

#### Meditation:

- A learned technique for refocusing attention that bring about an altered state of consciousness
  - Repetition of a *mantra* (a sound, word, or syllable) to guide your focus
  - Oxygen usage decreases, heart rate and blood pressure decline, brain-wave patterns change
  - Means of bringing about deep relaxation
  - Practiced in many cultures

#### Hypnosis:

- A trancelike state of heightened susceptibility to the suggestions of others
  - People do not lose all will of their own
    - People will not perform antisocial behaviors and will not carry out self-destructive acts
    - People will not reveal hidden truths about themselves and are capable of lying
  - People cannot be hypnotized against their will
    - 5-20% of the population cannot be hypnotized
    - 15% of the population are easily hypnotized

#### Unconscious wish fulfillment theory:

- Dreams represent unconscious wishes of the dreamer
  - Manifest content of dreams
    - Apparent storyline of dreams or what the person is actually dreaming about. Utilizing **free association**, symbols within dreams are revealed to uncover latent meaning
  - Latent content of dreams
    - Disguised meaning of dreams, hidden by more obvious objects. True hidden wishes.

#### Dream-for-survival theory

- Suggests that dreams permit information that is critical for our daily survival to be reconsidered and repressed during sleep

#### Activation-synthesis theory

- The brain produces random electrical energy during REM sleep that stimulates memories lodged in various portions of the brain

#### Dream interpretation according to the Bible

#### Dream Theorists

- Alfred Adler
  - Believes dreams are problem solving devices; correlation between dreams and problems in daily life; dreams allow a person to overcompensate shortcomings in waking life
- Carl Jung

- Believes the unconscious is spiritual; dreams are a window to the unconscious; allow achievement of wholeness and offer solutions to problems being faced in waking life;
  - Collective Unconscious contains....**Archetypes**
- Calvin Hall
  - Content analysis; best way to discover personal thoughts and explain behavior; reveal things about self
- Frederick Perls
  - Dreams seek to fill emotional voids; dreams contain rejected, disowned parts of self