

82/10 – “An investigation into the prevalence and phenomenology of synchronicity experiences in the clinical setting”

Instituição/*Institution*: Centre for the Study of Anomalous Psychological Processes (CSAPP), The University of Northampton - UK

Duração prevista/*Estimated duration*: 2011/03 - 2012/04

Investigador/*Researcher*: Dr. Elizabeth Roxburgh

Objectives: The purpose of this research was twofold. Firstly, to investigate how common synchronicity experiences are in the clinical setting and whether there are any differences between clinicians in the reporting, interpretation or explanation of synchronicity experiences. Secondly, to explore the phenomenology of synchronicity experiences, focusing on how clinicians make sense of these experiences.

Methods: The research used a mixed-methods design. The first stage of the research involved a nationwide on-line survey which was completed by a representative sample of clinicians. The second stage involved a qualitative study using interpretative phenomenological analysis (IPA; Smith, 1996). Semi-structured interviews were conducted with a sample of counsellors, psychologists and psychotherapists who reported synchronicity experiences in their therapeutic sessions.

Results: Preliminary analysis of the closed items from the survey suggests that clinicians are more likely to have experienced a synchronicity event if they are female, if they practise as a psychotherapist and have been working within their profession for ten years or more. Additionally, psychologists are more likely to report that synchronicities are chance coincidences that individuals ascribe meaning to, whereas psychotherapists tend to report that synchronicities occur because the client needs to discuss important unconscious material. A thematic content analysis on the open ended data is in progress and a more sophisticated quantitative analysis will be conducted on the closed item data once the survey has closed. Themes from the IPA study will be reported at the conference alongside participant extracts to illuminate how they are grounded in the data.

Conclusion/Discussion: An overwhelming outcome of the research is that synchronicity experiences are seen as a useful tool for therapy. Therefore, on a therapeutic level, it is necessary to explore what implications any reported synchronicity experiences have on the therapeutic relationship and clinical outcome of the client. Findings may support a more integrative approach to therapy that acknowledges anomalous experiences, such as synchronicity events, as subjectively real for the client. On a parapsychological level findings might shed some light on whether ESP is involved in synchronicity. If so, it would be an example of how psi might operate in a real world setting.

Publications: Smith, J. A. (1996). Beyond the divide between cognition and discourse: Using interpretative phenomenological analysis in health psychology. *Psychology and Health, 11*(2), 261-271.

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Keywords: Interpretative phenomenological analysis, synchronicity/meaningful coincidence, clinical setting/psychotherapy, on-line survey, semi-structured in-depth interviews.

139/10 – “Mobile Consciousness: Developing a Smartphone Application for REG Exploration and Distributed Consciousness Research”

Instituição/*Institution*: International Consciousness Research Laboratories, New Jersey - USA

Duração prevista/*Estimated duration*: 2011/03 - 2012/03

Investigadores/*Researchers*: Prof. Robert G. Jahn, Adam M. Curry, Hale Brownlee, Dr. Brenda J. Dunne

Objectives: This project involved the development of a “smartphone” application package and back-end data collection network resulting in a low-cost random event generator (REG) system for the mobile phone. The application would provide data for a preliminary investigation into mind-matter effects using existing mobile devices, while providing individuals with personal experiences and insight into the role of consciousness in the physical world.¹

Methods & Results: An investigation of a method to generate true-random numbers from the internal hardware of a smartphone device resulted in a successful technique to convert processes within an Apple iPhone's accelerometer into random binary numbers which passed statistical tests of randomness. An intuitive graphical interface was developed for the iPhone to generate, utilize, and transmit data. Server-side algorithms were implemented to collect, database, and analyze transmitted data.

Conclusions & Discussion: The effort has established both the viability and the core technology behind what could be a new generation of research techniques into consciousness-correlated physical phenomena. The establishment of a large-volume distributed REG network would have the potential to reveal correlations among individual, regional, and global consciousness effects.² The wide availability of smartphones offers new possibilities in mobile computing that can extend this research to a much larger community of users, while eliminating many of the costs and complexities associated with strictly hardware-based methods of the same.

Publications:

Jahn, R.G. and Dunne, B.J. Consciousness, Information, and Living Systems (2005). *Cellular & Molecular Biology*, 51: 703-714.

Nelson, R. and Bancel, P. Effects of Mass Consciousness: Changes in Random Data During Global Events (2011). *Explore*, 7: 373-38.

Keywords: Consciousness, Random Event Generator, SmartPhone, ICRL, PEAR Laboratory