

Altered States of Consciousness



Did you know? Many men troubled by erectile dysfunction have sleep-related erections, suggesting the problem is not between their legs.

Hypnosis



- **Hypnosis**: an altered state of consciousness characterized by a narrow focus of attention and heightened suggestibility



How it Happens

- get participant to lose interest in external distractions
- focus on one tiny aspect of reality
- participant **MUST** trust therapist – relationship of cooperation

HOW TO HYPNOTIZE

how to HYPNOTIZE

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Who Can Be Hypnotized?



- Correlated with rich fantasy life, imagination, and ability to focus
- 20% highly hypnotizable, 10% difficult/impossible
- Almost everyone is at least a *little* suggestible

Theories on Why it Happens

- consciousness includes many different parts that become separated during hypnosis
- participant is just complying with social demands
 - Authoritative figure



**Attention is diverted
from an aversive odor.
How?**

**Divided-consciousness
theory:**

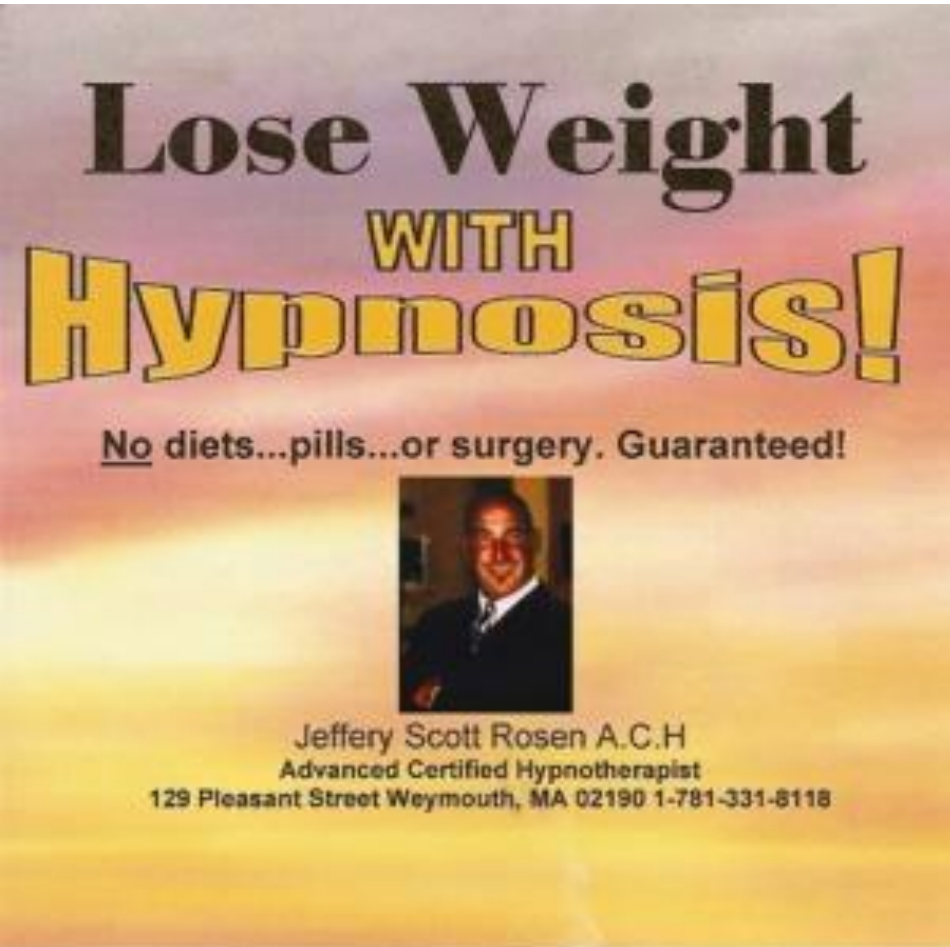
Hypnosis has caused a
split in awareness.



**Social influence
theory:**


The subject is so caught
up in the hypnotized role
that she ignores the
odor.

Uses of Hypnosis



**Lose Weight
WITH
Hypnosis!**

No diets...pills...or surgery. Guaranteed!



Jeffery Scott Rosen A.C.H
Advanced Certified Hypnotherapist
129 Pleasant Street Weymouth, MA 02190 1-781-331-8118

- post-hypnotic suggestions
 - Successes: Woman with sores all over her body cured, obesity
 - Does not work as well with quitting drugs, alcohol, or smoking
- pain control
 - Dissociation
- therapy

Common Myths of Hypnosis

- The hypnotist can get you to do anything. **NOT TRUE**
- Recalled memories through hypnosis are 100% accurate. **NOT TRUE**
 - Leading questioning



- Only “weak minded” people can be hypnotized. **NOT TRUE**



Levels of Consciousness

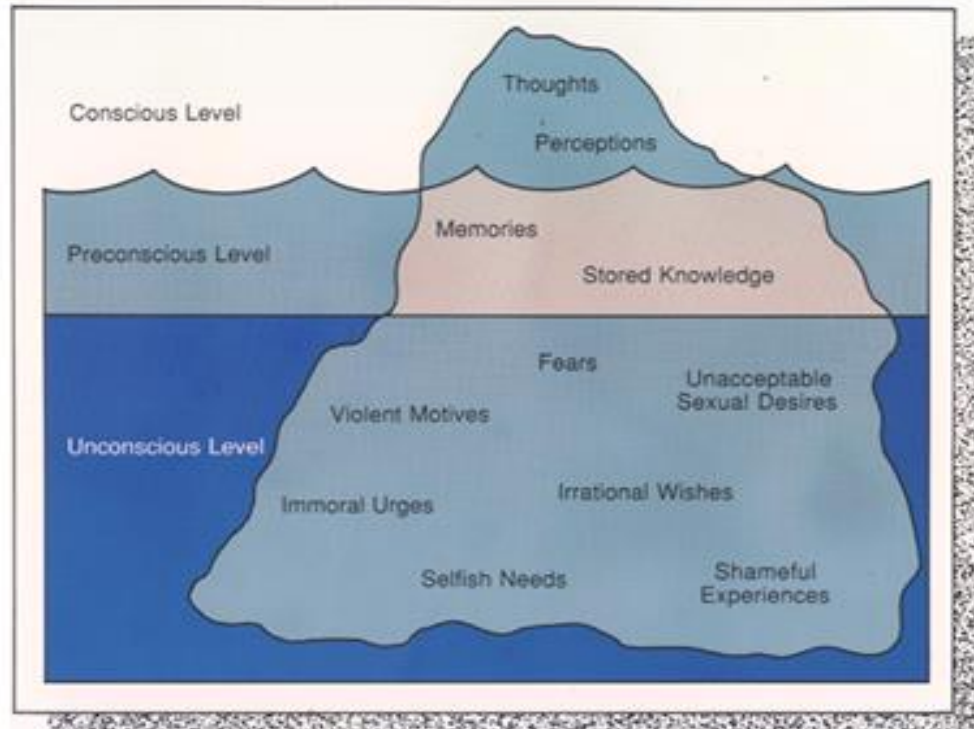
**Normal or waking
Consciousness** – active
conscious that you are
currently thinking about

Preconscious – information
that is not conscious but is
retrievable into conscious
awareness

****also includes nonconscious:
automatic behaviors
(breathing, blinking, etc.)**

Unconscious – information
processing of which we are
unaware

PERS 5 Freud's View of the Human Mind: The Mental Iceberg



© by Allyn and Bacon

Daydreaming

- A dreamlike musing or fantasy while awake
- Students spend about 1/3rd of lecture time daydreaming, mostly about sex



Daydreaming

- Next two most common themes:
 - Conquering hero and suffering martyr



Meditation

- A self-directed practice for calming the body and relaxing the mind



Meditation

- Increased relaxation of body
- Better awareness of body and concentration
- Heart rate decreases
- Blood pressure and cardiovascular risk reduced

