



**The Affective Psychology Department**

of Eötvös Loránd University, Institute of Psychology in co-operation with  
the **Austrian Society for Medical Anthropology**  
cordially invites you to the symposium

**„MIND, CONSCIOUSNESS AND RITUALS”**

**Date: October 17, 2016, 9 am – 2 pm**

**Venue: ELTE PPK PI, Budapest, 7th district, Kazinczy u. 23–27., Aula (ground floor)**

*The 60- minute lectures will be followed by 20 minutes discussions moderated by*

**Günther Fleck, PhD**, University of Vienna and  
**Katalin Varga, PhD**, ELTE Affective Psychology Department

**9:00 - 10:00** *Mind and Healing: Eastern and Psychodynamic Perspectives*

**Michael DelMonte, PhD**, Trinity College, Dublin

This presentation shall explore the role of consciousness in general, and mindfulness in particular, in both psychological and physical health and well-being. This is done from both Eastern and psychodynamic perspectives. It is hoped to show how enhancing awareness can be therapeutic, and how our psychological defences can be gently laid aside over time. The emphasis of this presentation will be on the therapeutic, clinical, theoretical and experiential applications of mindfulness to both everyday and clinical settings.

**10:30 – 11:30** *Shamanic Selves, Neuropsychology, and the Future of Healing*

**Jürgen Werner Kremer, PhD**, Saybrook University, San Francisco

The modern self, sometimes described with the acronym WEIRD (Western, educated, industrialized, rich, and democratic), can be contrasted with the process of Indigenous selves in general and shamanic selves in particular. Neuropsychological research indicates that not only are the two psychological self-constructions and narrations notably different, but so are the brain scans. This contrast has led, inevitably, to different approaches to health, well-being, and healing. An example of shamanic healing will be the basis for the discussion of the lacunae in “Western” or modern healing approaches.

**12:00 – 13:00** *Multi-Sense Experiences in Traditional Healing Rituals*

**Dagmar Eigner, PhD**, Medical University of Vienna

Traditional healing rituals in various societies usually involve spectacular performances that activate the senses and induce altered states of consciousness in all the participants. With examples from Nepal, China and Austria the multi-sense design of rituals is delineated and possible psychophysiological effects are discussed, such as the enhanced release of endorphins and enkephalins through the ritual process or the experience of structure and security generated by rhythmic stimulation. Thus, healing rituals can lead to health promotion, stress reduction, strengthening of relationships, improvement of positive identity, reduction of posttraumatic stress disorder, and alleviation of somatic ailments.

**13:30 – 14:00** *Closing remarks*

**Important: Free entry but registration is required to participate on the Symposium**

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