

PSY470

Unit #4

Question #1

The four stages involving bringing a person into a hypnotic state are guided to focus on one thing, such as the hypnotist's words or a ticking watch. Second, a person is made comfortable and is directed to be relaxed and sleepy. Third, the individual is told to be open to the hypnosis process, trust the hypnotist, and let go. The last stage is the participant is encouraged to use their imagination. These steps are essential for the person to stay open to the success of being hypnotized.

Question #2

Hypnosis is when a therapist or hypnotist alters a person's thoughts and perceptions; It is defined as a state of focused attention in which people can be more responsive to suggestions. It is also used to help a person remember a forgotten memory. The difference in meditation is that the person focuses on their breath or a sound to increase awareness at the moment, and meditation is done alone.

Question #9

The physical effects of alcohol begin with the central nervous system. Alcohol is in a class of psychoactive drugs, which are depressants, and they tend to suppress nervous system activity. Alcohol changes our consciousness. It changes how we feel. It gives feelings of euphoria. However, it can also sedate a person. Alcohol slows down reaction time and visual accuracy. Sometimes, people feel out of control and less alert in their surroundings. A person with increasing use becomes dependent, their bodies become tolerant, and withdrawal becomes physically dangerous.

#### Question #11

Hallucinogen is a drug that alters a person's sensory and perceptual experiences. People will often experience visual hallucinations. It also causes hallucinations of body sensations. For example, people feel more significant in size and skewed perceptions of the passing of time. Different hallucinogens affect the other neurotransmitter systems. For instance, the hallucinogen Mescaline and LSD are serotonin agonists and PCP and ketamine act as antagonists of the NMDA glutamate receptor. The hallucinogen does not have the same addictive potential as other drugs like opioids and alcohol.

#### Question #13

Withdrawal is a very difficult experience, and it is hazardous when done without a doctor's care or in a hospital. It is life-threatening for people who have a long history of using drugs and alcohol, especially drugs such as barbiturates. People who want to stop using heroin will experience excruciating withdrawal. Most often, to help with the withdrawal, they will be put on a methadone program to make it less physically painful. It also helps to increase a person's success going back to using heroin. The person who is a heavy drinker and now wants to quit the withdrawals they will experience are called DTs. These are delirium tremors; this is the most severe withdrawal from alcohol. DTs produce altered mental confusion and sympathetic overdrive, which can cause a person to go into cardiac arrest. Other withdrawal symptoms from various drugs and alcohol may cause anxiety, nausea, vomiting, and insomnia.

#### Question #15

A night terror is an example of parasomnias. It is a sleep disorder in which a person wakes terrified. A person feels a sense of panic and is accompanied by screams and escape from bed. The next day they usually have little memory of the night before. Night terrors occur during the NREM phase of sleep. There is typically no treatment for a person's night terrors unless other underlying factors contribute.

#### Question #19

Parents can protect their children by placing their infants on their backs when sleeping. The crib should be cleared of any items that may pose suffocation threats. These items include stuffed animals, blankets, pillows, crib padding, and any other item other than the infant should be removed. There should be no smoking in the home, and caps that may cause overheating should be removed from the baby's head during sleep.

#### Question #20

Nicotine found in cigarettes is highly addictive. Nicotine applies its effects with the interaction with the acetylcholine receptors, which function as a neurotransmitter in motor neurons. In the central nervous system, it plays a role in arousal and reward mechanisms. Cigarettes are designed to deliver nicotine rapidly to the brain, which triggers the release of the chemicals that make you feel good.

### Video: Circadian Rhythms

Circadian rhythm is understood as mental and physical changes occurring in a person for 24 hours. This information is essential for me, especially in my work and schedule. For example, I work overnights, so I am mindful of napping and mindful when my body needs more sunlight. It is also helpful in my studies, eating habits, and body exercise.

### Video: Medical Use of Marijuana

I am so on the fence about the use of medical marijuana. I feel it needs to be used as prescribed if a person genuinely uses it as it is prescribed. Unfortunately, this is often the problem. It is often abused and turns into addiction, causing more problems.

I can't think of any good answers to the critical controversy other than it is strictly regulated and more information being made aware of how harmful and addicting it can be even if it is legally prescribed.