



ÖFFENTLICHE VORTRAGSREIHE IM SOMMERSEMESTER 2010 UND WINTERSEMESTER 2010/11
PROF. DR. CLAUD VÖGELE / RESEARCH AXIS "PSYCHOSOCIAL STRESS AND HEALTH"

KLINISCHE PSYCHOLOGIE, GESUNDHEITSPSYCHOLOGIE UND NEUROWISSENSCHAFTEN

Verhaltenswissenschaftliche Erkenntnisse sind von entscheidender Bedeutung für ein besseres Verständnis von Gesundheit und Krankheit, und die Entwicklung von Präventions- und Therapiemaßnahmen. Die Vortragsreihe an der Universität Luxemburg illustriert diese Bedeutung anhand neuester Ergebnisse aus der Klinischen Psychologie, der Gesundheitspsychologie, der Verhaltensmedizin und den Neurowissenschaften. Die Veranstaltung richtet sich gleichermaßen an Wissenschaftler/-innen, Studierende, in der Praxis tätige Psychologen und Ärzte wie an Akteure im Gesundheitswesen. Zu Wort kommen internationale Experten, die in ihren jeweiligen Vorträgen den Blick vor allem auf die Verbindung von grundlagentheoretischer Forschung und deren klinisch-praktischer Anwendung richten.

REM sleep and dreaming towards a theory of protoconsciousness

Donnerstag, 1. April 2010, 18 Uhr

Professor J. Allan Hobson • Harvard Medical School

Auditoire Cité • 3, rue Génistre • Luxembourg-Ville

Dreaming has fascinated and mystified humankind for ages: the bizarre and evanescent qualities of dreams have invited boundless speculation about their origin, meaning and purpose. For most of the twentieth century, scientific dream theories were mainly psychological. Since the discovery of rapid eye movement (REM) sleep, the neural underpinnings of dreaming have become increasingly well understood, and it is now possible to complement the details of these brain mechanisms with a theory of consciousness that is derived from the study of dreaming. The theory advanced here emphasizes data that suggest that REM sleep may constitute a protoconscious state, providing a virtual reality model of the world that is of functional use to the development and maintenance of waking consciousness.

Prof. Hobson directed the Laboratory of Neurophysiology at the Massachusetts Mental Health Center (Boston, Massachusetts, USA) from 1968 to 2003. He has published more than 200 original peer reviewed articles and 10 books on sleep and dreaming. He is the recipient of the Distinguished Investigator Award of the Sleep Research Society and the Farrell Prize of the division of Sleep Medicine at Harvard Medical School. In 2005 he moved to Sicily, where he now lives with his family. He has taught his course on the basic science of sleep and dreaming to graduate students throughout Europe and Asia.



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