

Book of Abstracts

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Modulating the state of consciousness through induced microsynchronization of sound waves. Phenomenology of the experience and application potentials

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Recent studies (Trzopek, 2002) detected a direct relationship between the listening of particular sound waves and the synchronizing of cortical waves on these signals.

Moving from this premise, we developed an audio technology based on a holophonic sound field obtained through the microsynchronization of two sound fields, which is a "virtual" reconstruction by an electro acoustic system of one sound field that is perceived as existing potentially all around the listener. The specific listening setting used for this study – labelled as "Setting II" – involves the use of a fractalic structured sound stimulus ($a = 1/f$), which is perceived as a noise deprived from any recognizable form, thus resulting always identical in time and neutral in relation to mental events.

The phenomenology of the experience associated with this particular kind of listening session can be described as a diversion of attention and consciousness events, from "external" phenomena (the sound stimulus, the perception of the body), to an "internal" field created by the mind itself that has reality evidence for the subject, as happens in dreams.

The fact that participants are awake and conscious allows for a precise phenomenological description of the event, that reveals some structural regularities:

- the sound stimulus tends to disappear while forms begin to arise in the mental space. This transition of the state of consciousness is often perceived as normal and "obvious";
- a contemplative dimension of the experience is reported, where participants observe without being involved by the emotions related to the scenes that unfold in the mental space;
- the events produced by the mind are usually related to specific personal issues; similarly to insight experiences, participants often get new ways to combine information in order to find answers and solutions, reporting a feeling of wonder;
- after the session, participants feel deeply relaxed and awake, with a spontaneous tendency to smile.

The existence of two neural circuitries – a high pathway and low pathway – involved in transmitting sound related bioelectrical information to the temporal cortex and to amygdale and hippocampus, respectively (LeDoux, 2000), can provide a neurophysiologic basis to this experience, also considering the increased amount of general cortical synchronizations during the session.

The microsynchronization of sound waves has proved useful in preliminary clinical applications for the treatment of affective disorders.

Explanatory styles and coping strategies

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Some studies both crosssectional and longitudinal have found that the positive attributional style or stable tendency to attribute negative outcomes to external, unstable, and specific causes is associated with psychological well-being (Alloy & Clements, 1998; Alloy, Just & Panzarella, 1997; Alloy, Lipman & Abramson, 1992; Dixon & Ahrens, 1992; Guillham, Shatté, Reivich & Seligman, 2001; Hankin, Abramson & Siler, 2001; Hillsman & Garber, 1995; Kwon & Laurenceau, 2002; Metalsky, Halberstadt & Abramson, 1987; Metalsky & Joiner, 1992; 1997; Peterson & Bossio, 2001; Sanjuán, 1999; Sanjuán & Palomares, 1998; Sweeney, Anderson & Bailey, 1986) and good health (Brennan & Charnetski, 2000; Buchanan, 1995; Gillham et al., 2001; Peterson & Bossio, 2001; Peterson, 1995; Peterson & Seligman, 1987; Peterson, Seligman & Vaillant, 1988; Peterson, Seligman, Yurko, Martin & Friedman, 1998). The tendency to explain good results with internal, stable, and global causes has received very little attention, but the results seem to suggest that it has a protective role on health and it is associated with psychological well-being and self-esteem (Cheng & Furnham, 2001, study 1; 2003; Corr & Gray, 1996; Mineka, Pury & Luten, 1995; Sanjuán, 2003). It is suggested that coping strategies could be mediator variables between explanatory styles and physical and psychological well-being.

The first goal of the present study was to examine the relationships between explanatory styles (positive attributional style and tendency to explain good results with internal, stable, and global causes) and coping strategies.

The present study is based on data from 102 male and female undergraduate students. They ranged in age from 19 to 61 years, with mean of 35,7 (SD=10,4). Participants completed the following measures: 1) The Spanish adaptation (Palomares & Sanjuán, 1995; Sanjuán & Magallares, 2005) of *Attributional Style Questionnaire* (ASQ, Peterson, Semmel, Baeyer, Abramson, Metalsky & Seligman, 1982); and 2) The Spanish adaptation (Sánchez-Elvira, 1997) of *Coping Inventory for Stressful Situations* (CISS, Endler & Parker, 1990).

The results showed that: 1) people with positive explanatory style employ less emotion-focused coping strategies than individuals with negative explanatory style; and 2) persons with tendency to explain good results with internal, stable, and global causes employ more solving-problems-focused coping strategies than people with tendency to explain positive outcomes with external, unstable and specific factors.

As a whole, the results suggest that these explanatory styles are associated with more adaptative coping strategies. This relationship could explain its association with physical and psychological health.

An approach to wisdom using the hierarchical complexity scoring system (hcscs)

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Since the 1980's the concept of wisdom has received special attention in the psychology literature. During the last two decades several definitions of wisdom and several research programs examining the aspects of wisdom have arisen. Most authors who study wisdom do not see it from a cognitive-developmental perspective and do not have analyzed the development of cognitive processes associated with wisdom (see Kramer, 2003). In this study (still in course) wisdom dilemmas protocols of thirty adults (10 young adults (mean age = 32