



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Coscienza e Sogno

2425-2-H4101D067

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#### Aims

This course is designed to be a scientific introduction to the research and theories of consciousness, sleep, and dreaming.

#### Contents

This course will introduce students to the concepts of consciousness and altered states of consciousness including those induced by meditation, sensory deprivation, music, and substances. Consciousness will be explored from neuroscience, psychology, consciousness research, and anthropology perspectives.

#### Detailed program

- What is Consciousness?
  - Ontogenesis of consciousness
- The following contents will be covered:
- Metacognition and the Theory of Mind (TdM)
  - Embodied cognition
  - The mind-body question
  - What is an Altered State of Consciousness?
  - Psychopathology of Consciousness
  - The interpersonal dimension of consciousness
  - Sleep and Dreams: Why do we sleep?
  - The New Science of Sleep and Dreams
  - Sleep Disturbances

- The semantics of the dream
- The memory of dreams and their interpretation
- Dream as a construction process

## **Prerequisites**

starting from the 2 year

## **Teaching form**

Frontal lessons

## **Textbook and teaching resource**

A selection of scientific journal articles will be provided; ppt slides and other relevant material will be uploaded on the e-learning website

## **Semester**

Second

## **Assessment method**

The students' level of knowledge and problem-solving abilities will be assessed through analysis and discussion of cases and scenarios from real-life situations or multiple-choice questions.

## **Office hours**

To make an appointment, please contact:

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## Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION

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