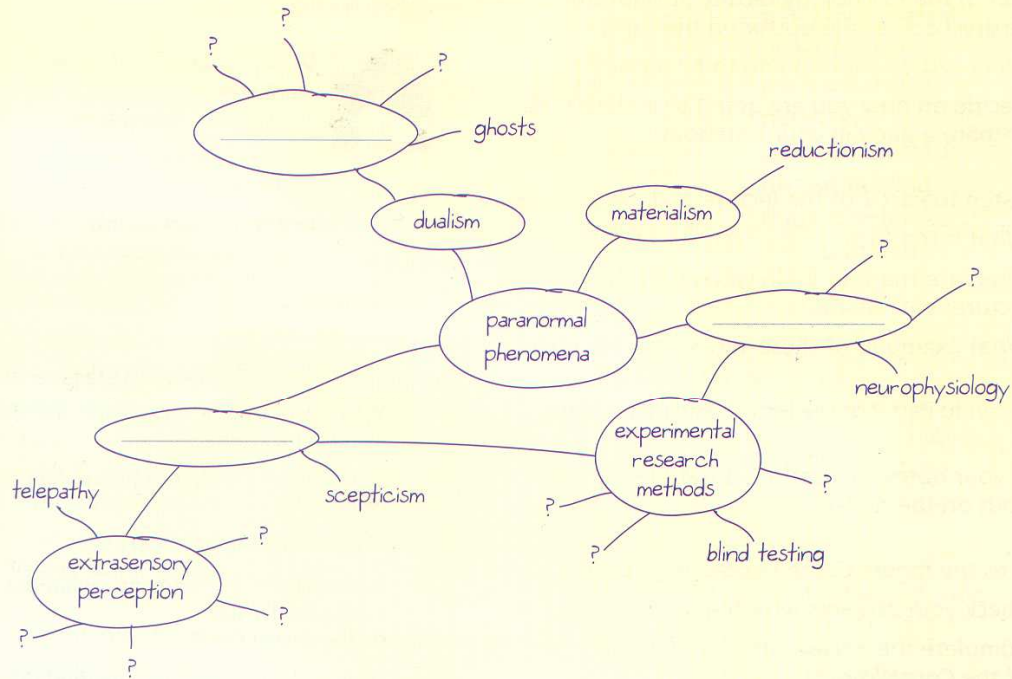


## Chapter 10 vocabulary

### Key vocabulary

abuse (n and v)	distress	obsession
addiction	eating disorder	online gaming
adopt	empirical	preoccupation
altered states	enlightenment	relapse (n and v)
anorexia	fasting	repercussions
behavioural addictions	hallucinogenic	repetitious
body image	impaired functioning	saliency
bulimia	impulse (n)	substance
compulsion	induce	symptoms
compulsive buying	intrusive	tolerance
consumption	ingest	urge (n)
dependency	kleptomania	withdrawal
diagnostic criteria	lifestyle	
dieting	mood modification	

## The paranormal: approaches and challenges



**HADFORD** University

### General knowledge quiz

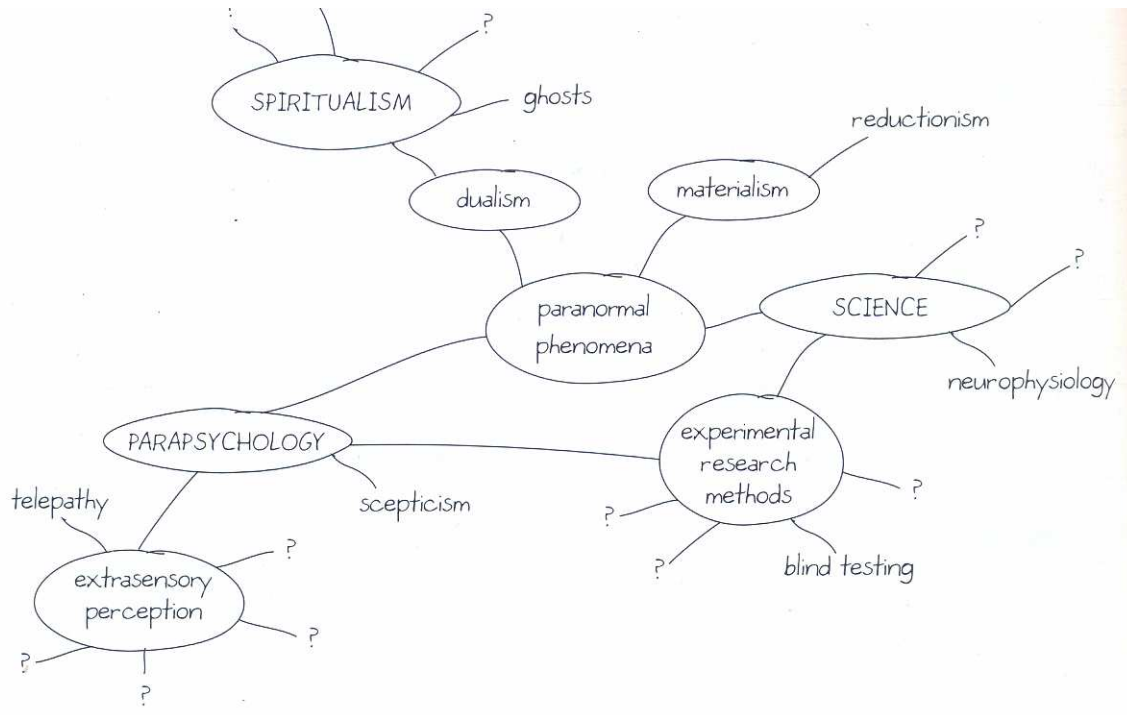
1. What do these letters stand for?

- a ESP
- b PP
- c REG
- d EE
- e RV
- f OBE
- g PK

2. Who or what are these?

- a ganzfeld
- b sixth sense
- c a seance
- d a medium
- e the supernatural
- f *Ghostbusters*
- g déjà vu

11.1 A



*Spiritualism*

- poltergeist
- séances
- near-death experiences

?

*Science*

- physics/quantum physics
- biology

*Experimental research methods*

- double blind testing
- randomization
- instrumental measurement

*Extrasensory perception*

- telekinesis/ psychokinesis (PK)
- precognition
- clairvoyance
- déjà vu

## 11.1B

Linking words/phrases	Use for	Within or between sentence	Other similar words/phrases
another point is	building an argument	between	and another thing
as a result,	reasons and results	between	consequently
because	reasons and results	within	as
finally	building an argument	between	lastly
firstly	building an argument	between	to begin with/to start with/ for one thing
for example	building an argument	between	for instance
in addition	building an argument	between	also
moreover	building an argument	between	furthermore
one result of this is ...	reasons and results	between	one consequence of this is ... because of this ...
secondly	building an argument	between	next; then
since	reasons and results	within	as
So	reasons and results	between	therefore thus hence

## 11.1 B 4

Firstly,	making the major support point
For example,	supporting the point with a specific example
In addition, support	adding another related point in support
Secondly,	making the second major support point
Another point is ...	adding another related point in support
Moreover,	adding more information to the point above
Finally,	making the last point

## 11.1C

Model answers:

Word	Suggested categories	Part of speech	Other words/phrases
a'nomalous	paranormal	adj	strange, unusual
blind 'testing	research	n (U)	anonymous, unidentified
'consciousness	paranormal	n (U)	awareness, understanding
hyp'nosis	paranormal	n (U)	mesmerism
in'vestigator	research	n (C)	researcher, experimenter
'mainstream	research/paranormal (contrast)	adj	traditional, conventional
'mental	paranormal	adj	psychological/of the mind
out-of-'body	paranormal	adj	remote, at a distance
parapsy'chology	paranormal/research	n (U)	study of the relationship between the paranormal and the mind
per'ception	paranormal	n (U, C)	understanding, awareness, view
phe'nomena	paranormal	n pl. (C) (sing. phenomenon)	events, occurrences, situations
prove	research	v	demonstrate, show, establish
repeata'bility	research	n (U)	ability to duplicate

## 11.1 D

Model answers:

1 According to Caroline Watt (2005), an eminent specialist, parapsychology has made a significant contribution to the fields of mainstream science and psychology. These have benefited for two main reasons.

Firstly, parapsychology has focused attention on aspects of the mind that have subsequently become the subject of conventional scientific research, such as consciousness, perception and memory.

Another point is that the boundaries of psychology have been consistently expanded. For example, early experiments into mesmerism, now better known as hypnosis, were carried out by psychical researchers. Nowadays, hypnosis is a recognized mental phenomenon. Watt mentions, moreover, that recent parapsychological research into anomalous events like out-of-body experiences has led to greater understanding in the areas of conventional psychology.

Secondly, since paranormal phenomena are notoriously difficult to prove, over the years, investigators in this field have developed meticulous methods of research into mental processes.

As a result, mainstream psychology has been able to widen its range of experimental procedures. One example of this is the popularization of blind testing which was used to reduce bias in early experiments on psychic ability. However, issues related to repeatability and methods of data analysis continue to challenge professionals in both parapsychology and mainstream psychology.

11.1D

2

Word	Synonym
eminent	famous, well known, highly respected
significant	important, noteworthy
boundaries	frontiers, limits, scope
consistently	constantly, regularly, steadily
recognized	acknowledged, accepted
mentions	comments, states, observes
anomalous	strange, unusual, inexplicable
led to	resulted in, brought about, generated, produced
notoriously	well known to be ... (neg. connotation), infamously
meticulous	careful, detailed, precise, thorough
bias	unfairness, partiality, distortion, prejudice
challenge	concern, worry, present problems to

3

Parapsychology	Scientific research
parapsychology	specialist
mind	significant
consciousness	mainstream
perception	science
memory	conventional
mesmerism	scientific
hypnosis	research
mental	psychology
anomalous	researchers
out-of-body experiences	investigators
phenomenon	experimental procedures
psychic	blind testing
	bias
	experiments
	repeatability
	data analysis

4

First phrase	Second phrase
science and psychology	these
aspects of the mind	(such as) consciousness, perception and memory
mesmerism	hypnosis
anomalous events	(like) out-of-body experiences
paranormal	this field
widen its range of experimental procedures	this

## 11.1E

Model answers:

- 1 a ESP – extra-sensory perception  
b PP – parapsychology  
c REG – random event generator  
d EE – experimenter effect  
e RV – remote viewing  
f OBE – out-of-body experience  
g PK – parakinesis
- 2 ganzfeld – whole field – an experimental procedure that produces mild sensory deprivation  
sixth sense – intuition, an ability to perceive events that are not evident to others  
a seance – a meeting that has the aim of contacting the dead, conducted by a person who is sensitive to the presence of spirits  
a medium – a person who is sensitive to the presence of spirits  
the supernatural – a dimension that is not subject to the usual laws of nature  
*Ghostbusters* – a comedy film about a company that trapped and removed ghosts from homes and business premises  
déjà vu – the sensation that you have already lived a particular experience that is happening in the present

## 11.2 B

Model answers:

- 1 the existence of paranormal phenomena
- 2 spiritualist, paranormal, sceptic, materialist
- 3 ghosts and spirits exist; clairvoyance is only for certain individuals; out-of-body experiences impossible to prove or disprove; all experiences are neurological processes

## 11.2D

Model answers:

- 1 spiritualism
- 2 belief in supernatural events, mediums, communication with the dead, seances, ectoplasm, poltergeist
- 3 the 1930s
- 4 telepathy, clairvoyance, precognition
- 5 a try to send an image of a symbol on a card to another person by focusing on it  
b try to guess what was on the card
- 6 Rhines = images limited to set of symbols/free response = no indication of target image
- 7 select situations at random to eliminate bias
- 8 out-of-body experience
- 9 physics, chemistry and biology
- 10 out-of-body experience, déjà vu



## 11.2 Model Cornell notes

Review

Notes

phenomena with no scientific explanation

dualism (mind and body separate) v. materialism (only physical is real)

- 1 spiritualists = supernatural exists, e.g., ghosts + spirits
- 2 parapsychologists = psi may exist - only recognized by some people
- 3 sceptics = impossible to prove or disprove
- 4 scientists = don't exist - scientific explanations

supernatural events  $\leftrightarrow$  communication with physical world by sensitive people, e.g.,

- mediums + psychic power  $\rightarrow$  seances  $\rightarrow$  ectoplasm = slimy = evidence of spirits
- poltergeist = invisible power  $\rightarrow$  moves objects

subjective  $\therefore$  difficult to prove

ectoplasm = no scientific proof

scientific study of paranormal experiences, e.g., ESP = extrasensory perception

- a) telepathy = mind reading + transmit info. at distance
- b) clairvoyance = seeing at a distance, e.g., remote viewing
- c) precognition = predicting future

in '30s  $\rightarrow$  Rhines' experiments to prove ESP:

- 2 people - separate rooms
- sender looks at cards + symbols
- receiver guesses cards

Rhines thought tests proved ESP - but not scientific

recent experiments

- $\rightarrow$  free response method = target not known
- $\rightarrow$  ganzfeld = receiver  $\rightarrow$  eyes and ears covered + white noise in headphones
- $\rightarrow$  random event generator = machine  $\rightarrow$  eliminate bias

Scientists = have experimented with paranormal  $\rightarrow$  doesn't exist

only physical things exist

reductionism = more radical



physics + chemistry explain psychological events

physics + biology advance  $\rightarrow$  unexplained phenomena  $\rightarrow$  explained, e.g.,

- i. out-of-body exp. (OBE) = sensation of seeing own body from outside - cause = electrical stimulation of right temporal lobe
- ii. déjà vu = remembering current moment from before - explanations  $\rightarrow$  cognitive theories, e.g., recognition memory

Summary

## 11.2 F

Model answer:

Now, <i>some people say that</i> this is proof of having lived a former life.	This phrase can be used to give both a speaker's own opinion as well as an opposing view.
In fact, <i>the evidence shows that</i> far from proving that we have lived before, déjà vu can be explained by any one of several cognitive theories.	Sometimes, to put their case strongly, people will present opinions as facts, very strongly stated, with no tentativeness.
<i>In my opinion</i> , A.S. Brown's summary of these possibilities in his article, 'A Review of the déjà vu Experience', published in the 2003 issue of the <i>Psychological Bulletin</i> , is <i>very balanced</i> .	This is clearly the lecturer's opinion.  This is a continuation of 'in my opinion'.
<i>in my view</i> , recognition memory theories are <i>particularly interesting</i> ...	Whether something is 'good' or 'interesting' is always a matter of opinion.

## 11.2 G

Model answers:

Fixed phrase	Type of information which follows the phrase
1 that is to say ...	restatement
2 Don't misunderstand me.	clarification
3 not only that, but ...	another point
4 ... it's fair to say that ...	tentative point
5 to some degree, ...	tentative point
6 in an attempt to ...	purpose for speaking
7 with respect to ...	statement of a topic
8 ... gave a good description of ... in ...	summary of a source
9 to the extent that ...,	clarification
10 A case in point is ...	example
11 which ... briefly defines as ...	summary of a source
12 (He) has no doubt that ...	definite point

### 11.3C

Model answers:

- 1 Macro-PK can be seen with the naked eye. Micro-PK is measured with instruments.
- 2 Direct Mental Interaction with Living Systems.
- 3 To measure changes in the skin, which indicate a reaction to being stared at.
- 4 Concentration and relaxation.
- 5 Most evidence is anecdotal; laboratory experiments have not been conclusive.
- 6 Research into the methods that have been used to investigate different types of mind over matter. Focus on psychokinesis, DMILS or healing and identify examples of micro-PK and macro-PK. Look at the research and find out what measures were taken to eliminate bias or fraud.

### 11.3D

Type of statement	Phrase	Lecturer's words
c stating the issue	The question is ...	The question is: how reliable is the evidence?
a giving a counter-argument	Some people claim ...	So although some people still claim that they have seen objects move as a result of PK, ...
e rejecting a counter-argument	I'm afraid that just isn't true.	I'm afraid this just can't be true.
b giving your opinion	It's quite clear that ...	It's quite clear that anecdotal evidence of PK is not sufficient to prove its existence.
f giving a reason for your opinion	Research has concluded that ...	Research has shown that people are unreliable witnesses and very susceptible to suggestion.
d supporting the reason with evidence	The evidence lies in the fact that ...	The evidence lies in the fact that very few, if any, successful demonstrations have taken place under controlled conditions that eliminate the possibility of fraud or <i>sleight of hand</i> ...

### 11.4 B

Model answers:

anecdotal	evidence
blood	pressure
double	blind
energy	field
experimenter	effect
healthy	participants
immune	system
skin	temperature
touch	reiki

## 11.4 C

### Answers

- 1 levitation, telekinesis, energy field treatment, biofeedback
- 2 Possible answers: meditation and Reiki have become popular through the alternative health movement, telekinesis has become well known through public demonstrations of spoon bending live and on television.

## 11.4 E

Model answers:

	Main topic	Further details
Extract 1	teletransportation	laboratory conditions, research in China, '80s and '90s, young people moved objects from inside containers, blind/double blind, documented
Extract 2	experimenter effect	DMILS, experimenter's belief in psi affects responses of participants, Wiseman, sceptic + Schlitz, believer in psi, joint experiments, Schlitz staring = higher scores than Wiseman
Extract 3	meditation and control over body	1970s, laboratory experiments, Swami Rama controlled temperature of hand and pulse through meditation, measured on instruments, positive results
Extract 4	Reiki and distant healing	energy field treatment, touch, distance, laboratory experiments with touch-Reiki = relaxation but no proof of effect on immune system, distant healing on AIDS patients, randomized double blind trial, results not significant

## 11.4 F

Possible answers:

- 1 FocusOnMatter is interested in scientific research into distant healing and biofeedback.
- 2 a Biofeedback can be studied scientifically by measuring changes in body chemistry and physical responses.
  - b energy field treatment, prayer, psychic healing and therapeutic touch are all difficult to investigate because:
    - i. they rely on subjective reports from individuals on improvements in their health
    - ii. there are so many other unquantifiable variables, like spontaneous remission, reduction in stress, suggestibility and coincidence that could account for improvements
  - c The suggestibility and coincidence projects are relevant to research into all types of healing.
    - d i. start a PK research group
    - ii contribute to the blog
    - iii. apply for research funding
    - iv. register for the distant healing research project



