

MODULE 22 UNDERSTANDING CONSCIOUSNESS AND HYPNOSIS

DEFINING CONSCIOUSNESS

- Consciousness doesn't make the car go, it just reflects what's happening.
CONSCIOUSNESS is our awareness of ourselves and our environment. Although much of our information processing is conscious, much is unconscious and automatic.
- States of consciousness includes sleeping, waking, and various altered states.

HYPNOSIS

- HYPNOSIS is a social interaction in which one person (the subject) responds to another person's (the hypnotist's) suggestions that certain perceptions, feelings, thoughts, or behaviors will spontaneously occur.
- Power of hypnosis resides in the subjects' openness to suggestion, their ability to focus on certain images or behaviors.
- Can anyone experience hypnosis? Only if you are open to suggestion.
- Can hypnosis recall of forgotten events? Most people believe that our experiences are all "in there," recorded in our brain and are available for recall if only we can break through our own defenses but research says otherwise.
- Can hypnosis force people to act against their will? No.
- Can hypnosis be therapeutic? POSTHYPNOTIC SUGGESTIONS is a suggestion, made during a hypnosis session, to be carried out after the subject is no longer hypnotized; used by some clinicians to help control undesired symptoms and behaviors.
- Can hypnosis relieve pain? Hypnosis can relieve pain.
**Fun Fact: My grandfather was trying to quit smoking for years, after hypnosis, he has not smoked since.
- There is a social phenomenon that if the hypnotist is to be liked and trusted, this increases the chance the person allows to be hypnotized. The overt behaviors of hypnotic subjects are well within normal limits.
- Experimentation with hypnosis: Deeply hypnotized people were asked to imagine a color, and areas of their brain activated as if they were seeing the color.
- DISSOCIATION is a split in consciousness, which allows some thoughts and behaviors to occur simultaneously with others. Hypnotists dissociate and differ attention of the sensation of the pain stimulus from the emotional suffering that defines their experience of pain. Remember, dual processing.

BE ABLE TO ANSWER: When is the use of hypnosis potentially harmful, and when can hypnosis be used to help?

PRACTICE FRQ: Identify two states of consciousness that are psychologically induced and two that occur spontaneously.