**Unit 7 Expanded Outline**

**Consciousness and Its Altered States**

**PERCEPTION 116-126**

**Gestalt Laws**

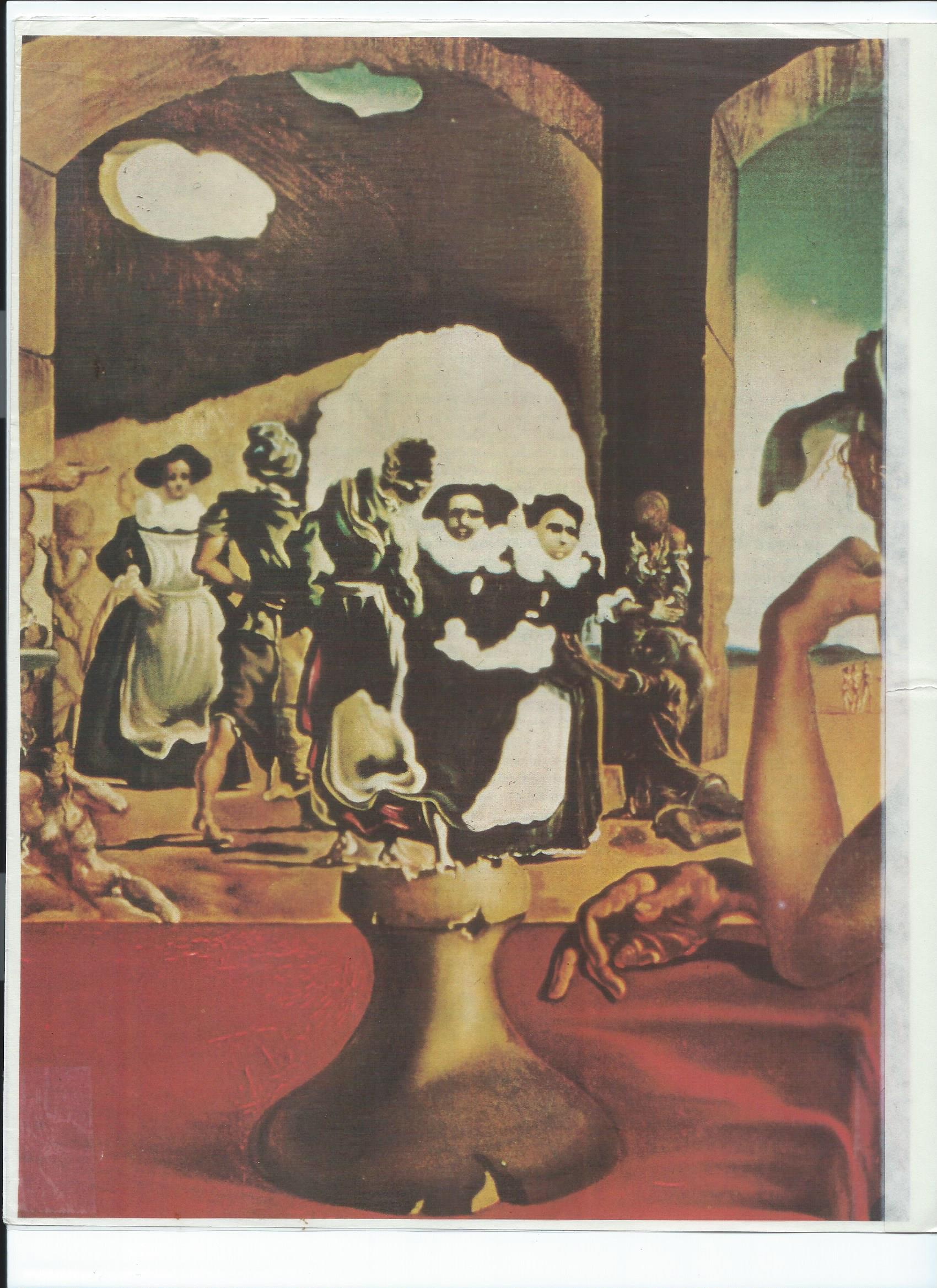
**Figure-ground**

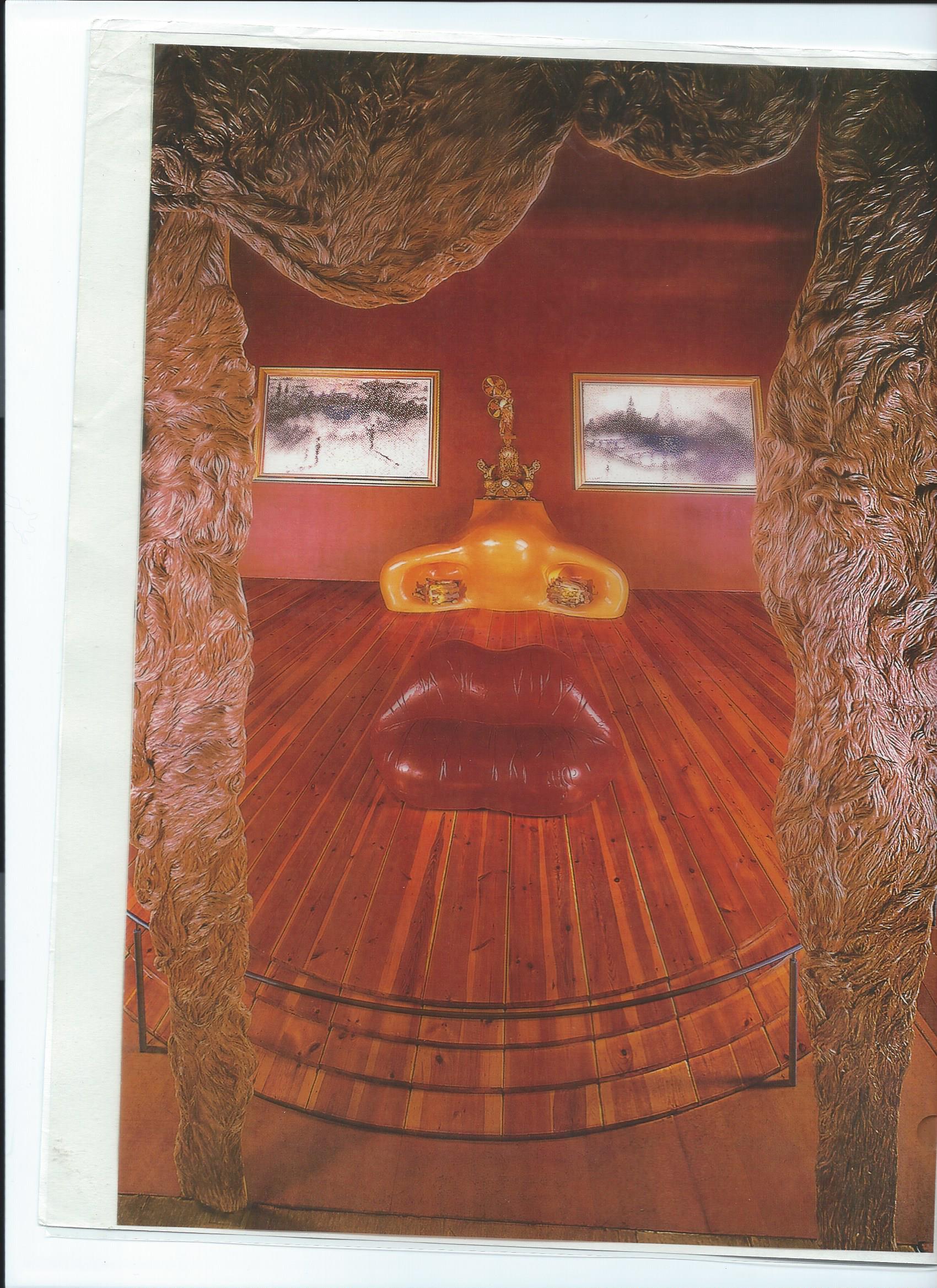
**Closure**

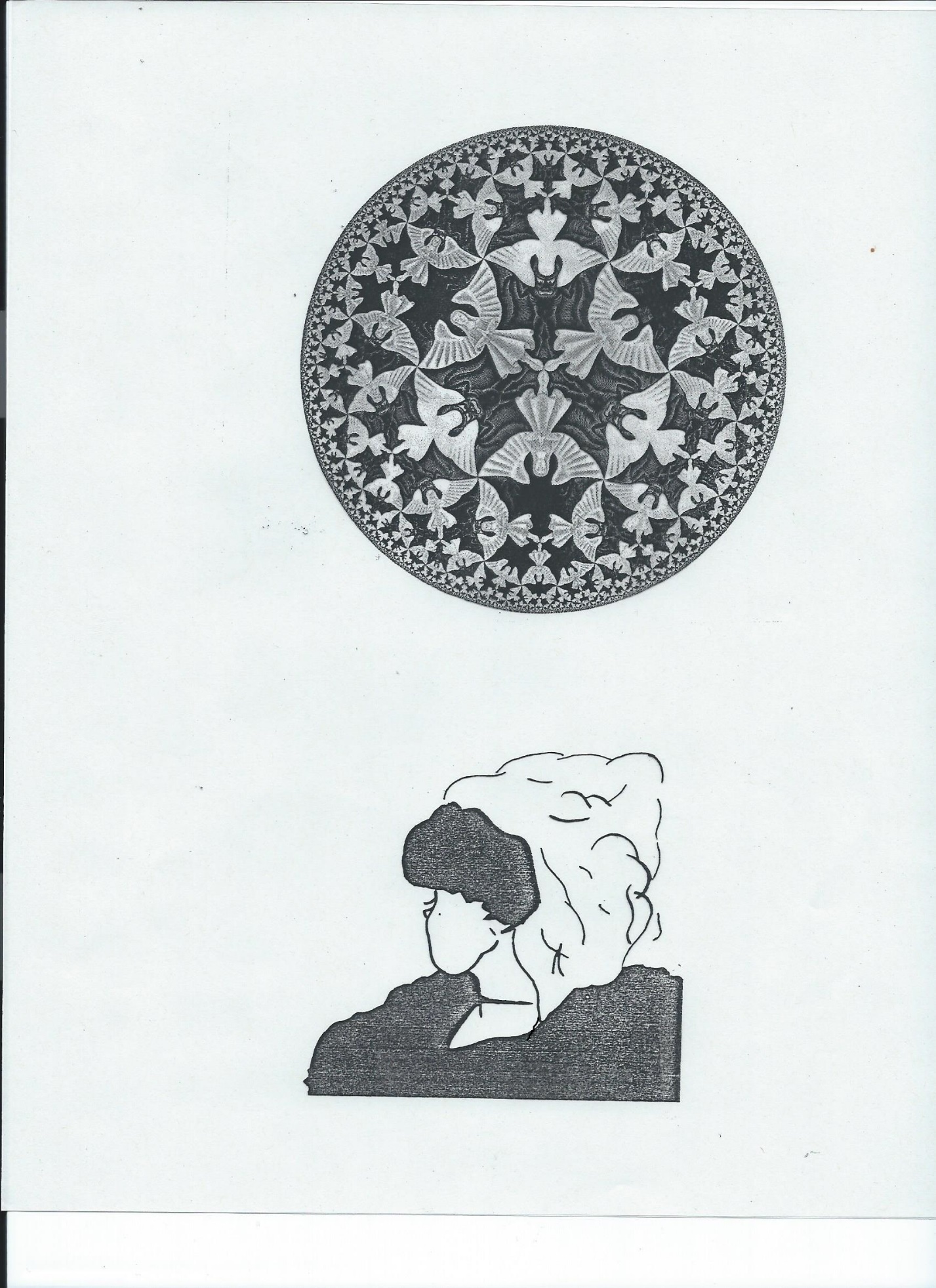
**Proximity**

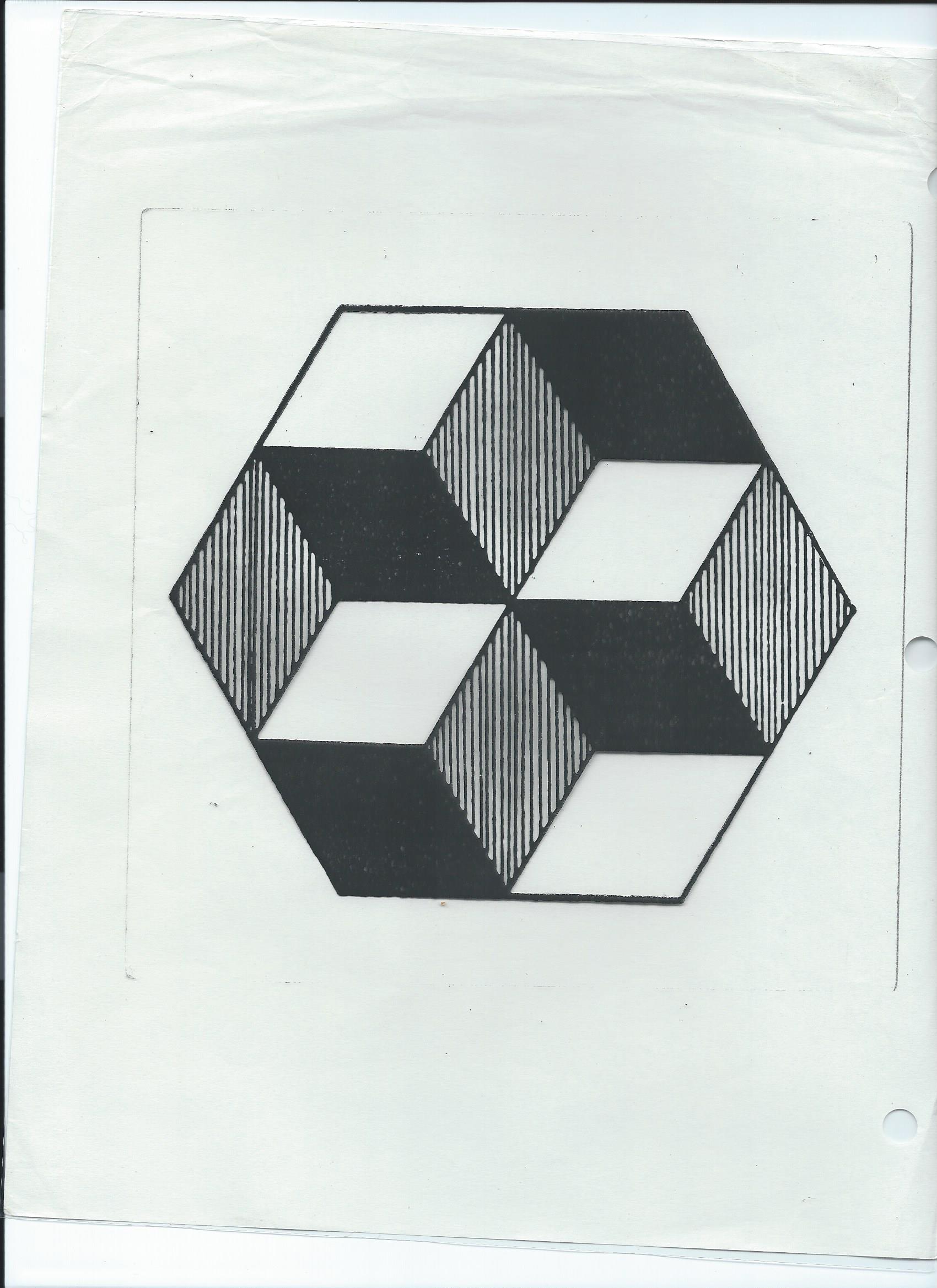
**Similarity**

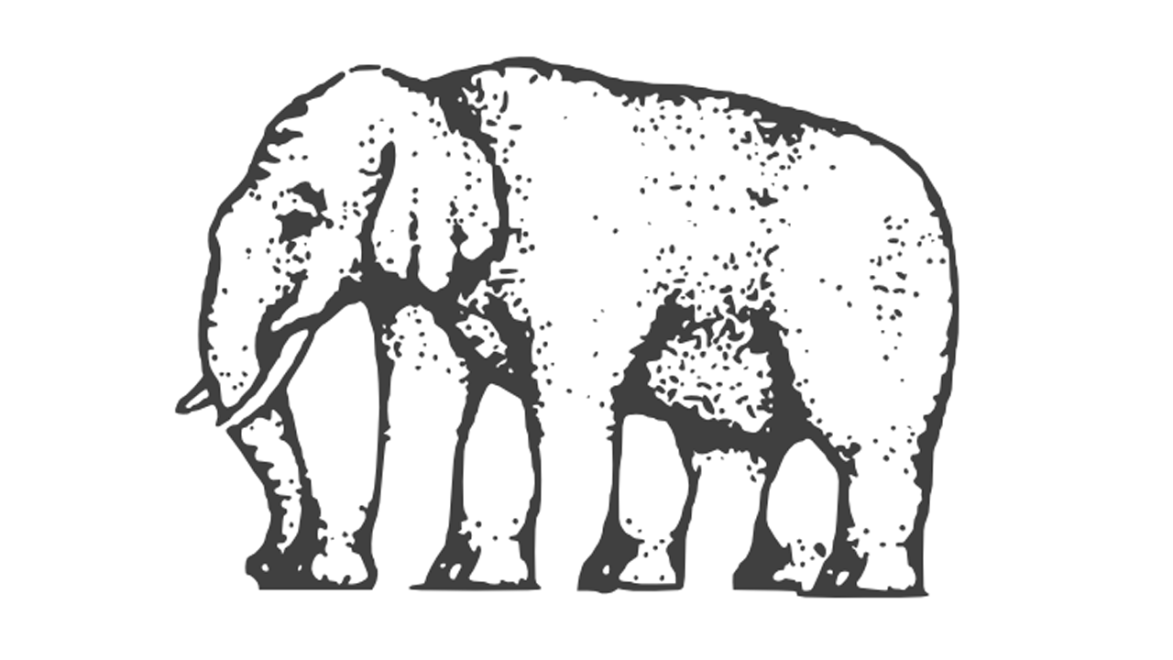
**Linear Perspective**

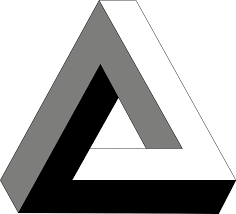
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**PERSPECTIVES:**

**Psychoanalysis. Unconscious**

**Behaviorism. Reinforcement, punishment, vicarious learning**

**Humanism. Hierarchy of needs**

**Cognitive Psychology. What we are thinking about**

**Biology. Sensory modalities**

**Sociocultural Psychology (e.g. prejudice)**

**CONSCIOUSNESS definition. What thoughts, feelings. Sensations, perceptions we are aware of at any given moment**

**CHARACTERISTICS OF ALTERED STATES OF CONSCIOUSNESS**

**Thinking, emotion, time sense, perception and sensation, control, suggestibility, ineffability**

**PSYCHOACTIVE DRUGS 152-163**

**Mode of operation. Synapse**

**Factors affecting the effects of a drug. 1st time, dose, expectations, social context, culture**

**Addiction**

**Physiological/physical**

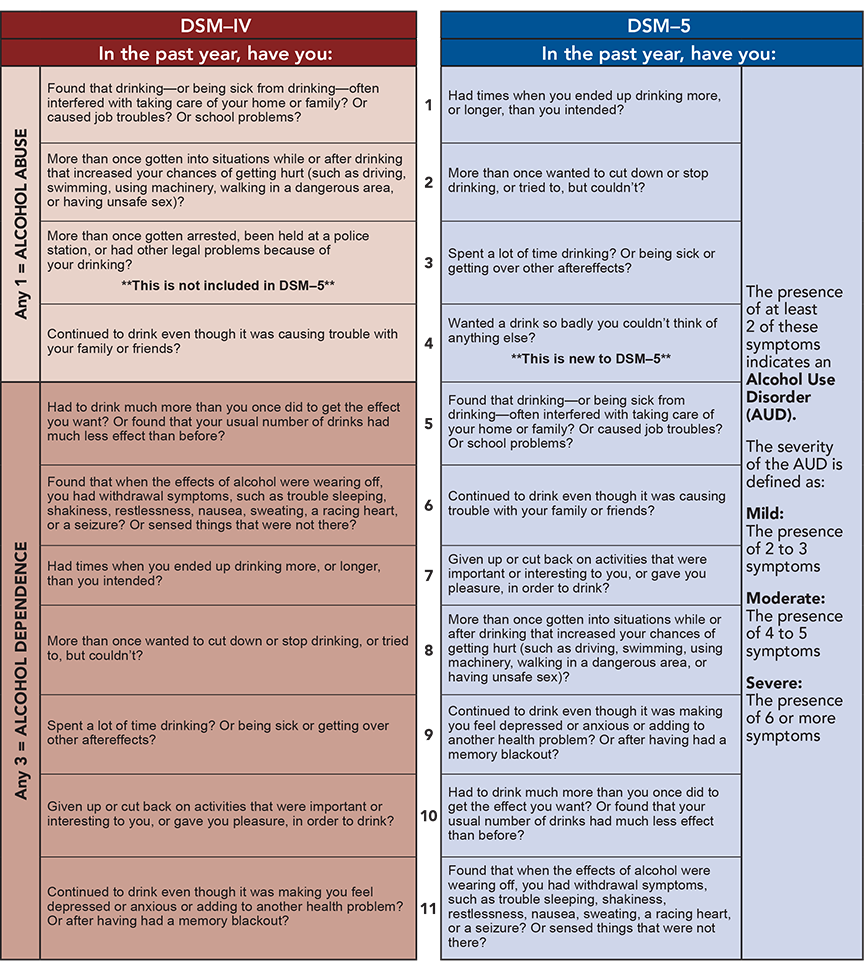
1. **Tolerance/habituation**
2. **Physical withdrawal symptoms**

**Psychological**

1. **Belief cannot function without it**
2. **Drug comes first**
3. **Withdrawal: anxiety, depression, aggression**

**A slippery slope. SEE p. 162**

**Students, why use, why addiction?**

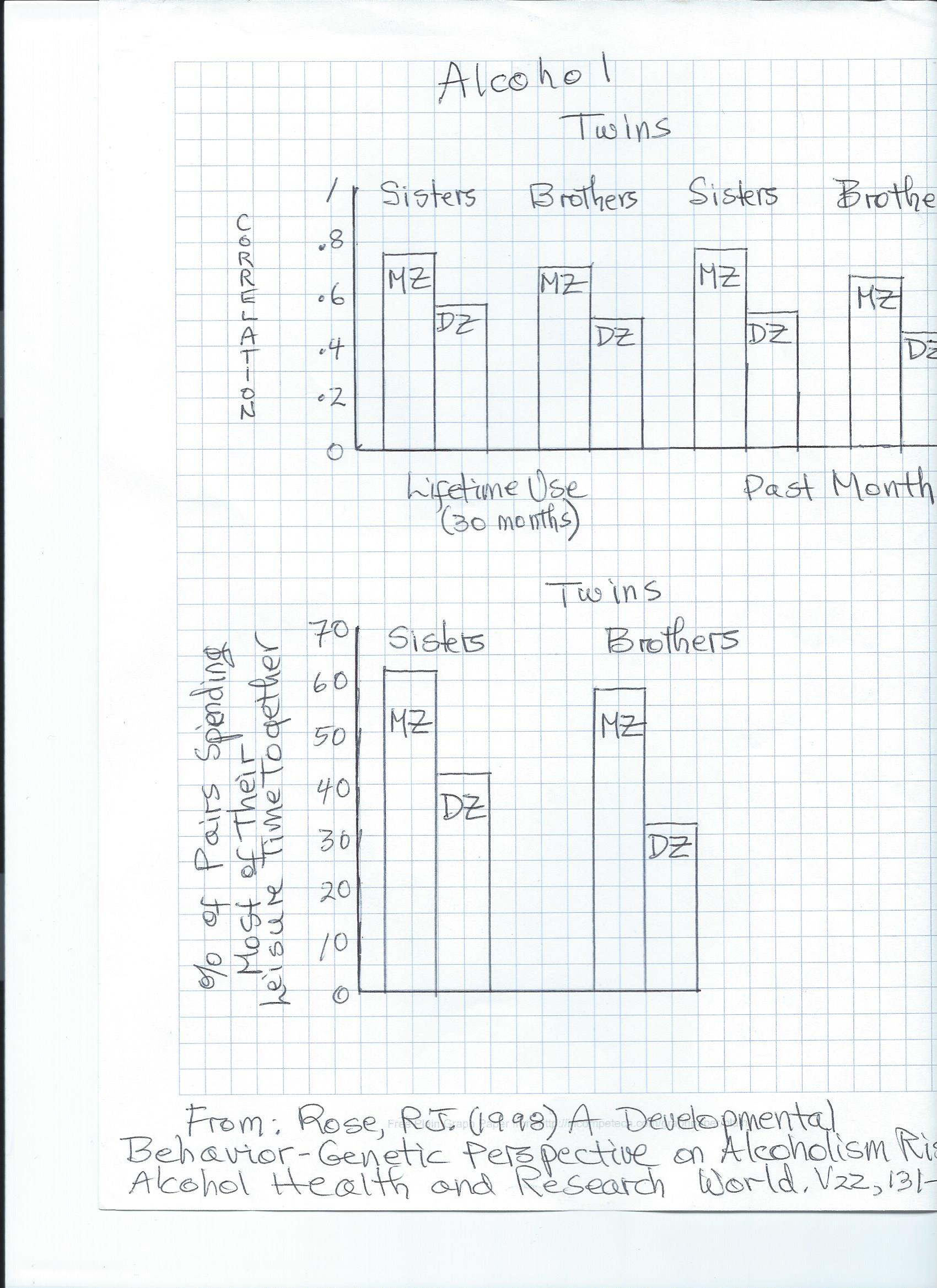


**RISK FACTORS FOR ADDICTION**

1. **Genetics; Epigenetics**

**Behavioral Genetics**

**Twin Studies, Family Studies , Adoption Studies**



1. **Personality**

**Addictive personality**

**Freud?**

1. **Behaviorism**
2. **Family**

**Abuse**

**Drug Use: Vicarious Reinforcment**

1. **Overcoming social inhibitions**
2. **Stress: inner and outer**
3. **Culture**
4. **Drug itself**
5. **Drug availability**
6. **Pre-dispositional Model**

**Treatment**

1. **12 steps**
2. **Psychotherapy**
3. **Controlled Use**
4. **Hypnosis**
5. **Reinforcement for Sobriety**
6. **Pharmacology**

**Drugs and ASC Characteristics???**

**DREAMS AND SLEEP 133-145**

1. **Prophetic**
2. **Psychological Health and Hidden Meaning**

**Freud: Manifest and Latent Content**

**Displacement**

**Projection**

**Distortion**

**Condensation**

**Symbols: personal and universal**

**Jung**

**Perls**

1. **Activation Synthesis**
2. **Dreams for Survival. P.140**
3. **Fun**

**REM SLEEP. 20% SLEEP TIME. Pages 134, 135.**

**Stages of sleep and EEG. Figure 2, p. 134**

**REM and health. 1. Deprivation and signs of psychological disorder**

**2.Rebound effect**

**Neurology and Dreams. Prefrontal Cortex less active; Limbic System more active**

**ASC Characteristics and Dreams???**

**HYPNOSIS. P. 147**

<https://youtu.be/aEl2FZE6z98>

Zimbardo

**Induction**

**Susceptibility. P. 147**

**Neo-Dissociation Theory**

**Uses:**

1. **Pain control**
2. **Change bad habits**
3. **Psychological disorders**
4. **Criminal investigation**
5. **Improve athletic and exam performance. Note: extra credit opportunity**

**ASC characteristics???**

**Students: Healthy ways of altering consciousness?**