

VII. Hypnosis

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

Posthypnotic Suggestion

- suggestion to be carried out after the subject is no longer hypnotized
- used to control undesired symptoms and behaviors

Posthypnotic Amnesia

- inability to recall what one experienced during hypnosis
- induced by the hypnotist's suggestion

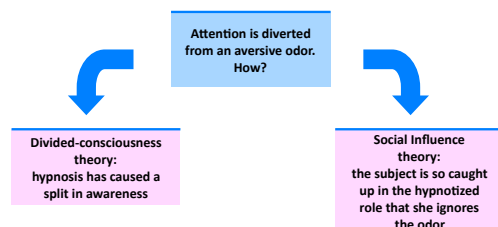
Hypnosis and Pain

Disassociation

- a split in consciousness
- allows some thoughts and behaviors to occur simultaneously with others

Hypnosis

Divided Consciousness or Social Phenomenon?



Hypnosis...

- Hypnosis CAN
 - Help people relax
 - Reduce pain
 - Get people to make better progress in therapy
- Hypnosis CANNOT
 - Produce acts of superhuman strength
 - Produce age regression
 - Force you to do things against your will

VIII. Sensory Deprivation (SD)

- Any major reduction in amount or variety of sensory stimulation
- Benefits
 - Sensory enhancement
 - Relaxation
 - Changing habits
- REST: Restricted Environmental Stimulation Therapy

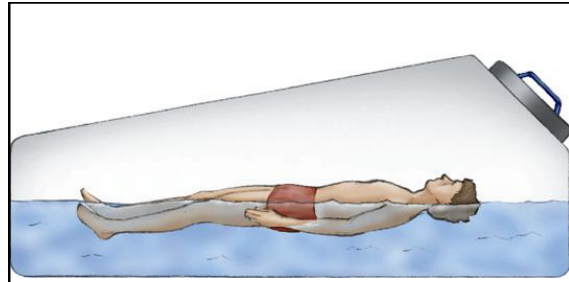


Fig. 7.10 A sensory isolation chamber. Small floatation tanks like the one pictured have been used by psychologists to study the effects of mild sensory deprivation. Subjects float in darkness and silence. The shallow body-temperature water contains hundreds of pounds of Epsom salts so that the subjects float near the surface. Mild sensory deprivation produces deep relaxation.

IX. Meditation

- A set of techniques used for altering consciousness through contemplation (control the autonomic)

Concentrative

- Contemplation by focusing on an object
- Cross-legged, Om, focused breathing

Yoga

- Concentrative meditation as exercise

Opening-Up

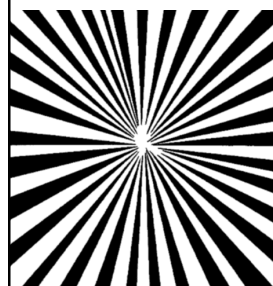
- Meditation during every day life



A Buddhist monk has his vital signs measured as he prepares to enter an advanced state of meditation in Normandy, France. During meditation, the monk's body produces enough heat to dry cold, wet sheets put over his shoulders in a frigid room.

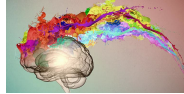
http://news.harvard.edu/gazette/2002/04_18/09-tummo.html
<http://www.bbc.co.uk/news/world-us-canada-12661646>

X. Near Death Experiences



- an altered state of consciousness reported after a close brush with death
- often similar to drug-induced hallucinations

XI. Synesthesia



- When one sensory images automatically elicits another, separate sensation
- le: grapheme-color
- Estimates range from 1 in 200 to 1 in 100,000
- More common in: women, left-handed, above average IQ, in same family..