**Quiz 3 Topics. Spring, 2021**

**Unit 7**

**Consciousness and Its Altered States**

**PERCEPTION 116-126**

 **Gestalt Laws**

 **Linear Perspective**

**PERSPECTIVES: Psychoanalysis, Behaviorism, Humanism, Cognitive Psy, Biology, Sociocult (e.g. prejudice**

**CONSCIOUSNESS definition**

**CHARACTERISTICS OF ALTERED STATES OF CONSCIOUSNESS**

**PSYCHOACTIVE DRUGS 152-163**

 **Mode of operation**

 **Factors affecting the effects of a drug**

 **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**

 **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. **Predispositional 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 psy disorder**

 **2.Rebound effect**

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

**ASC Characteristics and Dreams???**

**HYPNOSIS. P. 147**

 **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.**

**ASC characteristics?**

**Unit 8**

**Stress, the response and Stressor, the stimulus**

**General Adaptation Syndrome. P 426**

1. **Alarm.**
2. **Resistance**
3. **Exhaustion**

**STRESSORS 421-423**

 **General Principles**

 **Types of Stressors**

1. **Personal**
2. **Background stressors/daily hassles**
3. **Pressure – internal and external**
4. **Conflict**
5. **Frustration**
6. **Anger**
7. **Ill health . 427**
8. **Severe/ cataclysmic**

**POST TRAUMATIC STRESS DISORDER**

 **Signs**

 **Risk Factors**

 **Treatment**

1. **Group Therapy**
2. **Individual Therapy**
3. **Simulation; exposure**
4. **Dogs**

 **9.Burnout.**

 **Personality and Stress 430, 434-435**

 **SES**

 **Gender**

1. **Stress management. Female: talk to friends**

 **Male: fight or flight**

1. **Woman report more stress. A real difference ore gender role?**

 **Coping 428-432**

1. **Reducing or eliminating stressors**
2. **Reducing or eliminating stress**

**Unit 9**

**ABNORMAL: Definition – deviation from the norm. pp 453, 454**

 **Distinction between Gifted (also deviation from the norm) and psychological disorders.**

 **Perspectives 456-458**

1. **Possessed**
2. **Psychoanalysis. 456**
3. **Behaviorism**
4. **Humanism.**
5. **Cognitive Psychology**
6. **Biology/Medical perspective**

 **7. Socio-cultural. Role of family, society, culture, sub culture. Note that Jerry was a police officer**

 **8. Predispositional Model**

 **9. Bio-Psycho-Social Model. Genetic predisposition, personality and social expectations.**

 **e.g. Man with dependent personality (overindulged at the oral stage?) plus social expectation for independence plus genetic predisposition toward depression will lead to depression in this man**

 **10. Eclectic**

**DSM 458-460**

**Prevalence: 1 in 2 over lifetime. 30% at any given time.**

**DISORDERS**

 **Schizophrenia 474**

 **Signs. Emotion, thinking, perception and sensation, behavior**

 **Risk factors**

**Mood Disorders 470-474**

 **Depression**

 **Bipolar Disorder**

 **Perspectives.**

 **LOSS**

 **Psychoanalysis. 473**

 **Behaviorism.**

 **Cognitive**

 **Biology**

 **Evolutionary Psychology. 473**

 **Why more women than men?**

 **Recent research: Men may express depression through aggressive behavior.**

 **Anxiety Disorders 463-470**

 **Phobia**

 **OCD**

 **Somatoform Disorders**

1. **Hypochondriasis. A special case of? (above)**
2. **Conversion Disorder. La Belle Indifference**

 **Dissociative Disorders**

1. **Amnesia.**
2. **Identity. 470**

 **Personality Disorders. Definition personality? P. 384**

 **Antisocial Personality Disorder**

 **Borderline.**

 **Narcissistic. More common in women than in men**

 **Childhood disorders**

 **ADHD**

 **Autism**