

# Hypnosis

## *An Altered State of Consciousness?*

### Chapter 7

Whether or not you believe hypnosis works or does not work, psychologists do admit that it does involve heightened suggestibility.

1. the condition of being easily influenced by other people's suggestions
2. a mental state in which somebody accepts without question the ideas, attitudes, or instructions of others, usually occurring under hypnosis.



We have also seen that hypnotic procedures do not endow a person with special powers. But they can sometimes enhance a person's recall of real (and unreal) past events, aid in overcoming ailments, and help alleviate pain. So then, what IS hypnosis??

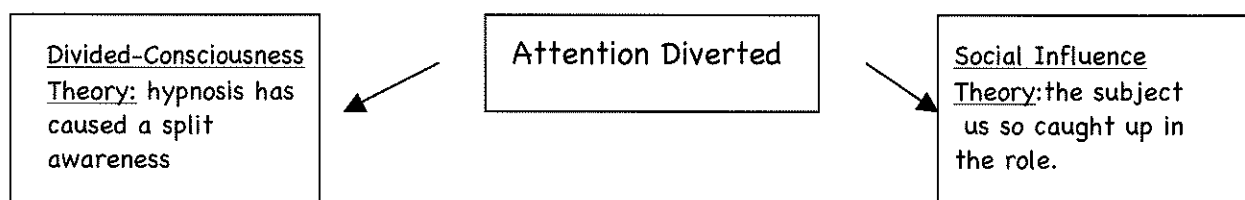
There are two main theories to explain hypnosis but there is still a lot of controversy on whether hypnosis is an actual 'altered state.'

#### **1) Social Influence Theory**

Argues that hypnotic phenomena- like behaviour associated with other supposed altered states, such as dissociative identity disorder and spirit or demon possession- are an extension of everyday social behaviour. Hypnotic subjects are imaginative actors caught up in playing the role of hypnotic subject.

#### **2) Divided-Consciousness Theory**

Argue that social influence AND a special state of dissociated (divided) consciousness combine for a hypnotic subject. They argue that hypnotic dissociation is a vivid form of everyday mind splits. For example, multi-tasking and thinking of something else.



# PSYCHOACTIVE DRUGS

## DEPRESSANTS (aka: Downers)

- Calm neural activity and slow body functions
- Three main Depressants:
  - o 1) Alcohol
  - o 2) Barbiturates (tranquilizers)
  - o 3) Opiates (opium, morphine, heroin)

## STIMULANTS (aka: Uppers)

- temporarily excite neural activity and arouse body functions
- FOUR main Stimulants:
  - o 1) Caffeine (coffee, chocolate, soda)
  - o 2) Nicotine
  - o 3) Amphetamines
  - o 4) Cocaine
- Stimulants also called "Speed" for speeding up heart rate and breathing

## HALLUCINOGENS (aka: Psychedelic drugs)

- distort perceptions and evoke vivid images
- Marijuana (THC- most active ingredient)
- LSD (Lysergic Acid Diethylamide)
- PCP (Angel Dust)

Drugs in all three categories do their work at the brain's synapses, by stimulating, inhibiting, or mimicking the activity of neurotransmitters, the brain's chemical messengers.