States of Consciousness
Topics of the Unit

- Sleeping/Dreaming
- Sleeping Disorders
- Hypnosis
- Altered States from Psychoactive Drugs
- Drug Dependence
What is consciousness?

- Very difficult to define
  - Each field of research does it slightly different

- Psychology:
  - Your awareness of everything that is going on around you and inside your own head at any given moment
    - We use this awareness to organize our behavior (including thoughts, sensations, and feelings)
Discussion

- What do you think are levels of consciousness?
Levels of Consciousness

- We can experience different levels all at once and throughout the day

- 1 – Conscious level
  - Info about yourself and environment you are currently aware of

- 2 – Nonconscious level
  - Body processes controlled by mind that we are unaware of (digestion, heartbeat)
Levels of Consciousness (cont.)

- **3 – pre-conscious level**
  - Info that you’re not currently thinking of but could if you wanted to (your favorite childhood toy)

- **4 – subconscious level**
  - Info that we are not aware of but our behavior demonstrates it is being processed (fear priming)

- **5 – unconscious level**
  - Debatable....Freud/psychoanalytics
    - Some feelings are unacceptable to our brain...so we repress
Crash Course -
Hypnosis
Discussion

- Have you ever been hypnotized?
- Seen someone else?
- Discuss what you saw

What do you think are myths and truths about hypnotization?
Hypnosis

- A state of consciousness when a person is especially susceptible to suggestion

**Steps Usually Taken:**

1. focus on what’s being said
2. relax and feel tired
3. “let go” and accept suggestions easily
4. use vivid imagination
Hypnotizability Test
Crash Course – Altered States
Hypnosis Today – film/reading