



Department of Psychology Colloquium

Thinking about Thinking, Mindfulness, and the Myth of the Mind: Implications for and Solutions to Psychological Problems.

Stephen Flora, Ph.D. BCBA-D
Youngstown State University
Professor



4:00 p.m., Friday, October 17, 2014
Room 1718 Wood Hall

“Thinking” is evaluated from a behavior analytic perspective. As weak or subtle covert behavior, how, if at all, thinking impacts overt behavior is considered. Whether thinking is functional or dysfunctional may be context specific. In certain circumstances thinking may be useful, but overt behavior and the external environment always hold primacy, without which there could be no thinking. Recognizing overt behavior and the external environment’s superordinate position over thinking has important implications for psychological treatment, and the most effective therapies focus on changing explicit overt behaviors, not thinking. Operant conditioning studies of EEG patterns (“brain waves”) of cats and humans and the resulting applications are reviewed to help establish thinking as nothing more than behavior. However thinking is something that the whole body of the intact organism does, not just the brain, and certainly not a mystical mind.