

The Unconscious. Historical Perspectives and Recent Research on Dreams, Mind and Body.

What is 'the unconscious'? What role has it played in the evolution of nervous systems and cognitive functions? Can we possibly understand our mind (by using our conscious mind)? What is happening in our brain/mind when we sleep? What is an 'oneironaut' and what are lucid dreams like? What can we learn from psychoanalysis? What do the placebo effect, the gut microbiome and hypnosis have in common?

Multiple questions about our dreams, mind and body and about the role of the unconscious in these spheres can be intriguing to anyone even without a background in psychology or neuroscience. The well-known mind-body problem has always been a field for very intense discussions. Looking at the evolution of brains or studying human dreaming behavior might bring new answers to the big questions surrounding consciousness. Speaking of dreams and psychoanalysis, the works of Sigmund Freud and Carl Gustav Jung should be known also by non-specialists because of their historical importance (even if their views are no longer predominant today and not taught at Swiss universities). Furthermore, our unconscious mind and in general the processes taking place in our bodies are related to questions about our personalities, various disorders, the placebo effect, pain treatment, hypnosis and many other fascinating phenomena.

After the successful book club "Cognition, Perception and Consciousness" that was held in Lausanne in spring 2015, we propose another book club aiming at discussing related topics. However, it is not necessary to have participated in the 2015 book club and we encourage everyone curious about the proposed field to sign up or at least to contact us to discuss your ideas, questions and comments.

This 2017 book club aims at discussing

- 1) the key works of Freud and Jung from a historical perspective and
 - 2) some contemporary works treating questions about our dreams, mind and body
- in order to deepen our understanding of how and to what extent the unconscious affects our lives.

Participants: maximum 10 persons. Students from all fields and at all levels are encouraged to participate in this book club.

Languages: English, French and German for the books and the discussions (translations available). As usual, the principle that everyone may speak in his/her native language will be applied.

Time frame: from early 2017 to autumn 2017.

Meetings: About two to three meetings (evening or about half a day during the weekend) per semester. Depending on who reads which books there might be additional meetings in smaller groups. Physical meetings might be complemented by exchange of ideas on digital platforms.

Location: To be determined, but most probably in the Lausanne region. Depending on the preferences of the participants, the meeting place might be always the same or changing from one meeting to another (e.g. Bern, Fribourg, Lausanne).

Organizers: Elisa Bezençon, Muriel Blum, Roman Blum.

Bibliography:

1) Suggestions for the first part (historical perspectives):

Main readings:

- Hochmann Jacques, Jeannerod Marc. *Esprit où es-tu?, psychanalyse et neurosciences*. 1996.
- Freud, Sigmund. *Cinq leçons de psychanalyse*. 1910. (ALTERNATIVE: Freud, Sigmund. *Introduction à la psychanalyse*. 1917.)
- Jung, Carl Gustav. *Essai d'exploration de l'inconscient*. 1961.

Other suggestions:

- Freud, Sigmund. *Die Traumdeutung*. 1900.
- Jung, Carl Gustav. *Psychologische Typen*. 1921.
- Jung, Carl Gustav. *Psychologie de l'inconscient*. 1916.
- Jung, Carl Gustav. *Sur l'interprétation des rêves (1936-1941)*. 1998.
- Quinodoz, Jean-Michel. *Lire Freud*. 2004.
- Etc.

2) Suggestions for the second part (contemporary works):

- Roth, Gerhard. *The Long Evolution of Brains and Minds*. 2013.
- Marchant, Jo. *Cure. A Journey Into the Science of Mind Over Body*. 2016.
- Birbaumer, Niels. *Dein Gehirn weiß mehr, als du denkst*. 2014.
- Enders, Giulia. *Darm mit Charme*. 2014.
- Klein, Stefan. *Träume*. 2016.
- Dennett, Daniel C. *Consciousness explained*. 1993.
- Danze Elisabeth, Sonnenberg Stephen. *Space and Psyche*. 2013.
- Cosimo, Shinala. *Psychoanalysis & Architecture*. 2016.
- Hendrix Shannon John, Lorens Eyam Holm. *Architecture and the Unconscious*. 2016.
- Etc.

For some books we will probably only read excerpts.

Of course these lists are tentative and any suggestions from the participants are welcome.

For many of the proposed works translations are available (e.g. for Freud's texts participants can read the German original or the French or English translation according to their preferences).