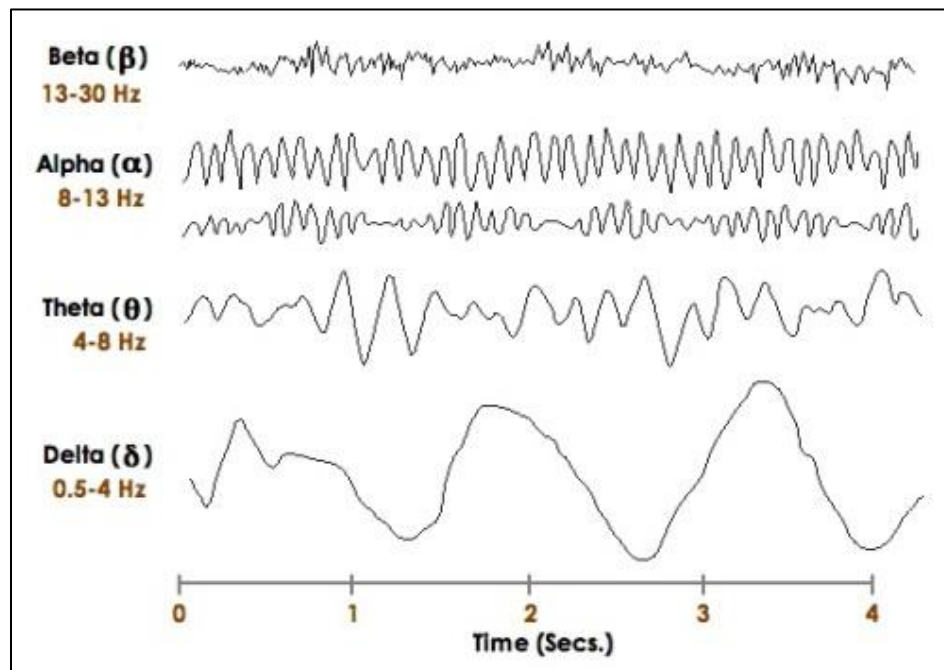
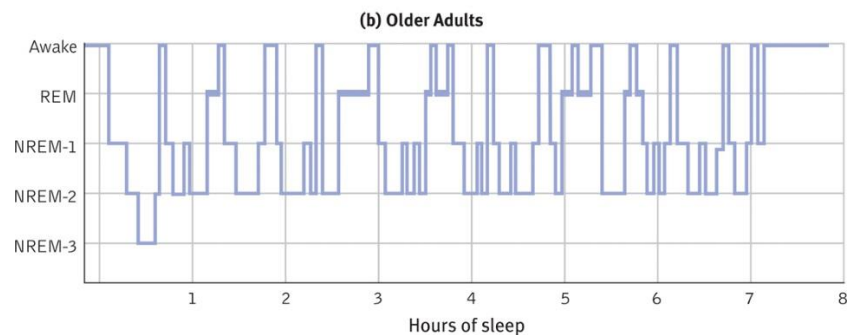
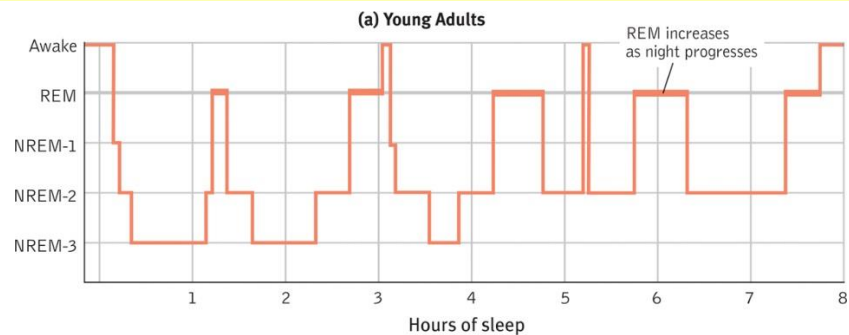
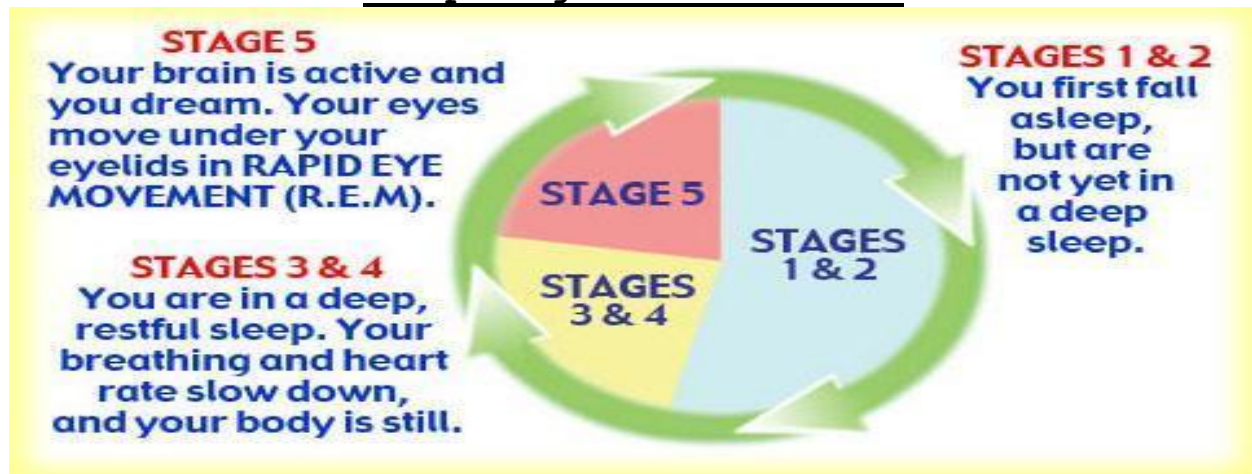


Unit 5 Handout

Sleep Stages & Brain Waves



Dream Theories

Dream Interpretation Theories

- **Wish Fulfillment Theory**
 - Freud's theory that stated our dreams were our unconscious mind's way of solving conflicts, fulfilling wishes, dealing with stress, etc.
- **Information Processing Theory**
 - Theory stating our dreams are the mind's way of processing and organizing each day's events into meaningful information and memories
- **Activation Synthesis Theory**
 - Theory that states our dreams are simply the mind's interpretation of the random neural activity that takes place during REM Sleep

Hypnosis

What hypnosis is

A trance-like state of heightened susceptibility to the suggestion of others.

Modern research has shown that it's not like sleep, the subject is actually alert the whole time. It's most comparable to daydreaming.

There are several different ways to get a subject into a hypnotic trance:

Fixed-gaze induction - method often seen in movies, when the hypnotist waves a pocket watch in front of the subject. Main idea is to get the subject to focus on an object and "tune out" everything else. The popularity of this method is waning, since it doesn't work on a large percent of the population.

Rapid - method used to overload the mind with sudden, firm commands. This method is mostly used by stage or entertainment hypnotists.

Progressive relaxation and imagery - method that uses slow, soothing voice to bring on complete relaxation and help the subject to focus which leads to full hypnosis. This method is used most commonly by psychiatrists.



5 - 10 % of people can't be hypnotized at all!



15% of people Can be hypnotized Very easily!

What hypnosis is not

There are many misconceptions about hypnosis and what it can do. Listed below are some of the most common ones:

1. Acting out against your will:

People in a hypnotic trance still maintain free will. No one under hypnosis will reveal deep, dark secrets. No one will harm themselves or others while under a trance.

2. Only weak-minded, gullible people can be hypnotized or that it weakens the mind.

There is no relation between the capacity to be hypnotized and gullibility or intelligence. To be hypnotized, people must be willing and active.

3. Forgotten childhood memories can be recovered.

At this time, there is no connection between the hypnotic state and accurate memories of past experiences and, in fact, false memories can occur if handled by a licensed professional.



Also? A person *can't* be left in a hypnotic state permanently.

Drugs

A GUIDE TO SELECTED PSYCHOACTIVE DRUGS

Drug	Type	Pleasurable Effects	Adverse Effects
Alcohol	Depressant	Initial high followed by relaxation and disinhibition	Depression, memory loss, organ damage, impaired reactions
Heroin	Depressant	Rush of euphoria, relief from pain	Depressed physiology, agonizing withdrawal
Caffeine	Stimulant	Increased alertness and wakefulness	Anxiety, restlessness, and insomnia in high doses; uncomfortable withdrawal
Methamphetamine ("speed," "ice")	Stimulant	Euphoria, alertness, energy	Irritability, insomnia, hypertension, seizures
Cocaine	Stimulant	Rush of euphoria, confidence, energy	Cardiovascular stress, suspiciousness, depressive crash
Nicotine	Stimulant	Arousal and relaxation, sense of well-being	Heart disease, cancer (from tars)
Ecstasy (MDMA)	Stimulant; mild hallucinogen	Emotional elevation, disinhibition	Dehydration and overheating, depressed mood and cognitive functioning
Marijuana	Mild hallucinogen	Enhanced sensation, relief of pain, distortion of time, relaxation	Disrupted memory, lung damage from smoke