

# Unit V: States of Consciousness

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# Unit V - Overview

- 22 – Understanding Consciousness & Hypnosis
- 23 – Sleep Patterns & Sleep Theories
- 24 – Sleep Deprivation, Sleep Disorders & Dreams
- 25 – Psychoactive Drugs

# Unit V: States of Consciousness

Module 22

Understanding Consciousness  
& Hypnosis



# Module 22

## Understanding Consciousness and Hypnosis

### Module Learning Objectives

- 22-1** Describe the place of consciousness in psychology's history.
- 22-2** Define *hypnosis*, and describe how a hypnotist can influence a hypnotized subject.
- 22-3** Discuss whether hypnosis is an extension of normal consciousness or an altered state.



# Defining Consciousness

22-1

# Forms of Consciousness

22-1

Consciousness, modern psychologists believe, is an awareness of ourselves and our environment.



Some occur spontaneously	Daydreaming	Drowsiness	Dreaming
Some are physiologically induced	Hallucinations	Orgasm	Food or oxygen starvation
Some are psychologically induced	Sensory deprivation	Hypnosis	Meditation

# Hypnosis

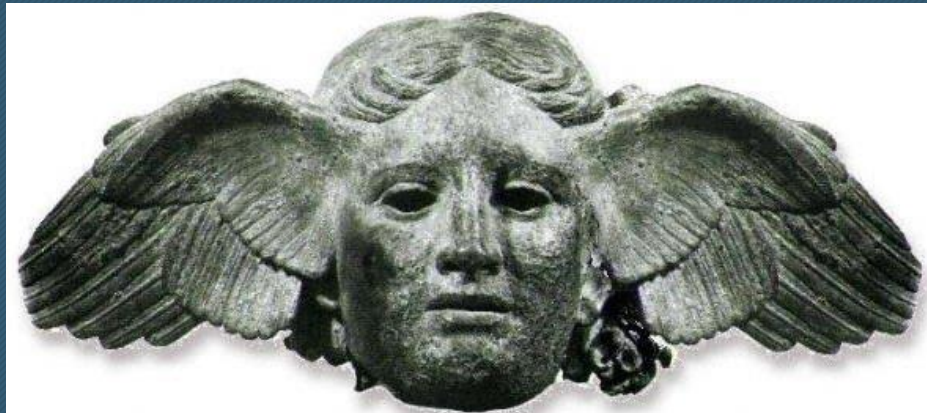
22-2

# Hypnosis

22-2

A social interaction in which one person (the hypnotist) suggests to another (the subject) that certain perceptions, feelings, thoughts, or behaviors will spontaneously occur.

*Hypnos: Greek god of sleep*





# FAQs About Hypnosis

22-2

Those who practice hypnosis agree that its power resides in the subject's openness to suggestion.



Can anyone experience hypnosis?

Yes, to some extent.

Can hypnosis enhance recall of forgotten events?

No.

# Facts and Falsehood

22-2

Can hypnosis force people to act against their will?

No.

Can hypnosis be therapeutic?

Yes. Self-suggestion can heal too.

Can hypnosis alleviate pain?

Yes. Lamaze can do that too.

- Hypnosis seems especially helpful for treatment of obesity, but drug, alcohol, and smoking addictions have not responded well to hypnosis.
- In controlled studies, hypnosis produced the same results as positive suggestions given without hypnosis.



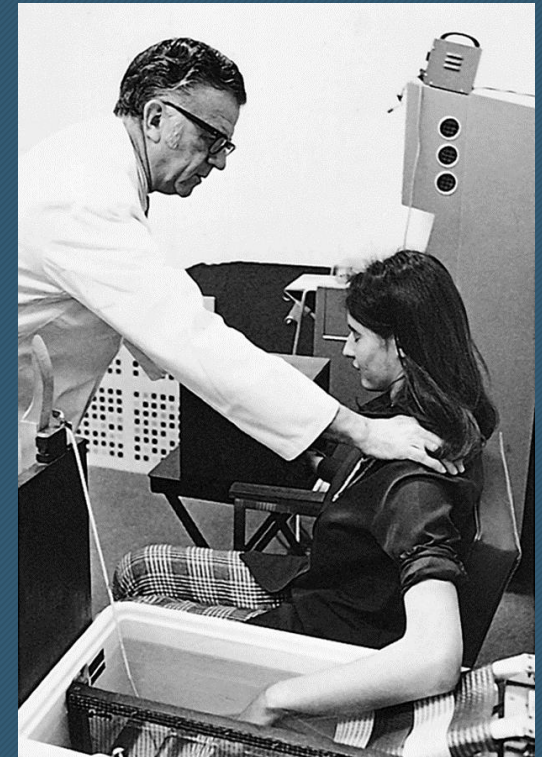
# Explaining the Hypnotized State

22-3

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22-3

1. Social Influence Theory: Hypnotic subjects may simply be imaginative actors playing a social role.
2. Divided Consciousness Theory: Hypnosis is a special state of dissociated (divided) consciousness (Hilgard, 1986, 1992).



# Biopsychosocial Analysis of Hypnosis

22-3

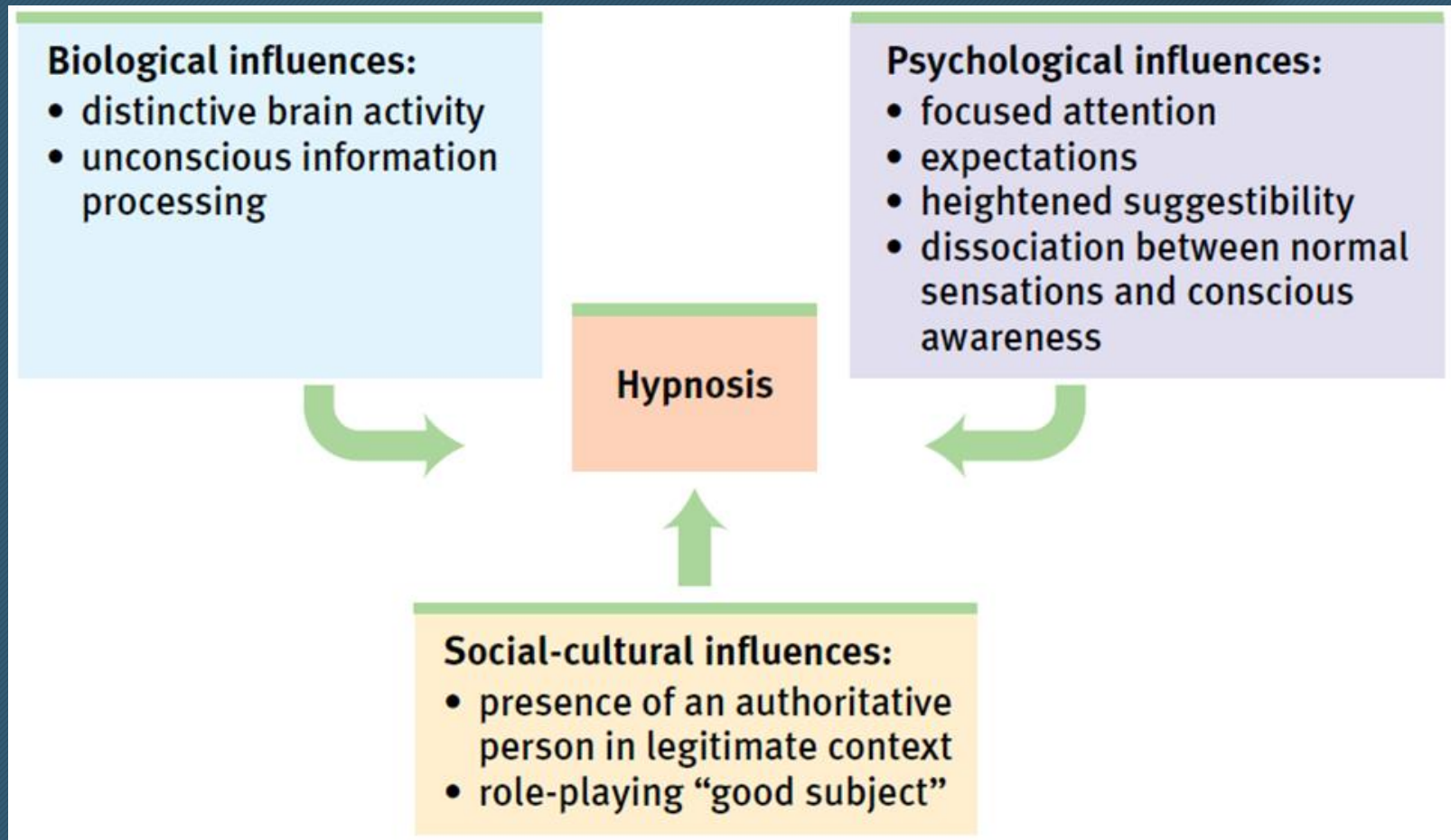


Figure 22.3, p. 222