

Academic Evaluation of Dreams, Behavioral Psychology School, and Discussion of Parapsychological Experiences

Assoc. Prof. Eren Ersoy

To cite this article: Collaborate, Science, Volume 4, No. 11-5, 2022, p. 223 – 242. - 0099-0001-2210-0521.

Our studies are in a format accredited, approved, and supported by EAALS - European Academic Studies and Laboratory Services. EAALS offers all our works, services, and publications to the world scientists at the stage of carrying our control, accreditation, and support processes to the international platform. ("Scientific Studies - Current Science Georgia") ("Scientific Studies - Current Science Georgia") ("CURRENT SCIENCE") ("CURRENT SCIENCE") ("Scientific Studies - Current Science Georgia") ("Scientific Studies - Current Science Georgia") ("Scientific Studies - Current Science Georgia") ("Scientific Studies - Current Science Georgia") ("Scientific Studies - Current Science Georgia") ("Scientific Studies - Current Science Georgia")

ISSN: 2667-9515

Barcode: 977266795001

Editors Group:

Concessionaire: Tsisana Kharabadze

Niyaz Bokvadze

Prof. Sabrina Corbi

Prof. Samantha Lewes

""• Current Science Multidisciplinary Academic Journal with Review Panel is a monthly multidisciplinary academic"" ("Scientific Studies - Current Science Georgia") ("Scientific Studies - Current Science Georgia") ("CURRENT SCIENCE") ("CURRENT SCIENCE") ("Scientific Studies - Current Science Georgia") ("Scientific Studies - Current Science Georgia") ("Scientific Studies - Current Science Georgia") journal with a multi-science peer-review." ("Scientific Studies - Current Science Georgia") ("Scientific Studies - Current Science Georgia")

• The magazine is published monthly.

""The magazine will be at the subscriber's address in the first week of the month."" ("Scientific Studies - Current Science Georgia") ("CURRENT SCIENCE") ("CURRENT SCIENCE") ("Scientific Studies - Current Science Georgia")

• The journal continues to be included in all international rankings and registrations. Quality articles and publications accelerate this ("Scientific Studies - Current Science Georgia")

""• Response or rejection time for applications varies between 30 and 90 days."" ("Scientific Studies - Current Science Georgia") ("Scientific Studies - Current Science Georgia") ("CURRENT SCIENCE") ("CURRENT SCIENCE") ("CURRENT SCIENCE") ("CURRENT SCIENCE") ("Scientific Studies - Current Science Georgia") ("Scientific Studies - Current Science Georgia") ("Scientific Studies - Current Science Georgia") ("Scientific Studies - Current Science Georgia")



Abstract

In the latter part of the 19th century, Sigmund Freud developed a theory that attempted to explain how one may make sense of their dreams. Clinical practitioners and, to a lesser degree, personality theorists have found this theory to be of considerable use in analyzing the claims taken from dynamic theories of personality, and it has shown to be of tremendous benefit in both areas. In the waning years of the nineteenth century, while Sigmund Freud continued his effort to decipher people's dreams, he also created the core of his theory on the significance of dreams. Freud was quite pleased with his first original and independent effort in psychological theorizing; in fact, it appears that he is reluctant to review it, as he did with many other discoveries made in these early years. Freud's first original and independent effort in psychological theorizing was published in 1896. Freud is widely regarded as one of the most prominent psychologists in the history of the discipline. He was an innovator in psychoanalysis. This demonstrates how pleased Freud was with his accomplishments in this specific area. [Citation needed] The idea that "a dream is an attempt to fulfill a wish" was first proposed by Freud, and it went on to become the central thesis of Freud's revised dream theory, which was published in 1933 as an interesting lecture titled "Revision of Dream Theory." Freud is credited with having coined the phrase "a dream is an attempt to fulfill a wish." Dreams." In 1933, Freud gave a presentation in which he proposed the theory for the first time. "Analysts behave as if they had nothing further to say about the dream, as if the whole narrative of the dream and dream theory has been finished and concluded," In the same piece of writing, Freud made this point. During his life, he came up with an improved theory of anxiety, a fresh theory of motivation, and a theory of the ego that had far-reaching implications. All these theories are still in use today. These three hypotheses are all still considered valid in modern times. These three ideas, taken individually, were a significant advancement in their respective fields. The topic of these three inventions may be considered to be among the most significant when ranked according to the importance of the changes that they brought about. Ego theory was the one that had the most important influence on the formation of current psychoanalytic thinking when compared to these other two schools of thought.

Keywords: *Academic Evaluation of Dreams, Behavioral Psychology, Discussion of Parapsychological, Psychological Experiences*

1. Introduction

The aim that we have set for ourselves is to include the notion of dreams in its entirety into the study of ego psychology. The objective of this essay is to help us accomplish this objective by arguing in favor of the premise that dreaming is a cognitive activity. Because of this, we will be able to realize the objective that we have set for ourselves. To put it another way, we are going to demonstrate that dreaming is a kind of mental activity. Let's have a conversation about what we mean when we talk about dreams before we attempt to figure out how to solve this theorem. It is more common for a person to have a succession of visions when they are asleep, the majority of which are visual in nature. These images may be quite disturbing. This is referred to as a dream. The typical structure of a dream includes one or more scenes, a large number of characters (including the dreamer himself), and a sequence of events and exchanges, the majority of which include the dreamer. It's somewhat of like watching a movie or play when the dreamer is part of the action, but at the same time, they experience it from the perspective of someone watching from the audience. Even though the dreamer is hallucinating while dreaming, he nonetheless experiences the dream in the same way that he would experience any other perceptual event. This is the case even if the dreamer is experiencing a difficult experience in their sleep. When we have experiences, the locations, people, objects, and happenings that we come into contact with seem to exert pressure on our senses from the outside world. When you experience something, it is as though the situation, person, thing, or deed in question is there in front of you at that moment. It should come as no surprise to learn that the world of projections that we experience when we are asleep is an universe that is totally made up of dreams.

2. Many Different Ideas That Run Through A Person's Mind At The Moment The Dream Comes True

The primary premise that will be dissected in this investigation is that the pictures that come into a person's head when they are dreaming are concrete manifestations of the myriad of thoughts that are occurring simultaneously in that person's consciousness at the time that the dream is taking place. They provide the function of a medium through which the mental process of cognition may be converted into a form that a person can immediately experience and feel in their own body. People communicate their ideas by a broad range of different techniques, including words, numbers, gestures, and pictures, despite the fact that the only way for concepts to make sense when they are presented in dreams is through visuals. This is particularly important to keep in mind while conversing with other individuals. When one person is able to

understand what is going through the mind of another and take in that knowledge, we say that the idea has been conveyed. Some examples of these forms of media are as follows:

Unlike waking conversations, which millions of people can listen to while awake, the only person in the dream is the dreamer himself. While awake, these conversations can take place in front of an audience of thousands or even millions of people. In the real world, individuals sometimes give speeches in front of crowds of thousands or even millions of people. A dream is a very specific depiction of the dreamer's most private and personal thoughts. Dreams are extremely special.

Let's have another conversation about the process of dreaming and the things that individuals view while they sleep. When a thought arrives to one's head in the shape of a dream vision, what was before unobservable — that is, the notion itself — becomes simple to comprehend. This is due to the fact that "dreaming" may also be described as "thinking that occurs during sleep," and since "thinking" primarily involves "creating ideas," then "dreaming" can also be defined as "thinking that occurs during sleep." The literal and figurative import of what one sees in their dreams may be extended to include a diverse range of ideas and principles. A dream is a creative work that may be done by anybody, regardless of their degree of experience, education, or talent, and a dream does not need any of those things in order to become a reality. Everyone is capable of producing their own unique piece of art in the form of a dream. Everyone have the capacity to be creative, and the great majority of individuals do, in fact, participate in creative activities in some form or another. Dreaming is inherently creative due to the nature of the activity itself.

If dreaming is the process of converting thoughts into visual representations, then dream interpretation is the act of reversing this process so that the ideas those visual representations stand for may be transformed back into those visual representations. Assuming this to be the case, one might say that dreaming is the process of thinking being translated into visual representations. During the course of the review process, just how did this translation become finished? The information that is provided in the dream text is used to create conclusions, which are then evaluated in light of the individual's previous dream experiences as well as any other relevant aspects of their everyday life. This is the proper way to accomplish things. Due to the constraints of this article, we are only going to be able to cover the interpretation of dreams in a more generic sense. This is because there are a vast number of various approaches to dream interpretation that we might investigate. According to the notion that has been provided in this article, the process of dream interpretation entails the method of uncovering the ideas or mental

frameworks that are held by the dreamer. The following are some examples of evidence that may be utilized to get a better grasp on these concepts:

- (a) *dreamer , also known as the role or roles played by the dreamer;*
- (b) *the type of characters introduced in the dream ;*
- (c) *actions and qualifications assigned to them ;*
- (d) *nature of the dream itself.*

The ultimate goal of dream interpretation is not to grasp the dream itself; rather, it is to gain a deeper understanding of the dreamer.

How can various ideas manifest in people's dreams, and how often do they do so?

One is tempted to react with all that may possibly be thought of, but this would not be a proper response considering that a substantial amount of ideas are not found in dreams. Dreams do not provide much, if any, explanation of the events that are taking place in the waking world. Dreams are often silent on issues that are linked to politics and economy. Dreams do not provide a lot of insight into the meaning of events that are taking place in the waking world.

The thoughts and emotions that the dreamer has about themselves are mirrored back to them in the dream, which serves as a form of mirror for the dreamer. In a recurrent dream, the dreamer will act out a number of distinct personas, and each of these vignettes will shed light on a unique facet of the dreamer's understanding of who he is as an individual. There are just a few roles that are likely to be included in the repertory; yet, it is also feasible that it will be fairly extensive and include a wide variety of actors playing a variety of parts.

The many dream scenes have a number of startling commonalities that are readily apparent to the viewer. However, after getting into a heated fight with an adversary who is much stronger than he is, he loses the ability to utilize his talent. This occurs every time this happens to him. Because of this, he is unable to make use of his skill. It is crystal evident that it is difficult to build a realistic picture of one's own capabilities and potential as a direct consequence of this. The following is an example of a typical sort of dream in which a person's previously held strengths are suddenly revealed to be their greatest weaknesses:

Their ideas about who this young man is are diametrically opposed; he sees himself as both strong and vulnerable, and the latter trait plays a more important role in his understanding of who he is.

Dreams are perhaps the only kind of media that can capture an honest portrayal of how a person actually feels about themselves. This is because other forms of media are unable to express this

feeling in the same way that dreams do. The idea that Ralph Waldo Emerson was the first person to use the statement "A competent man investigates his dreams for his own understanding" is one with which he mostly agrees. Emerson is credited as being the originator of the remark.

3. Ideas and Prejudices You May Have About Other People

From the perspective of the dreamer, we may observe his sentiments and thoughts about a number of different groups of individuals, including his parents, siblings, spouse and children, as well as some other groups of people. In addition, the dreamer's thoughts and sentiments toward other groups of individuals may also be interpreted as a window into these ideas and feelings from the dreamer's point of view. In addition to those that are related with the ego, these ideas manifest themselves in a variety of guises that the characters in the narrative assume as the story is being recounted. If the dreamer has a preexisting mental picture of his father that depicts him as an authoritative, demanding, and demanding person, then the interpretation of the dream about the function of the father should correlate to this already mental image of the dreamer's father. If he thinks of his mother as someone who takes care of him, then he will have a dream in which his mother is involved in some kind of action that illustrates the nurturing side of her personality. This may be a sign of the internal anger males feel towards other males of their own species and may explain why young men seldom suffer dreams about being assaulted by other guys. There is a statistically significant gender gap when comparing the likelihood that young males will have intimate relationships with other young men to the likelihood that young women would develop intimate connections with other young women. This gender gap exists for both young men and young women. Women, like men, have the concept that men are hunters; nevertheless, the interpretations that come to them in their dreams indicate to a broad range of other possibilities. Women have the same belief that men are hunters as men. This is due to the fact that women and men dream in fundamentally different ways. When you are in the midst of a single dream string, it is very conceivable that you will have many different interpretations of the same person or group of individuals. This might be because you are experiencing many dream strings at the same time. In point of fact, this is the event that is most likely to take place rather than any other possibility. This suggests that the average person has a web of concepts that includes his mother, father, siblings, and numerous other people and classes with whom he interacts while awake, including his mother, father, siblings, and other people. Additionally, this implies that the average person has a web of concepts that includes his mother, father, siblings, and numerous other people. In addition,

his mother and father, in addition to other individuals, are a part of this network. The interpretation of dreams may be used to assist in the discovery of conceptual systems that can be conceived of as intellectual or cognitive networks. Dream interpretations may be used for this, since it is one of their functions. The objective of dream analysis is to identify these diverse conceptual frameworks, which is one of its key purposes. This is one of the fundamental purposes of dream analysis.

Despite the fact that projective approaches, particularly those of the picture-story genre, are well-suited for the investigation of conceptual systems, there has not been a large amount of work done in this area to yet. This is due to the fact that projective techniques are not suited for use in the investigation of conceptual systems. It's possible that this is due to the fact that projective approaches haven't been used very often in the past. Picture story quizzes do have one problem, though, and that is that the selection of photographs used in the question does not indicate the entire amount to which one is assuming anything. The only other restriction that applies to picture story quizzes is this one. The incorporation of visual evidence into the assessment is another factor that adds to the restrictive nature of this restriction. Because the information gathered from the person will rely on the kinds of photos that are shown to them, it is conceivable that the concepts that are the most significant for him may not come to mind at all. This is due to the fact that the sorts of pictures that are shown to the person have an effect on the information that is gathered. This is due to the fact that the visuals that are shown to the individual have a direct influence on the information that may be gathered from them. Dreams are not in the least bit constrained by this constraint in any way, shape, or form in any manner, shape, or form. The dreamer uses his imagination to conjure up visions of himself, drawing inspiration from the concepts and principles that are most important to him at this time. His dreams will, at some time in the future, show critical components of the brain's architecture. An occurrence is planned to take place at some point in the future after the passage of a certain period of time. In addition, dreams have the power to access the subconscious and bring to the surface prototype thoughts that serve as the foundation for the formation of conceptual systems. This is because dreams are able to reach the unconscious. This is because the subconscious may be accessed via dreaming. Dreams have the ability to communicate with the unconscious and bring concepts that are associated with it to the surface. According to our point of view, the formative years of a person's life are when prototype thoughts first start to take shape, and dreams are the most probable medium through which these ideas will reveal themselves rather than any other mode of communication. To put it another way, we think that dreams are the most probable place where archetypal ideas may materialize. That is to say, we are of the

opinion that dreams are the most probable channel via which archetypal ideas might be transmitted. This concept originates from the notion that we consider dreams to be the most probable form of communication. We think that dreams give the perfect material for conducting an analysis of a person's conceptual framework, and we think that it is essential to have this kind of knowledge in order to understand why people act the way they do. We have this belief because we think that a person's dreams give the perfect material for conducting an analysis of their conceptual framework. After taking into consideration all of these many variables, we came to the conclusion that the content of dreams is the most suitable resource for doing this kind of study.

4. How Concepts Can Be Used to Interpret a Dream

We will present an example of how the ideas that have been addressed throughout this work may be utilized to interpret a dream as a method of bringing this discussion to a satisfying finish. This example will show how the concepts can be employed.

Despite the fact that sexual activity and work are intricately connected, it is difficult to satisfy sexual demands due to the limitations imposed by practical considerations. The dream girl is one of the "good" ladies whom the dreamer knows in real life, and she is also a lady that the dreamer would have endless sexual urges for if they were together. In other words, the dream girl represents the dreamer's idealized conception of what a "good" lady should be like. To put it another way, the lady in the dream is symbolic of the dreamer's suppressed sexual needs, and she also serves as the focus of the dreamer's sexual fantasies.

1. *Dreaming is a cognitive activity, and a dream is a visual representation of ideas and concepts passing through the dreamer's brain at the moment the dream is experienced.*
2. *The purpose of dream interpretation is to discover the basic concepts and principles underlying the images shown in a dream. This can be achieved by looking below the surface of what is seen in a dream.*
3. *Symbols in dreams usually belong to one of the following groups:*
 - (a) *concepts that the dreamer has about himself ;*
 - (b) *concepts that the dreamer has about other people;*
 - (c) *dreamer 's conceptions of the universe;*
 - (d) *dreamer 's concepts of drives; and*
 - (e) *conflict ideas.*
4. *In the end, the conceptual systems produced as a direct result of the organization of ideas serve as antecedents of behavior.*

5. *Since dreams often depict unconscious and archetypal concepts, the study of conceptual structures can gain a lot from using dreams as a source of information. This may be the case because dreams are a rich source of information.*
6. *This concept is an extension of ego psychology, which considers dreaming to be a kind of ego function. The hypothesis is put forward for review in this section as part of the research currently being conducted.*

7. Behavioral Learning Theory

Although it has a number of major problems, the behavioral learning theory has recommended a number of therapeutic strategies that may be helpful. Nevertheless, despite these shortcomings, theory has recommended a variety of different approaches to therapy. The behaviorist movement worked towards the objective of bringing psychology to the rank of a recognized scientific discipline by centering its attention on the observation and study of observable and quantifiable human behavior. This was the fundamental idea that served as the foundation for the behaviorist movement. It was essential to disregard private, mental occurrences such as ideas, beliefs, intentions, emotions, and perceptions in order to realize this objective via the use of systematic and scientific approaches to its accomplishment. Because there was no other way to accomplish what we set out to do. This was a crucial component that had to be present in order to be successful. This is due to the fact that it is very necessary to accomplish this aim by using the tactics that were described earlier in the paragraph. This is due to the fact that these interior structures, which are also referred to as cognitions, cannot be seen or recognised very readily. The reality of cognitions is the source of the explanation for this phenomenon. This is due to the fact that in the scientific community, cognitions are regarded to be mental processes. Recently, cognitive theorists have begun to acknowledge the significance of these internal occurrences and have come to the conclusion that they are crucial (collectively referred to as cognitions). After that, they built and made accessible tools that could examine the results of the acts they took.

Another element that is contributing to the growing popularity of cognitive therapy is the common perception that behaviorism may be used to control or influence individuals. This view is one of the contributing factors. They had serious philosophical objections to the assumption that people can be summed up as a collection of activities that are sensitive to the rewards and penalties of their environment. They believed that persons are more than just a product of their environment. The idea that man may be reduced to a collection of activities is the subject of these arguments, which are articulated within the framework of the idea. Since

the beginning of time, people have held the belief that a man is more than the sum of his actions. One of the other elements that contributed to the fall of behaviorism as the dominant paradigm in the scientific community was the increasing understanding of the function that one's genetics plays in shaping one's behavior. This was one of the other causes contributing to the decline of behaviorism. This realization was one of the other aspects that contributed to the fall of behaviorism as the preeminent paradigm.

A psychologist called Albert Ellis and a psychiatrist named Aaron Beck independently developed two very similar theories in the 1950s. Both of these ideas were produced in the same decade. Both of these gentlemen have careers in the area of mental health. Both of these ideas may be traced back to the scientific field of psychology, which was the originator of the subject. Both of these guys had jobs, although in different capacities, in the area of mental health. Both of these presuppositions were essential in the process of developing successful methods to cognitive therapy that are distinct from one another. These kind of therapies are still used regularly in today's contemporary medical system. In contrast to the behavioral learning theory, cognitive theory lays a greater focus on the fundamental role that one's ideas play in shaping one's behavior. This is in contrast to the behavioral learning theory, which places a greater emphasis on the role played by the environment. In contrast to this is the behavioral learning theory, which focuses a greater emphasis on the part that the environment plays in the learning process. This is due to the assumption of cognitive theory, which claims that a person's thoughts are the single most essential factor in determining how they behave. This explanation explains why this is the case. This subfield of a person's cognition include their thoughts, emotions, beliefs, and points of view on the outside world. In addition, the way in which a person perceives the world falls under this area of cognition.

According to the cognitive approach, the strong sensations that we experience may be immediately related to the dysfunctional ideas that we are concerned with, and that this is a direct cause of these emotions. The cognitive approach also claims that this is a direct cause of these feelings. The intensity of these feelings causes people to act in ways that are inappropriate given the circumstances.

If you want to get a deeper understanding of the far-reaching effects that differing points of view bring, have a look at the graphic that is provided below.

The cognitive treatment that was established by Albert Ellis [citation required] and given the acronym "REBT" has been given the term "Rational Emotional Behavior Therapy." He was of the opinion that the fundamental misunderstandings that people had were the primary cause of the significant amount of suffering that people endured as a direct result of the unpleasant

emotions that they experienced. He expressed this opinion in the following way: "He was of the opinion that the fundamental misunderstandings that people had were the primary cause. The word "core beliefs" may be used as a noun to refer to an individual's most basic convictions, both about themselves and the world they find themselves living in. These beliefs can be about everything, from themselves to the world they find themselves living in. People behave in a dysfunctional manner due to the fact that they have a negative self-image, which is a direct outcome of the illogical ideas that lay behind their behavior and lead them to feel lousy. For instance, the underlying idea that "I must always succeed totally or I will fail entirely" may be the source of the thinking that "I will probably fail this test." This fundamental conviction could be to blame for what has been described above.

Albert Ellis's work centered on irrational fundamental beliefs, and he did it by locating notions for which there was no evidence. He did this by interviewing people who held these views. He was successful in accomplishing this goal by locating beliefs that were not supported by any evidence. His success in this quest was directly proportional to his familiarity with the beliefs. They display unreasonable behavior as a direct consequence of this element in their lives. Participants in rational emotive behavior therapy, sometimes referred to more frequently as REBT, are urged to learn how to learn throughout their time in the program. In order for them to be able to learn, kids are instructed on how to think in a manner that is more logical and well-balanced.

Ellis uncovered a lot of fundamental ideas that are widespread yet often misunderstood, such as the following examples:

- 1) *To be seen as great, I need to be successful and have the approval of other people.*
- 2) *In order for me to be happy, I need others to be happy with me.*
- 3) *One has the right to expect courteous behavior from everyone in the immediate vicinity at all times. There should always be a feeling that life is in harmony.*

The use of REBT, which provides a methodical and straightforward approach to the undertaking, facilitates the training process for treatment participants on how to identify irrational core beliefs, question them, and replace them with more plausible and truthful concepts. This process teaches individuals how to find irrational core beliefs, question them, and replace them with more plausible and truthful concepts. An intriguing finding that Ellis made was that irrational ideas often entail the use of phrases like "must," "should," and "can't."

8. Active Contribution to the Field of Psychoanalysis

Aaron Beck was engaged in a broad variety of activities that made significant contributions to the discipline of psychoanalysis all during this time period (1950s). He came to the conclusion that the thoughts and beliefs that people have about themselves have a substantial influence on how those people feel about themselves. He said that he arrived at this conclusion from careful observation of several persons. Additionally, he believed that the method of transforming concepts, which is more proactive and directive in nature, would have a positive effect on behavior change and thought that this method would have a positive effect on behavior change. In addition, he believed that the method of transforming concepts would have a positive effect on behavior change. His theory approaches the issue from a little different vantage point than does REBT, and the vocabulary that is used is likewise slightly distinct from that of REBT. However, Beck and Ellis were concerned with correcting a person's dysfunctional thinking, with the expectation that this would lead to a change in the person's emotions and actions. They believed that this would lead to a change in the person's thinking. This was the major objective that Beck and Ellis had in common with one another.

Beck maintains that issues occur in our lives whenever our vision of the world around us is warped as a result of flawed thought processes. This may result in problems of a variety of different types. As a result, we have an inaccurate understanding of how the world works. To put it another way, the things that we do in our spare time are not truly determined by the happenings in the wider world, of which we are a part at the given moment. Rather, the thoughts we have about the events that are taking place around us are what drive the behaviors we do in reaction to what is occurring around us. The method in which we take in and make sense of the external world has a direct and profound impact on the decisions and behaviors that we choose to engage in as a direct and significant consequence of our actions. Let's take a look at a concrete example to more clearly demonstrate why this is such an essential issue, shall we? Imagine the following: When I go by here, someone accidentally steps on my foot. I'm standing here. It is not impossible that this is the result of the acts or statements of a single individual behaving in a very irresponsible manner. There is also the risk that I will consider this to be an intentional act of hatred on your part. It's not out of the question. It is conceivable for each interpretation to cause the audience to respond in a totally different manner, both in terms of the feelings they experience and the actions they choose to do as a result of those experiences. According to Beck, the fundamental schemas that people have will affect the degree to which they are able to accurately interpret the happenings in the world around them. This is true

regardless of the tongue in which we express ourselves. A person's core schema refers to the most fundamental beliefs that they have about themselves, other people, and the world in general. These presumptions have an influence not only on the way that we feel, but also on the decisions that we make and the actions that we do. The phrases that follow provide a few instances of schemas that are rather simple:

- 1) *The world is an unsafe place to create your own home.*
- 2) *I'm cheesy.*
- 3) *If it was just me, I wouldn't be enough.*

It is important to take note of the significant similarities that can be seen between Ellis's notion of fundamental beliefs and Beck's conception of core schemas. According to cognitive theory, which claims that this should be the case, changes in behavior should naturally follow the correction of cognitive distortions and basic beliefs. [Cognitive theory] indicates that this should be the case. The hypothesis suggests that this should be the result that takes place. This overarching concept acts as the basis around which a variety of techniques used in cognitive therapy are formed.

9. Narratives of Paranormal Encounters

There have been reports of experiences with the supernatural that fall into two primary kinds that can be distinguished from one another. There is a good chance that they are cognitive in nature, such as clairvoyance, telepathy, or even premonition. It is not possible to rule out the existence of this option. The belief that a single person can obtain information about facts, other people's thoughts, or future events without using ordinary sensory channels is where the term extrasensory perception (ESP), which is frequently used to denote these phenomena, originates. ESP is often used to denote these phenomena. Extrasensory perception, sometimes known as ESP, is a word that originated from this notion. This term is used pretty often to imply the occurrence of such occasions. As a direct consequence of this, the word is used rather often. Some individuals believe that a person's "will" may impact the way that dice or cards fall, or that poltergeists can move items, frequently in a violent manner. Others believe that poltergeists can move objects. Some individuals are of the opinion that poltergeists are capable of moving objects. It is also a common misconception that a player's "will" may affect how the dice or cards fall when they are playing a game. There is a possibility that some paranormal experiences may be explained in terms of the natural world, and this possibility exists for some of these encounters (see Poltergeist). The concept of psychokinesis is brought up rather often

in these conversations for reasons that ought to be obvious to anyone who listens in on the conversation. The term "psi" is often used to refer to any event that may be placed within the category of "parapsychology," which is a branch of research devoted to the study of the human mind. In recent years, this particular interpretation of psi has gained significant traction.

People have had a widespread belief in the authenticity of their own paranormal experiences from the beginning of recorded history, despite the fact that the scientific world has only just begun to take an interest in the topic. In this respect, recent breakthroughs piqued the interest of the scientific community and sparked their curiosity. Prior to the birth of contemporary science, human understanding of the causal links between all of the world's most complicated physical events was quite rudimentary. As a consequence of this, intangible beings like as ghosts, sorcerers, demons, and many other legendary creatures have been called as an explanation rather than a scientific explanation that is founded on the idea of causality. Instead of providing a scientific explanation, this was done. In spite of this, there was a great deal of disagreement over the reality of occurrences that plainly exceeded ordinary happenings, such as accurate prophecies, such as those given by the Delphian oracle, or the resurrection of the dead. These are some instances of the kind of items that raise questions among individuals. These are some instances of scenarios that considerably diverge from the norms of ordinary occurrences that typically take place in the world. These are just a few examples of the kinds of issues that might motivate people of the broader community to engage in conversation and debate with one another.

Even though there have been organizations committed to the study of psychic phenomena for more than a century, the topic of whether or not parapsychological occurrences genuinely take place is still one that is highly contested. People from all walks of life, with a dizzying array of histories and environments, may be included among the ranks of these organizations, and their membership can vary from highly regarded authority to common folk. When the Organization for Psychical Research (OPR) was established in 1882 in London, the city is considered to be the organization's birthplace. Six years after the establishment of a comparable organization in the United Kingdom, in 1888, a comparable organization with the same goal was created in the United States of America. William James, a famous psychologist, was engaged in the early stages of the development of this organization. His contributions were important. In the years that followed, similar organizations were eventually founded in the great majority of European nations. Not just in Russia, the Netherlands, France, and Italy, but also in some of these other nations are there now active activities going place. This list includes Japan as one of the nations that it contains. Academic institutions have traditionally had some difficulty accepting psychic

research as a legitimate field of study. This is traditionally due to what is believed to be a lack of empirical support for this line of research. Psychic research has been shown to be difficult to accept as a genuine field of study. JB Rhine, a United States-based parapsychologist, was given the responsibility of supervising the work done at the parapsychology lab at Duke University in Durham, North Carolina. Rhine was in charge of supervising any and all tests that were carried out at that location. As a consequence of the Rhine's significant historical role, there was a lot of interest in the river throughout the decades that stretched from the 1930s to the 1960s. After some time had passed, the University of Utrecht created a department inside the larger institution that was solely committed to the investigation of psychic occurrences. manifestations for a variety of distinct causes, one of which being the development of the spiritualist movement. Other possible explanations include: Other potential reasons include the following: A general rise in the number of persons interested in paranormal topics is yet another possibility that may be considered. One of the reasons why there has been so much interest in this movement is because it was born of the understanding that soul connection is genuine and its acceptance as the foundation of a new religion. This is one of the reasons why there has been so much interest. (“One of the Reasons Why There Has Been So Much - Quiz+”) This new religion served as the inspiration for the birth of this movement, which was founded on its doctrine. In addition, this was one of the factors that contributed to the development of such a movement. Both the British physicist Sir Oliver Lodge and the British spiritist FWH Myers are examples of early scientists who contributed to the study of psychic phenomena. Lodge was from the United Kingdom, and Myers was from the United Kingdom as well. These two persons shared the trait of being spiritists. Both of these two individuals trace their roots back to the United Kingdom. Some psychic researchers, such as the French physiologist Charles Richet, recognised the existence of paranormal activity. However, these researchers did not agree with the spiritualist concept of what this reality signified. On the other hand, the report cites the work of scholars who were not associated with either of the two schools of thought it discusses.

10. Discussing Parapsychological Experiences

In the context of discussions about parapsychological experiences, an emotional tone has sometimes arisen, which is not acceptable in the context of the scientific community. In spite of this, robust but often contradictory points of view are brought up rather frequently in conversation. People who believe in psi or don't believe in psi might base their beliefs on what they consider to be scientific proof, their own personal experiences, or the ESP's claims. They

may base it on the more extensive set of attitudes and values in which they are participating, which can serve as a basis. They could also base their opinions or lack of beliefs on what they consider to be scientific facts, or on their own personal experiences. People may also base their views or lack of beliefs on what they perceive to be evidence derived from scientific studies or their own personal experiences. When there are numerous individuals holding opinions that are so extreme and in conflict with one another, it is nearly certain that the data will not provide a clear answer to either side of the problem. of psi People who have faith in a supernatural being or beings are generally referred to as "believers." In addition, confident judgements are not likely to be backed by a comprehensive review of all the facts that are presently available about the topic. Because there is still a great deal of mystery around the topic.

11. A Complete Coding System

It is now feasible for a cognitive approach to be founded on studies of home dream reports. These studies make use of a rigorous and comprehensive coding system for dream content that was established by Hall and Van de Castle to assess dreams that were reported at home. Hall and Van de Castle are the ones responsible for developing this coding method (1966). This was made feasible as a consequence of the findings of a number of studies which shown that dream reports acquired in the laboratory were, in the majority of their features, identical to those obtained via home recollection (Domhoff , 2003b). The only significant exception from this trend was the presence of violent conduct, which is far more prevalent in the dreams that individuals have. This method is based on the nominal level of measurement and makes use of percentages and ratios. It consists of ten general coding categories for environments, objects, characters, social interactions, activities, emotions, misfortunes, successes and failures, food and eating items, and descriptive items. In addition, there are ten general coding category methods that are based on the nominal measurement level. These methods are used to code environments, objects, characters, social interactions, activities, and emotions. This system of ten broad categories is used to classify environments, items, people, social interactions, activities, and emotions descriptively. In addition to that, it has features (Domhoff , 2003b). According to research conducted using this approach, the fantasy lives of college students in the United States, both male and female, throughout the second half of the 20th century were quite similar to what they were in the first half of the century. This was the conclusion reached by both male and female college students who participated in the study. Students attending higher education institutions in a variety of other industrialized democracies, such as India and

Japan, display behavior that is similar to that of college students in the United States of America. These characteristics are as follows:

Additionally, teenagers and young adults in Argentina, Mexico, and Peru exhibit these trends (Domhoff , 1996).

Research has shown that dreams are not precise representations of waking reality in any way, even though many people report having extremely genuine dreams at home. For instance, in the normative dream report samples that Hall and Van de Castle (1966) produced, which comprised 500 male and 500 female dreamers, 14% of known female settings were changed in some manner, but only 7% of familiar male settings were altered in any way. Because they were genuine while the dreamer was awake, almost two percent of the characters who appeared in dreams were either nonexistent, fictional, or had undergone a transformation into another person. This is known as a metamorphosis. It is also interesting to note that approximately one third of all dream reports contain "misfortunes." These "misfortunes" can include anything from the passing of a loved one to the disappearance of a loved one due to illness. It is also interesting to note that the expression of negative emotions such as anger and sadness is common in dreams.

After the age of 18, the subjects of cross-sectional studies conducted in the United States of America, Canada, and Switzerland concluded that the content of dreams is extremely constant in terms of the characters, social interactions, and most people. In contrast to these results, researchers working in a sleep laboratory discovered that the content of children's dreams changed substantially from early childhood to puberty. Therefore, what a person sees in their dreams is reflective of stable components of their personality that they have acquired as adults (Domhoff , 1996, Chapter 5).

Blind analyses of dream diaries maintained by people for personal, intellectual, or artistic purposes are valuable as non-responsive measures in the context of these numerous known group results. This is because they are unaffected by the intentions of the researchers who coded and analyzed them. Because of this, they may be used instead of reactive measures, which makes them valuable. As a result, reactive tactics may be replaced with these proactive ones.

Because of this, it functions well as a method of non-reactive risk management. When using a collection of archives, each of which is likely to include a variety of different sources of bias, it is generally accepted that the results from non-reactive archival data will be the most trustworthy and helpful. When they are based on many archives, they have this kind of

information. The findings of research conducted on persons who maintain dream diaries have shown that the recurring themes in their dreams do not alter from the time they are in their late teens until they are in their dying years. This lends even more credence to the idea that our conscious minds are responsible for our dreams, given that research on people when they are awake reveals very little diversity in personality until they reach adulthood (McCrae & Costa , 2003). There is a regular pattern that arises when comparing hundreds of dream reports over extended periods of time, such as months and years. Although people's dream lives alter from day to day and week to week, there is a consistent pattern that emerges. For instance, in the lives of some people's dreams, they move across time. This pattern is made abundantly obvious when the lives that individuals lead in their waking lives are contrasted with the lives that they lead in their dreams. This structure is set apart from others thanks to the quantitative content categories and consistent topic matter that it contains (Domhoff , 1996, 2003b).

12. Conclusion

The formulation of inferences that could be accepted or rejected by the dreamer and other participants made it possible for blind analyses of dream diaries to make possible in-depth research into specific aspects of dream content and their relationship to waking thought. This was made possible by the formulation of inferences that could be accepted or rejected by the dreamer. More specifically, this made it possible for: Because of this, it is now feasible to investigate certain components of the stuff that constitutes dreams in more depth than was previously believed to be possible. The results of such studies led researchers to the conclusion that most of the dream content, if not all of it, is caused by the dreamer's fears and concerns when they are awake. Having said that, this does not hold true for every aspect of a dream. On the other hand, the outcomes of these sorts of analyses led researchers to the conclusion that some dreams have nothing to do with the waking life of the dreamer. The continuities in a dreamer's life are the individuals with whom they have the greatest degree of direct contact. In addition, the sorts of social interactions a dreamer has with these significant people are also considered to be important persons in the dreamer's life. In addition, the dreamer is characterized by a high degree of constancy across a variety of vocations and hobbies that are of the utmost significance to them. This continuity is preserved not by the typical occurrences of daily life, but rather by overarching themes that function as an additional connection between dreaming and awake cognition. Both dreaming and waking consciousness have a lot of similarities. On the other hand, the details of as much as thirty percent of a person's dreams do not seem to be connected to the worries that the person encounters when they are awake. This

is the case since dreams tend to be more vivid than waking thoughts (Domhoff , 2003a; Domhoff et al., 2005-2006). The findings of the blind analyses based on inferences from the Hall / Van de Castle content analyzes have been validated and independently checked utilizing studies employing search engine-entered word strings on dreambank.net. These studies may be found on dreambank.net. The findings of these experiments were utilized to supplement the conclusions drawn from the results of the blinded analyses based on the content analyzes conducted by Hall and Van de Castle. dreambank.net is a vast database that contains more than 23,000 different user-submitted dream accounts. These assessments were carried out by using the website dreambank.net (Schneider & Domhoff , 1999). For instance, the dreamer's actions when waking may differ from what they were like in the dream (Bulkeley & Domhoff , 2010). Taken from Hall /Van de Castle encodings (Bulkeley , 2009).

The findings of this investigation, which were neuropsychological An article that was written about it and published in the journal Research provides a summary and discussion of it (Solms , 1997). In addition, neuroimaging research that contrasts REM sleep with other forms of sleep and waking states, such as non-REM sleep and waking states, will be employed (Braun et al., 1997; Braun et al., 1998); Maquet, 2000; Maquet et al., 1996; Nofzinger, Mintun, Wiseman, and Moore, 1997). Both quantitative and qualitative studies testify to the notion that the mental processes that are engaged in dreaming are beneficial.

13. References

- Aristotle, De Anima, Book I, translated with Introduction, Notes, and Glossary by Terence
- Braun, A., Balkin , T., Wesensten , N., Gwadry , F., Carson, R., Varga , M., et al. (1998). "Dissociated pattern of activity in visual cortices and their projections during human rapid eye movement sleep." ("Dissociated Pattern of Activity in Visual Cortices and Their ... - Science") Science, 279, 91-95.
- Bulkeley , K. (2009). "Seeking patterns in dream content: A systematic approach to word searches Consciousness and Cognition, 18, 909-916." ("DreamResearch.net: The Case for a Cognitive Theory of Dreams")
- Bulkeley , K., & Domhoff , GW (2010). "Detecting meaning in dream reports: An extension of a word search approach." ("Detecting meaning in dream reports: An extension of a word search ...") Dreaming, InPress.
- categories. Cognitive Psychology, 7(4), 573–605

- Cicogna, P., Natale, V., Occhionero, M., & Bosinelli, M. (1998). "A comparison of mental activity during sleep onset and morning awakening." ("A comparison of mental activity during sleep onset and morning ...") *Sleep*, 21(5), 462-470.
- Damasio, A., Graff-Radford, N., Eslinger, P., Damasio, H., & Kossel, N. (1985). ("Memory, Language and Decision-Making: Contributions from ... - SpringerLink") *Amnesia following basal forebrain lesions. Archives of Neurology*, 42, 263-271.
- Dennett, DC (1971). *Intentional systems. The Journal of Philosophy*, 68(4), 87-106
- Foulkes, D., & Fleisher, S. (1975). *Mental activity in relaxed wakefulness. Journal of Abnormal Psychology*, 84, 66-75.
- Foulkes, D., & Scott, E. (1973). "An above-zero baseline for the incidence of momentarily hallucinatory mentation." ("Dreams as the Expression of Conceptions and Concerns: A Comparison of ...") *Sleep Research*, 2, 108.
- Foulkes, D., & Vogel, G. (1965). *Mental activity at sleep onset. Journal of Abnormal Psychology*, 70, 231-243.
- Foulkes, D., Hollifield, M., Sullivan, B., Bradley, L., & Terry, R. (1990). *REM dreaming and cognitive skills at ages 5-8: A cross-sectional study. International Journal of Behavioral Development*, 13, 447-465.
- Foulkes, D., Meier, B., Strauch, I., Kerr, N., Bradley, L., & Hollifield, M. (1993). "Linguistic phenomena and language selection in the REM dreams of German-English bilinguals." ("Linguistic Phenomena and Language Selection in the REM Dreams of German ...") *International Journal of Psychology*, 28(6), 871-891.
- "Graham, George, "Behaviorism", *The Stanford Encyclopedia of Philosophy* (Spring 2019 Edition), Edward N. Zalta (ed.)" ("Behaviorism Flashcards | Quizlet")
- Morgan, Alex (2014). "Representations Gone Mental" *Synthese* . 191 (2): 213-44.
- PYLYSHYN, ZW (1991). *Computing in cognitive science. In MI Posner (Ed.), Foundations of cognitive science* (pp. 49-92). Cambridge, MA: MIT Press.
- REED, AV (1979). *Microcomputer display liming: Problems and solutions. Behavior Research*

- Methods & Instrumentation, 11, 572-576.
- Rosch, E., & Mervis, C.B. (1975). Family resemblances: Studies in the internal structure of
- SNODGRASS, J.G., & TOWNSEND, J.T. (1980). Comparing parallel and serial models: Theory and implementation. *Journal of Experimental Psychology: Human Perception & Performance*, 6, 330-354.
- Thompson, N. (2000). Evolutionary psychology can ill afford adaptationist and mentalist credulity. *Behavioral and Brain Sciences*, 23, 1013-1014. ("DreamResearch.net: The Case Against Problem-Solving")
- Vertes, R., & Eastman, K. (2000). The case against memory consolidation in REM sleep. *Behavioral and Brain Sciences*, 23, 867-876.
- Vertes, R., & Siegel, J. (2005). Time for the sleep community to take a critical look at the purported role of sleep- in memory processing. ("Time for the Sleep Community to Take a Critical Look at the Purported ...") *Sleep*, 28, 1228-1229.
- Vogel, G. (1991). Sleep-onset mentality. In S. Ellman & J. Antrobus (Eds.), *The mind in sleep: Psychology and psychophysiology* (2nd ed., pp. 125-136). New York: Wiley & Sons.
- Vogel, G., Barrowclough, B., & Giesler, D. (1972). Limited discriminability of REM and sleep onset reports and its psychiatric implications. ("The Interpretation of Dreams and the Neurosciences - Mark Solms") *Archives of General Psychiatry*, 26, 449-455.
- Wamsley, E.J., Hirota, Y., Tucker, M.A., Smith, M.R., Doan, T., & Antrobus, J.S. (2007). "Circadian and ultradian influences on dreaming: A dual rhythm model." ("Circadian and ultradian influences on dreaming: a dual rhythm model ...") *Brain Research Bulletin*, 71, 347-354.