**Seminar IRH-ICUB**  
Consciousness and Cognition: An Interdisciplinary Approach  
https://irhunibuc.wordpress.com  
convenor Dr. Diana Stanciu  
https://irhunibuc.wordpress.com/visiting_scholars

**Date:** Tuesday, 7 June 2016, 17h

**Place:** IRH-ICUB (1 D. Brandza Str.), conference room

**Dr. Ovidiu Brazdau**  
Ecological University of Bucharest

Dr. Ovidiu Brazdau obtained his PhD in psychological anthropology at the Francisc I. Rainer Anthropology Institute of the Romanian Academy, in 2009, with the thesis: *Studies on the States of Consciousness from the Perspective of the Individual Anthropology: The Consciousness Quotient*. Since 2010, Dr. Brazdau has been the research director of the Consciousness Quotient Institute. His research on the consciousness quotient also resulted in the book *The Psychology of Becoming Conscious. A Journey Through the Consciousness Quotient* (2016). Besides his participation in numerous scientific events and his publications in Romania, Dr. Brazdau has also presented his research results on the consciousness quotient in several internationally peer-reviewed articles and books and in numerous conferences and lectures in London, Brighton, Milan, Stockholm, Helsinki, Agra, Hong Kong etc.

*The Consciousness Quotient: Psychological Assessment of Conscious Experience*

The ‘Consciousness Quotient’ construct was developed through 15 successive studies between 2003 and 2014. The CQ-i beta version was first released in 2008 and, since then, a series of studies refined the concept and the measurement procedures. The Consciousness Quotient (CQ) is a composite psychological construct based on a list of traits, skills and abilities that describe conscious experience. The CQ Inventory (CQ-i) evaluates the frequency of various behaviours and the usage of specific skills and abilities, providing a detailed description of conscious awareness experiences. In my perspective, to be conscious means to have a degree of witnessing awareness and a degree of freedom of choice when thinking, feeling, sensing and interacting with people and the environment. An important element of conscious experience is intentionality, which is the mind-set that allows a person to deliberately choose what behaviour to enact and what attitude to select. ‘More conscious’ (a higher CQ) means to have a higher degree of witnessing awareness and to be less automatic in thinking-feeling-sensing, together with a higher degree of choice when initiating a behaviour.