

## **Training anomalous cognition in a motor task with subliminal auditory feedback**

### **ABSTRACT:**

#### **Background and Aim**

The purpose was to train anomalous cognition (AC) in a motor automatism task with subliminal auditory feedback in 5 participants (Ps) selected on the basis of high state and trait dissociation scores in a previous motor automatism experiment. The formal hypothesis was significantly higher AC scoring after training than before training by the 5 Ps both individually and collectively.

#### **Method**

On each of 60 trials, participants (Ps) explored with a computer pen a 16x16 inch grid affixed to a writing tablet, stopping to register a response. The grid is conceptually divided into 16 squares (4 in each of 4 quadrants). One square is randomly selected as the target for each trial. The dependent variable is the average of two z-scores representing P's success in stopping respectively on the correct square and in the correct quadrant. Ps attended 2 1-run "baseline" sessions and 2 1-run "test" sessions. In between, they completed 15-20 1-run training sessions with subliminal auditory feedback. If the response was a quadrant hit, superimposed on 1.5 seconds of brownian (similar to pink) noise was the spoken word "good". If the trial was a square hit, the words "good good" were superimposed.

#### **Results and Conclusions**

1 of the 5 Ps (P5) confirmed the hypothesis. There was suggestive evidence of AC in the baseline and/or test results of 4 Ps and the five difference scores showed significant between-subjects variability. There was no evidence of learning in the training sessions, and the success of P5 cannot be attributed to learning. According to the underlying theory, the conditions for learning were not met because Ps were not successful in blanking the mind and were overly attentive to the feedback sounds.

#### **Keywords**

Anomalous cognition, Subliminal feedback, Dissociation, Motor automatism

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