

Objective 11/7/16



Provided notes & an activity SWBAT evaluate states of consciousness & hypnosis

Agenda:

Do Now-HW quiz, review your reading

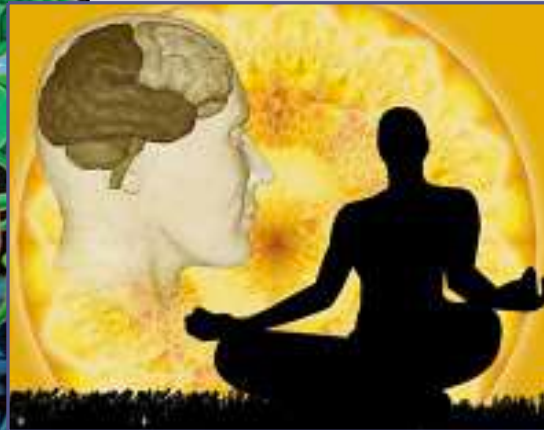
Notes

Activity

Psychology: *Consciousness*



AP PSYCHOLOGY: UNIT 4



Topic: States of Consciousness

Activity: *Fact or Falsehood?*



- **Consciousness has an unlimited capacity**
☐ False
- **Most university students are “evening” persons whose performance improves throughout the day**
☐ True
- **People who sleep seven to eight hours a night tend to outlive those who are chronically sleep deprived**
☐ True

Activity: *Fact or Falsehood?*



- **The most common dreams are those with sexual imagery**
☐ False
- **The majority of characters in men's dreams are female**
☐ False
- **Most psychologists believe that dreams provide a key to understanding our inner conflicts**
☐ False

Activity: *Fact or Falsehood?*



- **Under hypnosis, people can be induced to perform feats they would otherwise find impossible**
○ False
- **Under hypnosis, people can be induced to perform feats they would otherwise find immoral**
○ False

Activity: *Fact or Falsehood?*



- **Those given morphine to control pain often become addicted to the drug**
☐ False
- **In large amounts, alcohol is a depressant; in small amounts, it is a stimulant**
☐ False

Consciousness: *The Basics*



Consciousness: *The Basics*



- **Consciousness**

- Awareness of oneself and one's environment
- Both internal & external stimuli
 - ✦ Contents are continuously changing
 - ✦ Consciousness rarely comes to a standstill
 - ✦ Allows for organization, reflection and planning



Consciousness: *The Basics*



- Includes...

- Your awareness of *external* events

- ✦ “Oh no! My professor just asked me a question about medieval history...that I know NOTHING about...”

- Your awareness of *sensations*

- ✦ “My heart is racing & I’m starting to sweat...”

- Your awareness of yourself as the *unique being* that is having these experiences

- ✦ “Why me??”

- Your awareness of *your thoughts* regarding these experiences

- ✦ “I’m going to make a fool out of myself!”

Consciousness: *The Basics*



- **Waking Consciousness**

- State in which thoughts, feelings & sensations are clear and organized; person feels alert

- ✦ Theories of Waking Consciousness

- The Stream of Consciousness

- William James

- “Sweeping or scanning”

- 40 times per second; each sweep results in a single image or “moment of consciousness”

- Iceberg Theory

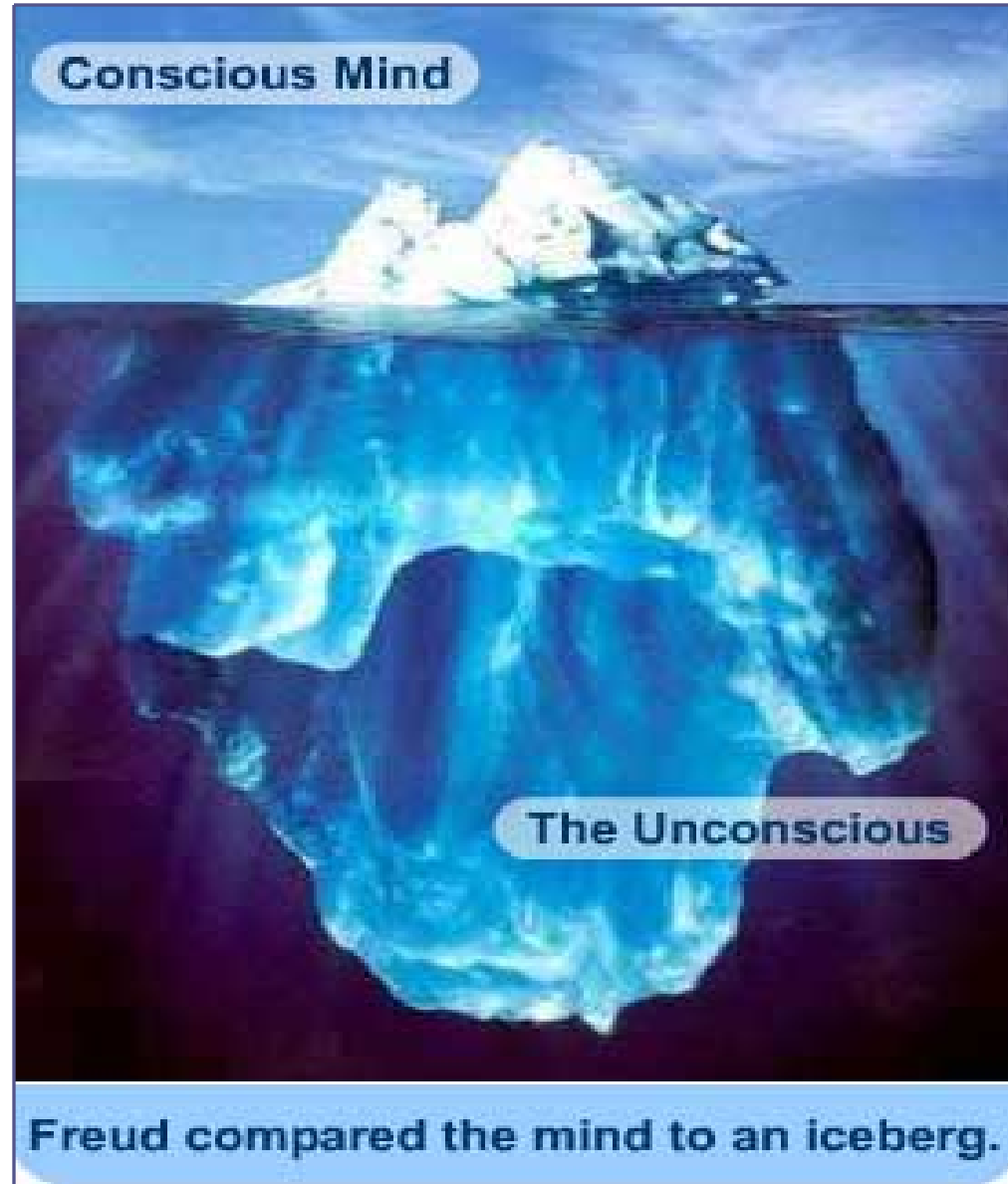
- Sigmund Freud

- Consciousness is NOT an all-or-nothing phenomenon



The *conscious* mind processes information sequentially; it is slow and limited

The *unconscious* mind processes information simultaneously on multiple tracks



Consciousness: *The Basics*



- **Altered States of Consciousness**
 - State in which there is a shift in the quality or pattern of mental activity as compared to waking consciousness
 - ✦ Is it possible to divide one's conscious awareness?
 - ✦ YES!

Consciousness: *The Basics*



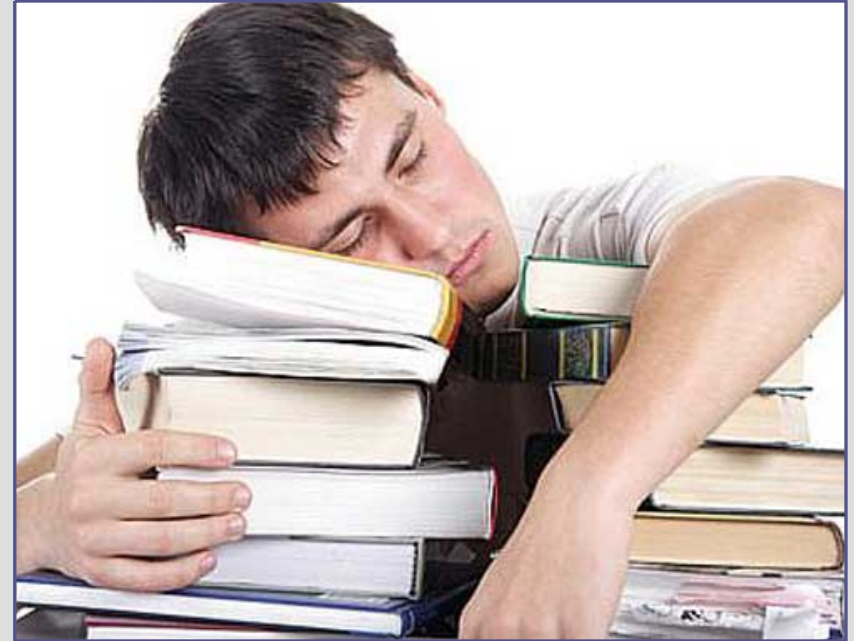
SOME OCCUR SPONTANEOUSLY	<i>Daydreaming</i>	<i>Drowsiness</i>	<i>Dreaming</i>
SOME ARE PHYSIOLOGICALLY INDUCED	<i>Hallucinations</i>	<i>Orgasm</i>	<i>Food or oxygen starvation</i>
SOME ARE PSYCHOLOGICALLY INDUCED	<i>Sensory deprivation</i>	<i>Hypnosis</i>	<i>Meditation</i>

Altered States of Consciousness

Consciousness: *The Basics*



- **Most common altered state?**
 - Sleep; humans spend approximately one-third of their lives sleeping
 - ✦ Do humans maintain awareness during sleep?
 - YES; some stimuli are able to penetrate awareness during sleep



Consciousness: *The Basics*



- **Where does consciousness come from?**
 - Most psychologists believe that it arises from activity in networks of neural pathways in the brain
- **How do scientists “*measure*” consciousness?**
 - Electroencephalograph (EEG)
 - ✦ Summarizes electrical activity in terms of brain waves
 - Brain waves vary in:
 - Amplitude (height)
 - Frequency (cycles per second, cps)

Consciousness: *The Basics*



<u>EEG Pattern</u>	<u>Frequency</u>	<u>Typical States of Consciousness</u>
Beta	13-24	Normal waking thought, alert problem solving
Alpha	8-12	Deep relaxation, blank mind, meditation
Theta	4-7	Light sleep
Delta	Less than 4	Deep sleep

Brain Wave Patterns

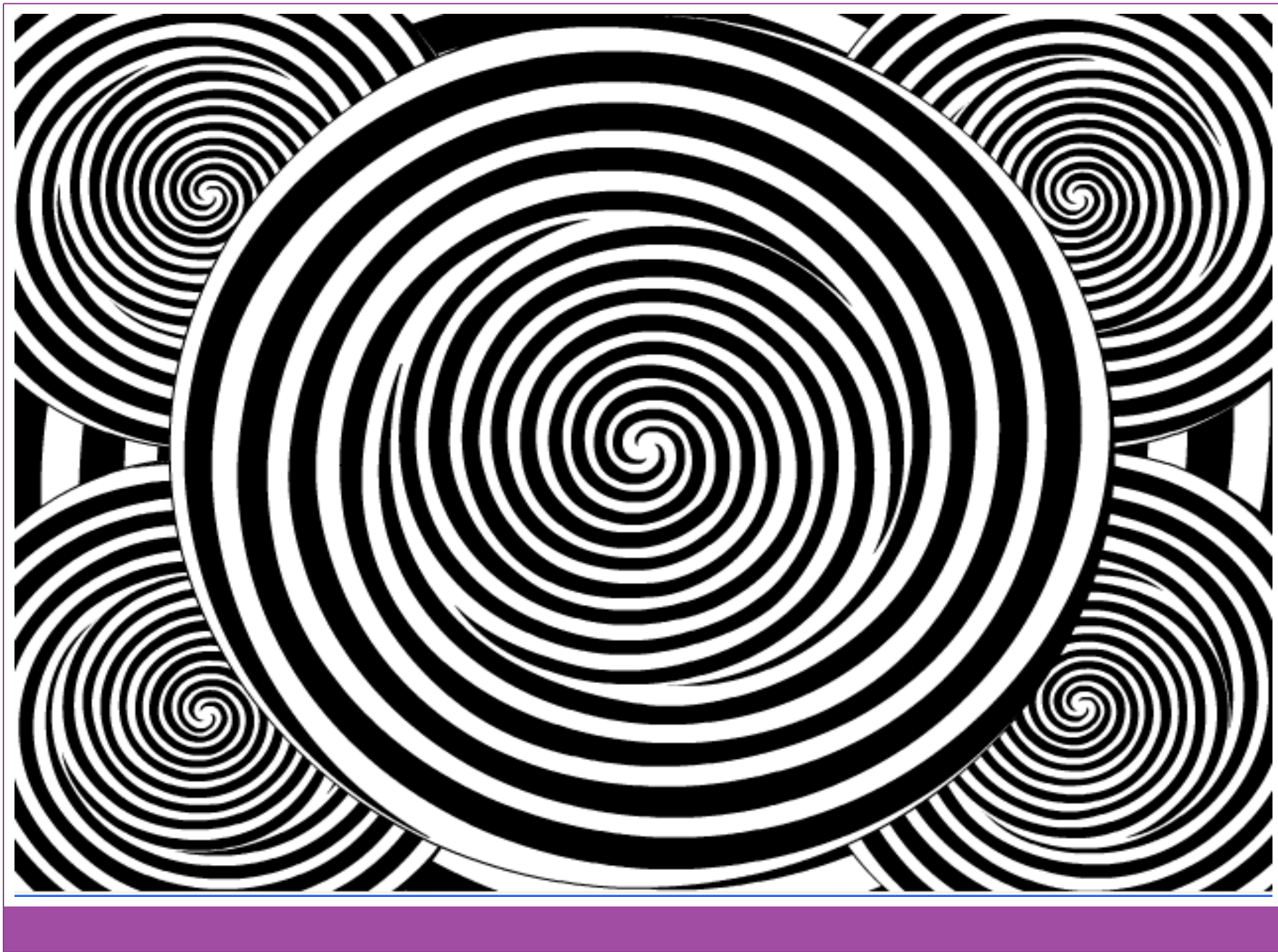
Chicken-or-Egg Puzzle: *If you become drowsy while reading your textbook (which I'm sure you never do), your brain-wave activity will probably change. But are these changes causing your drowsiness, or is your drowsiness causing the changes in brain-wave activity?*

Consciousness: *Hypnosis*



**8 out of 10 people can be hypnotized
4 out of 10 people will make “good” subjects**

Altered consciousness or role playing?



Consciousness: Hypnosis



- **Hypnosis**

- State of consciousness in which the subject is especially susceptible to suggestion

- ✦ **Four Steps in Hypnosis**

- Focus on what is being said

- Relax and feel tired

- “Let go” and accept suggestions

- Use vivid imagination

- Alternate Definition: “*Merely a blend of conformity, relaxation, imagination, obedience, suggestion and role-playing...*”

Consciousness: *Hypnosis*



- **Posthypnotic Suggestion**

- Suggestion made during session; carried out after hypnosis

- ✦ Has been shown to help to alleviate headaches, asthma, skin disorders etc.

- **Dissociation**

- A split of mental processes into two separate, simultaneous streams of awareness

- ✦ Has been shown to provide hypnotic pain relief

Consciousness: Hypnosis



Hypnosis CAN...

Create amnesia for anything that happens during the session, at least for a brief period of time...

Relieve pain by allowing a person to remove conscious attention from the pain...

Alter sensory perceptions such as smell, hearing, vision and time sense...

Help people relax in situations that would normally cause them stress...

Hypnosis CANNOT...

Give people superhuman strength...

Reliably enhance memory...

Regress people back to childhood...

Regress people to some “past life”...

Consciousness: *Theories of Hypnosis*



Theory: *Divided Consciousness*



- **Ernest Hilgard (1994)**
 - Also known as **The Hidden Observer Theory**
 - Hypnosis is a special state of dissociated, or divided consciousness
 - ✦ Hypnosis works on the immediate consciousness, while another part of the subject's mind (the “*hidden observer*”) remains aware of all that is going on
 - ✦ Similar to behavior that occurs on autopilot

Theory: Social-Cognitive



- **Irving Kirsch (2000)**

- Also known as **Social Influence Theory**

- People who are hypnotized are not in an altered state consciousness, but rather playing the role expected of them in the given situation

- ✦ Subjects might actually believe that they are hypnotized; often unaware that they are role-playing

- Highlights the power of social influences

Consciousness: *Meditation*



PART FIVE



Consciousness: *Meditation*



- **Meditation**

- A family of practices that train attention to heighten awareness and bring mental processes under greater voluntary control
 - ✦ A deliberate effort to alter consciousness
 - ✦ Rooted in what?



Consciousness: *Meditation*



- **Two Primary Approaches**

- **Focused Attention**

- ✦ Attention is concentrated on a specific object, image, sound or bodily sensation
 - ✦ Intent is to narrow attention & clear mind of its clutter

- **Open-Monitoring**

- ✦ Attention is directed to one's moment-to-moment experience; nonjudgmental
 - ✦ Intent is to become a detached observer