

WEEK 3

Consciousness

Consciousness

- Levels
 - Conscious
 - Preconscious/ Subconscious
 - Non conscious/ Unconscious
- Stream of Consciousness

Forms of Consciousness

- Controlled Processes
 - Attention
 - Focused Awareness
- Automatic Processes

Biology and Consciousness

- Circadian Rhythms
 - Definition
 - Infradian
 - Ultradian
- Based on Cues
 - Internal
 - External
- Internal Desynchronization
- Bio Rhythms and Moods

Pre Conscious

- Definition
- Role
 - Survival
 - Intuition
 - Primary

Sleep and Dreams

- Sleep Definition
- Consciousness
- Day Dreams
 - Definition
 - Role

Stages of Sleep

- Falling Asleep
- Completely Asleep
- Deep Sleep
- Deepest Sleep
- REM Sleep
 - Progression
 - Dreams
 - Paradoxical Sleep

Role of Sleep

- Restorative and Repair Theory
- Ecological

Sleep Disorders

- Insomnia
- Somnambulism
- Nightmares/ Night Terrors
- Narcolepsy
- Apnea

Dreams

- Definition
- Introduction
 - Causes of Dreams

Unconscious Wish Fulfillment (Freud)

- Hidden Desire
- Manifest vs. Latent Content
- Current Status

Problem Focus Approach

- Concerns and Solutions
- Status

Housekeeping Approach

- Data assimilation and Elimination
- Snippets
- Status

Activation Synthesis Approach

- Random Burst of Energy
- Natural Ordering
 - Scenario Formation
 - Status

Altered States of Consciousness

- Definition
- Introduction
- Inducements
 - Internal
 - External
- Hallucinations

Internal

- Meditation
- Religious Ecstasy
- Illness
- Stress

External

- Psychoactive Drugs
 - Definition
 - Types
 - Stimulants
 - Depressants
 - Opiates
 - Psychedelics

Common Characteristics

- Tolerance
- Addiction
- Withdrawal
- Dependency

Effects

- Physiological
- Behavioural

Factors That Affect Intensity/Behaviour

- Physical
- Experience
- Environmental Setting
- Expectation

Hypnosis

- Key Terms
 - Post Hypnotic Suggestion
 - Post Hypnotic Amnesia
 - Hypnotic Suggestability

Nature Of Hypnosis

- Vs Sleep
- Willingness
- Contrary Behaviour
- And Memory
- Digression
- As a Treatment

Theories

- Disassociation
 - Split Consciousness
 - “Hidden Observer”
- Socio Cognition
 - Social Contract
- State Theory