

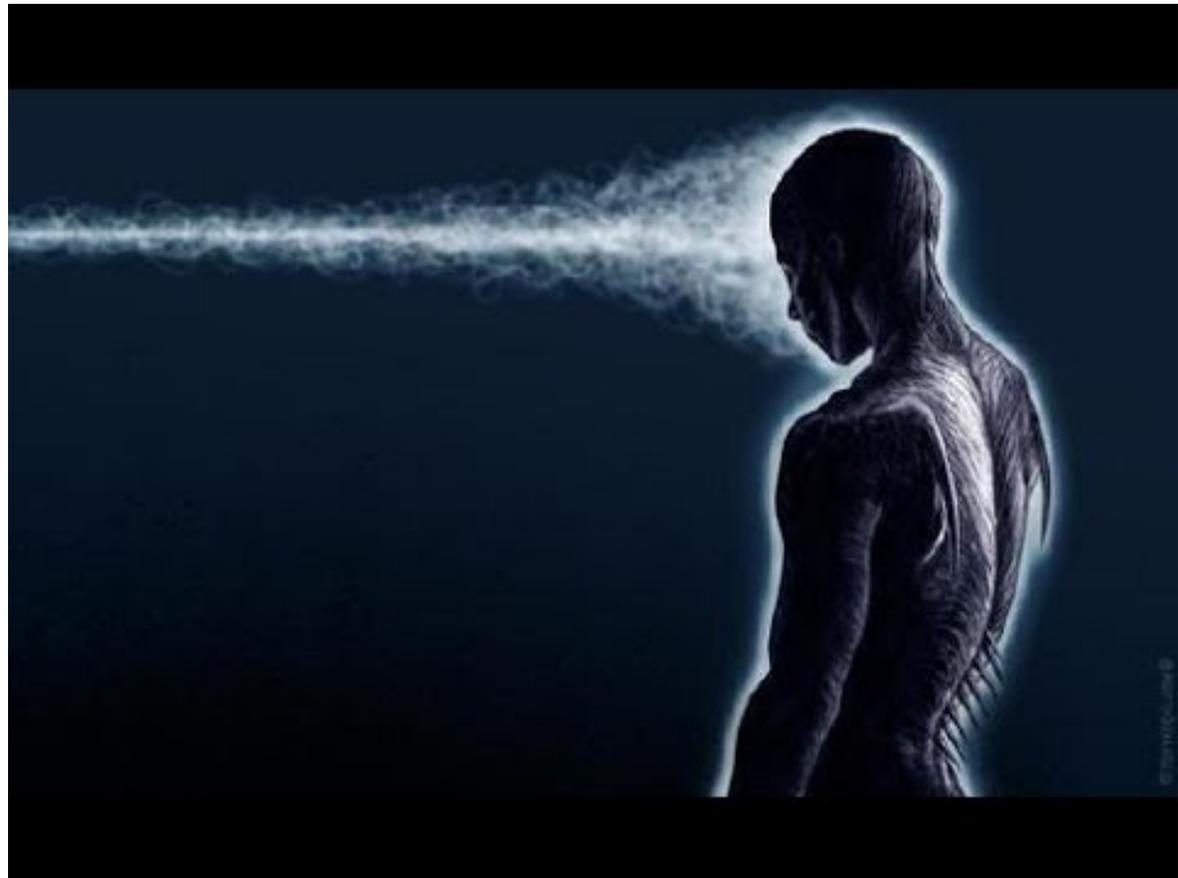


# Behaviourism

- A School of thought that systematically avoided and opposed the study of Consciousness during the first half of the century, because it was thought that Consciousness was not measurable or objective
- Behaviourism only focuses on measurable evidence

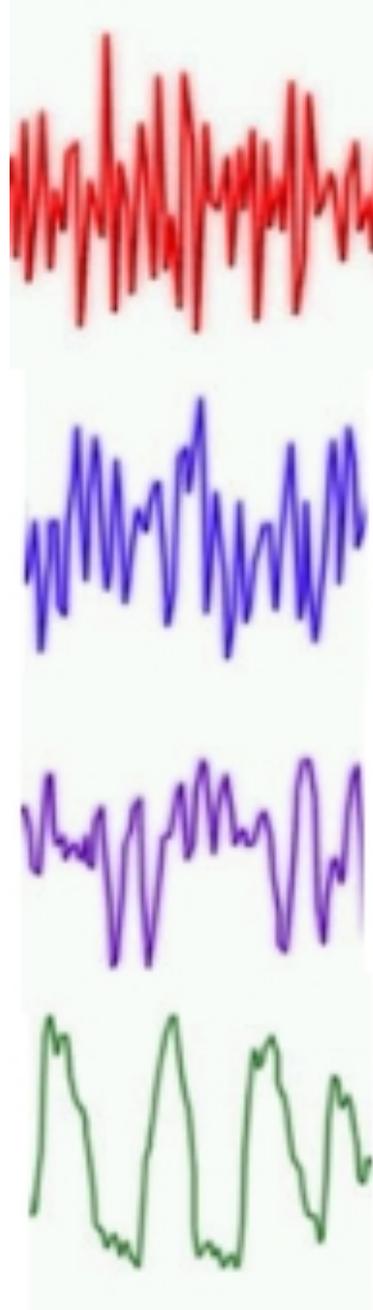
# Consciousness

- The state of being aware and alert



**Delta waves**  
= Deep sleep;

**Alpha waves**  
= Almost  
asleep, but not  
yet asleep!



**Beta 15-30 Hz**

Awake, normal alert  
consciousness

**Alpha 9-14 Hz**

Relaxed, calm, meditation,  
creative visualisation

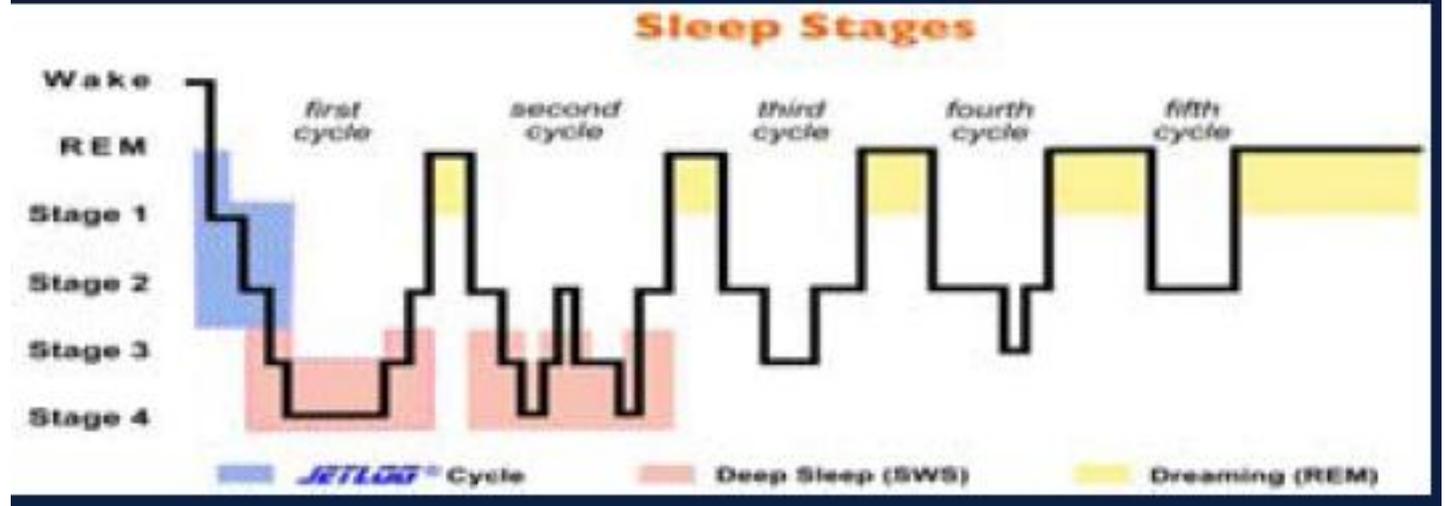
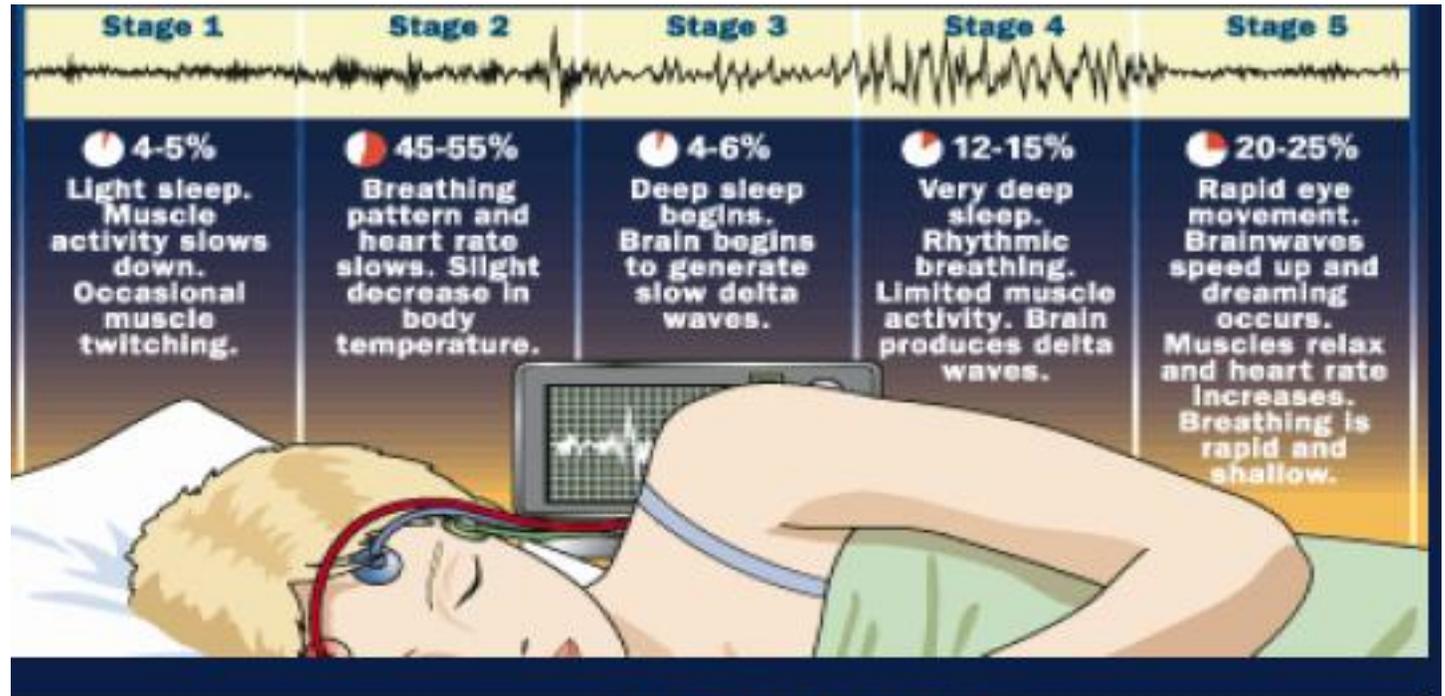
**Theta 4-8 Hz**

Deep relaxation and  
meditation, problem  
solving

**Delta 1-3 Hz**

Deep, dreamless  
sleep

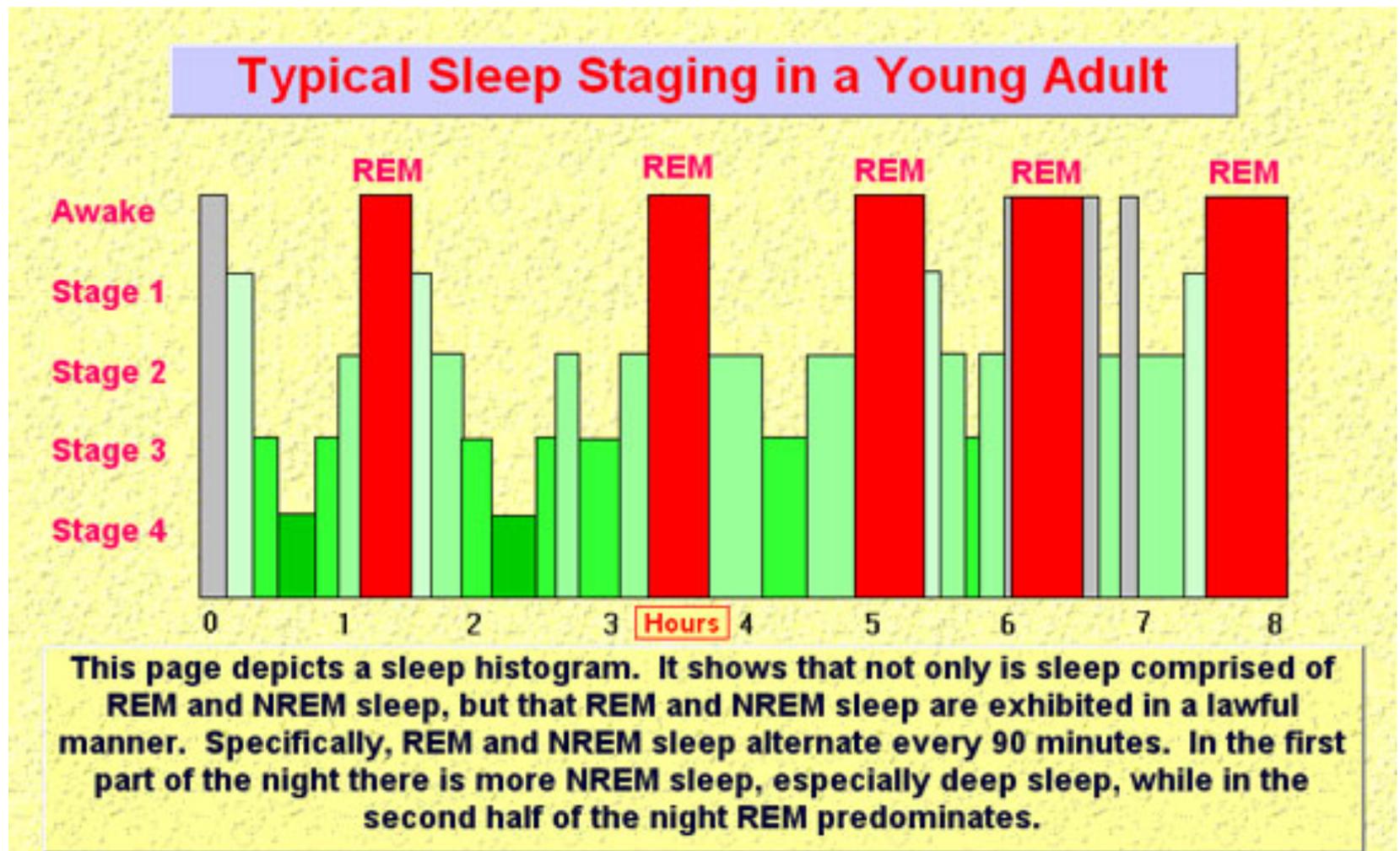
Sleep  
Wake  
Cycle:  
24-25  
hrs; 90  
min  
Sleep  
cycle



# Stage 1 & 2 Sleep:

- Stage 1: Eyes are closed but it's easy to wake up; Muscle tension, twitching & *hypnogogic* sensation
- Stage 2: Light sleep; heart rate slows, body temperature drops; Sleep talking

**REM:** there is more REM as sleep progresses; the muscles relax, but the heart rate, eye movement, & respiration increases; *Paradoxical*; genital arousal



# Daydreaming

Content is usually connected and familiar with the events of our daily lives



# Alcohol – Depressant or Stimulant

- When a person consumes a minimal amount of alcohol, it can operate as a *stimulant*
- When a person consumes a moderate amount of alcohol, it acts as a *depressant*
- Alcohol has a profound effect on transferring experiences to long term memory
- Alcohol's affect is that it increases anger and decreases self awareness



# Sleep Disorders

**Narcolepsy:** lapse into REM

**Insomnia:** difficulty getting to sleep or staying asleep

**Sleep Apnea:** difficulty breathing while sleeping; choking during sleeping  
(image shows person with sleep apnea apparatus)



# Treating Insomnia

## To Do List:

- Awaken at the same time every day
- Don't drink caffeine or alcohol
- Be careful about taking naps
- Be careful and focus on relaxing activities before sleeping



# Freud's Dream Theory

- **Manifest Content:** the veneer or the *outward* content of the dream; it is the obvious aspects of your dream
- **Latent Content:** the *symbolic* content in the dream; this is what obvious aspects of your dream *represent*

# Hilgard & the Hidden Observer

Subjects had their arms in ice cold water – those who were hypnotized found it considerably *less* painful

**Hypnosis** – the hypnotic suggestion allows a person to be the *observer* rather than the person actually enduring the event



# Anton Mesmer: Magnetism

- Mesmer first delved into animal magnetism; he believed that an *energy* transferred between animated and inanimate objects; he thereafter used this treatment and added his own element of *hypnotism* (although it was not called this at the time)
- Anton Mesmer healed people by talking with them, making suggestions and using their own *imagination*
- Mesmerism is synonymous with the word *hypnotic*

# Teens and Drug Use

- What's the single factor that is a direct relationship between teens and their drug usage?
- Peer influence!



# Circadian Rhythms

- *Circadian* means 24 hours rhythms
- Humans have low blood sugar around 2/3:00 pm; we have the lowest efficiency  
(By the way, most accidents occur during *Day Light Savings* in the Spring)
- Males have the highest level of testosterone is at 9:00 am

# Circadian Rhythms (24hr)

- Light therapy is an aid that allows the body to reorient to the proper circadian rhythms
- Light is directed onto the person, and sometimes at back of knee, and can help with a person's rhythm adjustment
- How does this happen? Light sensitive proteins actuate retina messages to brain

# Near Death experiences

- Documented *Near death experiences* commonly explain very fantastic images

**Monists** – Science oriented theorists who do NOT believe in near death experiences; they believe that body and mind are ONE

**Dualists** – Theorists who believe in the separation of body and mind; Plato and Socrates were *Dualists*