

The Real Mind-Body Problem Nagel, "What Is It Like To Be a Bat?" (1979)



2

3

"Consciousness is what makes the mindbody problem really intractable. Without consciousness, the mind-body problem would be much less interesting.

With consciousness, it seems hopeless."



Descartes's Doctrines Meditations (1641)

- Strict Separation between Humans, Animals – Animals as Unconscious Reflex Machines
 - Consciousness Frees Humans from Reflex
- Substance Dualism
 - Body Characterized by Extension
- Mind Characterized by Thought
- Interactive Dualism
 - Knowledge Through Sensory Organs
 - Thoughts Affect Bodily Actions





The Persistence of Dualism

- Religious Doctrine
 - Soul Separates Man from Animals
 - Soul = Mind = Consciousness
- · As "Folk Psychology"
 - We have Bodies and Minds
 - They are Somehow Different
 - Mind and Body Interact Somehow
- As Scientific Psychology
 - Doctrine of Mentalism
 - Psychology as the Science of Mental Life 5

Escaping Descartes's Impasse: Varieties of Dualism

Occasionalism



All Causality Resides with God
Dual-Aspect Theory (Property Dualism)

- Nicholas Malebranche (1638-1715)



- God Ordains Isomorphism between Mind and Body
- Psychophysical Parallelism

- Baruch Spinoza (1632-1677)

- Gottfried Wilhelm Leibniz (1646-1716)
- Correlation Established by God



Escaping Descartes' Impasse: Varieties of Immaterialist Monism

Mentalistic Monism (Idealism)
 – George Berkeley (1685-1753)
 – No Reality Other than the Mind



Mind-Stuff Theory

 Morton Prince (1854-1929)
 All Matter Contains "Mind-Stuff"



Escaping Descartes' Impasse: Varieties of Materialist Monism

The Automaton Theory

 Julien Offray de la Mettrie (1709-1751)
 Pierre Jean George Cabanis (1757-1808)
 Humans are Conscious Automata



8

9

- Epiphenomenalism
 - T.H. Huxley (1874)
 - Shadworth Holloway Hodgson (1870)
 - Consciousness Has No Causal Efficacy

The Steamwhistle Analogy T.H. Huxley (1868)

"The consciousness of brutes would appear to be related to the mechanism of their body simply as a collateral product of its working, and to be completely without any power of modifying that working as the steamwhistle which accompanies the work of a locomotive engine is without influence upon its machinery." T.H. Huxley (1868)



William James at Descartes's Impasse Principles (1890)

- Rejected Mind-Stuff theory
- Materialism is Right, but...
 Rejected Automaton Theory
- Rejected EpiphenomenalismMind has Causal Efficacy
- Psychophysical Parallelism
 Secular Version



The Behaviorist Revolution Watson (1913, 1919)



10

- Humans are Behaving Organisms
 Behavior, Conditions Under Which it Occurs, Can Be Objectively Described
- Mental States are Not Causally Efficacious

 Behaving Organisms React to Environmental Stimuli
- Psychology a Natural Science
 - Predict Behavior to Advance Scientific Theory
 - Control Behavior to Promote Human welfare

The Concept of Mind Ryle (1949)



11

- Mind as "The Ghost in the Machine"
- · Category Mistake
 - Identify Mind with Brain
 - Treat Mind as Separate Component of Body
 In Addition to Physical Parts
- Mind as Behavior or Disposition
- Circumstances for Using Mental Terms

"Mind" in Philosophical Behaviorism

- "Thinking"
 - Talking to Oneself
- · "Believing"
- Behaving As If Something Were True
- Mental Terms
 - Behavior
 - Circumstances Under Which It Takes Place

Denying Consciousness

- Consciousness Does Not Really Exist
 Illusory
- Positivistic Stance ("Vienna Circle")
 - Nothing Exists Which Cannot Be Publicly Verified
- Consciousness is Irrelevant to Function
 - Plays No Causal Role in Behavior
 - Mind as "Virtual Machine"
 - Processes Stimulus Inputs Generates Response Outputs

14

13

Back at Descartes' Impasse

- James' Conundrum
 - Science Forces Us to Materialism
 - Experience Inclines Us to Dualism
- Responses
 - Give Up Folk Psychology
 - Non-Reductionist Materialism
 - Blend Materialism, Dualism
 - Embrace Dualism
 - Give Up Entirely



Descartes' Impasse and the Explanatory Gap



- Physicalist Theories of Mind Cannot Explain How Physical Properties Give Rise to Experience
- Consider the Plausibility of the Following: - The Motion of Molecules Creates Heat
 - Electromagnetic Radiation at 700nm Creates Red





17

16

We have been trying for a long time to solve the mind-body problem. It has stubbornly resisted our best efforts. The mystery persists. I think the time has come to admit candidly that we cannot resolve the mystery.[W]e know that brains are the *de facto* causal basis for consciousness, [but] we are cut off by our very cognitive constitution from

achieving a conception of... the psychophysical link.

Searle's Biological Naturalism The Rediscovery of the Mind (1992)

- Consciousness is a Causal Property of the Brain...
 - At Certain Levels of Anatomical Organization
 - Human, Primate BrainInvertebrate Brains?
 - In Certain Types of Physiological States
 - General Anesthesia?
 - Concussion, Coma?





Intertheoretic Reduction Churchland & Churchland (1998)



"When the propositions and principles of a new theory mirror the propositions and principles of an old theory; <u>and</u>

The new theory gives better explanations and predictions than the old one; <u>then</u>

The new theory contains the correct description of reality and is to be preferred on that ground."

19

Folk Psychology and Neuroscience Churchland & Churchland (1998)

- Folk Psychology Talks About Mental States
- Real Science Talks About Physical States
- Therefore "Psychology must be grounded in the real-world findings of neuroscience"
- The World of the Mind is the World of Ether and Phlogiston and Fairies

20

What Pat Said to Paul... Quoted in The New Yorker, February 12, 2007

"Paul, don't speak to me, my serotonin levels have hit bottom, my brain is awash in glucosteroids, my blood vessels are full of adrenaline, and if it weren't for my endogenous opiates I'd have driven the car into a tree on the way home. My dopamine levels need lifting. Pour me a Chardonnay, and I'll be down in a minute."



Should Have What Pat[^] Said to Paul...



"Paul, *don't speak to me*, my serotonin levels have hit bottom, my brain is awash in glucosteroids, my blood vessels are full of adrenaline, and if it weren't for my endogenous opiates I'd have driven the car into a tree on the way home. My dopamine levels need lifting. *Pour me a Chardonnay*, and I'll be down in a minute."

- Your Broca's area should be releasing inhibitory neurotransmitters for a while, so that my mirror neurons don't automatically emulate your articulatory gestures as you push air into your larynx, across your vocal cords, and into your mouth and nose.
- Mix me a 12.7% solution of alcohol in water, along with some glycerol and a little reducing sugar, plus some tartaric, acetic, malic, and lactic acids, with a pH level of about 3.25.

Touching a Nerve Patricia Churchland, *Touching a Nerve* (2014)



"I began to learn neuroscience in the mid-1970s after having begun a career in philosophy. This transition was motivated by the realization that if mental processes are actually processes of the brain, then you cannot understand the mind without understanding how the brain works."

23

A Reductio ad Absurdum? McGinn (2014)



Churchland's reasoning is as unsound as the following bit of invented autobiography: "I began by studying biology, but then I realized that organisms are made of molecules, so I switched to chemistry—this being the only rational course of action." That declaration can only seem remotely plausible if we assume a very strong form of reductionism, namely that psychology (or biology) can be *translated* into neurology (or chemistry). Indeed, anyone studying virtually any subject, following Churchland's logic, should switch immediately to physics, since everything is ultimately made of elementary particles and depends on their activity. Historians should become physicists, as should students of literature, because people and books are made of elementary particles (churchland herself should abandon neuroscience and take up basic physics, is the science of matter.

But Why Not Ground *Neuroscience* "in the Real-World Findings of" *Psychology*?

- Examples
 - Color Vision
 - Structure of Memory
 - The Great Mental Imagery Debate

"Without neuroscience, psychology is still the science of mental life;

without psychology, neuroscience is just the science of neurons."

25

26

Four Problems of Body and Mind

- From Body to Mind

 Neural Correlates of Consciousness
- From Mind to Body – Placebo and Other "Psychosomatic" Effects
- Mind Without Body
 Spiritualism, Parapsychology
- Body Without Mind
 Zombies and Other "Reflex Machines"

The "Unbridgeable Gulf" Between the Body and the Mind

Wittgenstein (1953) Philosophical Investigations, Part I, Section 412, p. 124e



"The feeling of an unbridgeable gulf between consciousness and brain-process.... When does this feeling occur in the present case? It is when I (for example) turn my attention in a particular way on to my own consciousness and, astonished, say to myself: THIS is supposed to be produced by a process in the brain! -- as it were clutching my forehead."

"The Hard Problem" of Consciousness Chalmers (1996)



- How Do Brain-Processes Produce Consciousness?
 What is the Mechanism?
- *Why* Do Brain-Processes Produce Consciousness?
 - Why Doesn't It All Just Go On In the Dark?

The Neural Correlates of Consciousness Koch (2004)



28

 Principle of Covariance

 For Each and Every Conscious Event, There is a Corresponding Brain Event

Where in the Brain do These Events Occur? What are "the Minimal Neuronal Mechanisms Jointly Sufficient for Any One Specific Conscious Percept"?



















Consciousness as Working Memory Passingham et al. (2011)

- Features
 - Temporary memory representations
 - Activated by Perception or Memory
 - Relevant to current tasks
 - Guide Thought and Action
- Location
 - Prefrontal Cortex
 - Anterior
 - Dorsolateral
 - Superior Parietal Sulcus
 - Inferior Frontal Gyrus







Explicit vs. Implicit Memory in the Amnesic Syndrome Schacter (1987)

- Damage to Hippocampus
 Medial Temporal Lobe Memory System
- Anterograde Amnesia
 Events Since Brain Damage
- Impairs Explicit Memory – Recall, Recognition

• Spares Implicit Memory



40

Priming
Failure of Conscious Recollection

Explicit vs. Implicit Perception in Blindsight Weiskrantz (1986)

- Damage to Primary Visual Cortex
- Scotoma
- Visual Field Defect
- Impairs Explicit Perception
 No Visual Experience



- Spares Implicit Perception
 "Guesses" About Visual Stimuli
- Failure of Conscious Vision – Cognates: Deafhearing, Numbsense















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49

[T]he leap from a mental process to a somatic innervation... can never be fully comprehensible to us." Freud, Notes Upon a Case of Obsessional Neurosis ("The Rat Man"), 1909



- Anorexia Nervosa
 Envy, Jealousy
- Peptic Ulcers
- Infantile Dependency vs. Ego Pride, Aspiration
- Bronchial Asthma
 Excessive Unresolved Dependence on Mother
- Essential Hypertension
 - Chronic inhibited aggressive impulses
- Rheumatoid Arthritis
 - Rebellion against restrictive parental influences



Ulcers: A Modern Psychosomatic Formulation

- "Flight or Fight"
- Autonomic Nervous System
 Sympathetic Branch



- Prolonged Stress
- Secretion of Gastric Acid
 Creates Ulcers



52

The Stress-Disease Connection Cohen et al. (2007)

- Exposure to Psychological Stress – Acute or Chronic
- Increased Risk of Disease
 - Depression
 - Cardiovascular Disease (<50% increase)
 - HIV Progression to AIDS (<50% increase)
 Increased Risk of AIDS-Related Complications
 Cancer (Virally Mediated?)
- Evidence from "Natural Experiments" – Onset, Progression, Recurrence, Complications

Classic Definitions of Stress

- Implied: W.B. Cannon (1915)
 Stimulus that Elicits "Flight or "Fight")
 S. Taylor: also "Tend and Befriend"
- Explicit: Selye (1936, 1956)
 Any Event Which Challenges the
 - Organism's Current Level of Physiological or Psychological Adaptation – Distress (-) vs. Eustress (+)
- Cohen et al. (1999)
 Perception that environmental demands tax or exceed adaptive capacity















Diathesis-Stress Model for Ulcers Overmier & Murison (1997, 2001)



58

• Stress

- Secretion of Gastric Acid into Stomach

- Gastric Acid Erodes Stomach Lining
 Sufficient to Cause Ulceration
- H. pylori Increases Vulnerability
- Treatments
 - Antibiotic (e.g., Rantidine)
 - Stress-Reduction
- The Placebo and the Placebo Effect Shapiro & Shapiro (1997)
- Placebo
 - Any treatment... used for its ameliorative effect on a symptom or disease but... [which] is not specifically effective for the condition being treated.
- Placebo Effect



 The nonspecific psychological or psychophysiological effect produced by a placebo

The "Jewel in the Crown" of Psychosomatics





"Pharmacological" Properties of Placebo Evans (1974)

- Severity
- Dose-Response Curve
- Time-Effect Curve
- Additive Effects
 - Drug Effects in Placebo Responders
- Patient Beliefs
 - Double Blind, Drug Effectiveness
- Physician Practices
 - Frequent Resort to Medications









Effects of Suggestion

- Hypnosis
- Symptom Provocation

 Asthma
 Allergies
- Hidden vs. Open Treatments

Effect of Hypnotic Suggestion on Mantoux Reaction Black (1963)

- Diagnostic Skin Test for Tuberculosis
 Inject Purified Protein Derivative Tuberculin
 - Positive: Size of Induration
- Raised, Hardened, Red Blister4 Mantoux-Positive Patients



- All Highly Hypnotizable
 "You will no longer react to the injection as
- "You will no longer react to the injection as you did before...no redness, no swelling, no heat, no itching, no pain..."





Psychosomatic Effects

- Stress and Disease
- Effects of Suggestion, Belief, Expectation – Hypnotic Analgesia
 - Psychosomatic Effects of Suggestion
- Effects of **Belief**
 - Platonov, The Word as a Physiological and Therapeutic Factor (1955)

67

Three Kinds of Psychosomatic Effects

- On Mental State
- On Central Nervous System
- Outside Central Nervous System

Integumentary SystemSkeletal System

•Muscular System

- •Endocrine System •Psycho(neuro)endocrinology
- •Cardiovascular System

•Lymphatic System •Respiratory System •Digestive System •Urinary System •Reproductive System •Immune System •Psycho(neuro)immunology

69

Is There Mind Without Body?

- 19th-Century Spiritualism
- · Parapsychology
- Transpersonal Psychology

19th-Century Spiritualism Braude (2001); Weisberg (2005)

Emanuel Swedenborg (1688-1772)



70

- Spirits as "Disincarnate" Humans
- Fox Sisters (March 31, 1848)

- "The Poughkeepsie Seer"

- Margaret, Kate, Leah
- "Mr. Splitfoot"
- "Charles B. Rousma"
- Careers as Mediums



- **Spirtualistic Practices** • Mediums (Clairvoyants)
 - Seances
 - Ouija Board, Chevreul Pendulum
 - Automatic Writing
 - Table-Rapping, Table-Turning
- Society for Psychical Research (1882, 1884)
- Seybert Commission (1887)
- Margaret's Confession (1888) - Recanted (1889), Died (1893)

71

Parapsychology

- Study of "Psi" Phenomena
- Anomalous Processes of Information or **Energy Transfer**
 - Currently Unexplained in Terms of Known Physical or Biological Mechanisms
- Two Versions
 - Soft

- Hard



- Distant Healing
- Contact Healing (Therapeutic Touch)



Problems of Parapsychology National Research Council (1988)

- Outright Fraud
- Experimenter Bias
- Loose Controls
- Sensory Leakage
- Failures of APA Dictionary of Psychology, 2007
 Randomization
- Capitalization on Chance

75

"[A]dmitting even one

the established laws and principles of

causation would overthrow virtually all

instance of paranormal







- 28 Studies Reviewed by Honorton (1985)
- 11 Additional Studies Published 1982-1986
 Missed by Honorton (1985, 1990)
 - Identified by Storms & Ertel (2001)
- Mean Effect Size = .227
 - Statistically Significant
 - Cohen's (1988) Standards: .00 .10 "Trivial"
 - .11 .35 "Small"
 - .35 .65 "Medium"
 - .66 1.00 "Large"



- Least Problematic Conditions: HR = .178











Prospective Study of NDEs Von Lommel et al. (2001)

- 344 Patients
 - Clinically Dead
 - No Brainstem Electrical Activity
 - Resuscitated Following Cardiac Arrest
- 18% Experienced NDE
 - OBE, Tunnel, Light
- Radio Analogy
 - Brain Acts as a "Receiver" of Consciousness

84

- Consciousness Independent of Receiver

Is There Behavior Without Mind?

- Innate Behaviors
 - Reflexes
 - Spinal, Cranial
 - Taxes
 - Invertebrates
 - Instincts (Fixed Action PatternsEthology
- Conditioning
 - Classical
 - Instrumental

Zombies Campbell (1970); Kirk (1974); Chalmers (1996)

- Philosopher's Zombie

 Physiologically Identical to Humans
 Lack Conscious Experiences
 - Dennett's Zimboes
 - Zombie that Believes It Is Conscious
- Hollywood Zombies
 - Simply Lack Consciousness
 Though They Might Evolve It?
 Inspired by Haitian Zombies
 - "Undead", Lack Soul, Free Will



85

86

87

Mind in Body, Body Without Mind

Neural Correlates of Consciousness What Is the Difference that Makes Consciousness?

The Automaton Question What is the Difference that Consciousness Makes?

The Unbearable Automaticity of Being Bargh & Chartrand (1999)

"[M]ost of a person's everyday life is determined not by their conscious intentions and deliberate choices but by mental processes that are put into motion by features of the environment and that operate outside of conscious awareness and guidance."

