specific skills and abilities, providing a detailed description of conscious awareness experiences. In my perspective, to be conscious means to have a degree of witnessing awareness and a degree of freedom of choice when thinking, feeling, sensing and interacting with people and the environment. An important element of conscious experience is intentionality, which is the mind-set that allows a person to deliberately choose what behaviour to enact and what attitude to select. 'More conscious' (a higher CQ) means to have a higher degree of witnessing awareness and to be less automatic in thinking-feeling-sensing, together with a higher degree of choice when initiating a behaviour.