**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**