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Chapter 4 Short Questions

1. Hypnosis is an altered state of consciousness that can be induced by a clinician through relaxation and suggestion at a doctor's office. Hypnosis can be used to alter the patient's thoughts, and perceptions, to change behaviors such as addictions and may serve to extract information that has been deeply buried or repressed in someone's memory, although there is not enough conclusive scientific evidence to prove the latter. Hypnosis has been used to treat pain, depression, anxiety, smoking cessation, weight loss, PTSD, menopausal symptoms, and other conditions. The four main stages involved in hypnosis are the induction phase, in which an eye fixation technique is used. The patient is guided to focus the eyes on one thing, such as a pendulum; a repetitive sound such as a watch ticking, the physician's words, or counting for relaxation. In the second stage, the patient is directed to a deeper state of increased relaxation or sleep. In the third stage, the patient is encouraged and let go of resistance, trust the hypnotist, and be open to the process of hypnosis of persuasion by suggestion.

In the fourth stage, the patient is elicited to use their imagination to find the solution to an issue, and treatment can begin by using different psychotherapy methods. At this point, it may be possible to facilitate emotional discharge and exploration of the patient's memories and experiences buried in the subconscious.

2. Meditation is also an example of an altered state of consciousness. It consists of quieting the mind and emptying it of any thoughts, worries, or worldly distractions to achieve an

inner state of relaxation and awareness of the present moment. Unlike hypnosis, meditation can be done without the intervention of a clinician. An individual may choose to meditate by himself, in a group, or be guided by an instructor. Meditation can be practiced at any time. An individual practicing meditation may focus on the breath, repeated sounds, or a mantra. Meditation is associated with religions such as Buddhism, and Hinduism, as a practice for purification and a means to reach a higher state of spiritual liberation called Nirvana or Moksha respectively. Meditation has crossed over to the West and has become a popular technique without religious connotations. It is used as a means to alleviate stress from everyday modern life and attain a relaxed and peaceful state of mind.

8. Parasomnias are a group of sleep disorders that are characterized by involuntary, unwanted disruptive motor activity, strange and sometimes dangerous behaviors, and activities that occur during sleep, over which the individual has no control or awareness of these episodes. In most cases, the individual has no recollection of these events after waking up. Parasomnias can occur during the REM or NREM phases of sleep. According to sleepfoundation.org, examples of REM-related Parasomnias are REM sleep behavior disorder, recurrent isolated sleep paralysis, and nightmare disorder. NREM- related parasomnias include confusional arousal, sleepwalking, night terrors, sleep-related sexual abnormal behavior, and a sleep-related eating disorder. Other parasomnias are exploding head syndrome, Sleep-related hallucinations, restless leg syndrome, and bed wetting.

9. Alcohol is a depressant that suppresses central nervous system activity. Low doses produce feelings of euphoria, whereas high doses have a sedative effect. Excessive and continued use of alcohol creates physical dependence, and users will experience tolerance and withdrawal. Some of the most common physical effects of intoxication are lowered inhibitions, poor

judgment, lower levels of alertness, erratic, sometimes violent behavior, slow reaction time, impaired vision, speech, balance, and poor coordination. Long-term physical effects include cirrhosis of the liver and other cancers, pancreatitis, memory loss, mental function degeneration, high blood pressure, heart disease, and stroke, amongst others.

11. Hallucinogenic or psychedelic drugs are a group of drugs that produce alterations in sensory and perceptual experiences such as auditory and visual hallucinations, dissociation, psychosis, paranoia, and a distorted perception of reality. Some of the most common hallucinogenic drugs are LSD, PCP (angel dust) Mescaline, Psilocybin (magic mushrooms), DMT, and Ketamine. They are dangerous drugs because they can lead to serious accidents and even death. For example, there have been cases of users jumping out of windows thinking they could fly. They can also cause seizures and an accidental overdose.