

Hypnosis

- (mesmerism)
- degree by which an individual can be hypnotized depends on their belief of hypnotism and their susceptibility to suggestion
- problems:
 - o memory - believed that if you hypnotize an individual you can bring back memories → doesn't really happen, no proof that recall is better under hypnosis → can be suddenly driven to give responses and provoke responses, giving the suggestion will make the person believe they remember it because they feel like they are supposed to.
 - o Strength enhancement - suggest to a person that they are stronger → strength test where you plank between 2 chairs, is a trick
- No evidence to affirm the effects of hypnosis
- Widely used for a treatment of smoking and it works but it is not more effective than other psychological approaches

Pain

Meditation - some research has shown that it does not take you to another state of consciousness

Psychoactive drugs

- Drugs that influence mood, consciousness and or level of arousal
- Factors that influence the effects of drugs:
 - o Dose-dependent effects
 - o Interaction effects → taking multiple things together
 - o Tolerance and cross - tolerance
 - o Withdrawal and dependence
 - occurs when drug your taking leaves your system and your body responds to that loss (hangover is a minor form of withdrawal)
 - o Individual differences
- Types of psychoactive drugs and their effects

- o Depressants (alcohol, barbiturates, benzodiazepines [valium])
 - Reduce arousal in the brain
 - Dose-dependent effects of alcohol
 - Effects on baseline arousal
- o Stimulants (caffeine, amphetamines, cocaine)
 - Increase arousal in the brain (gives you a “lift” or a “high”)
 - Effects are due to increased levels of neurotransmitters
 - Effects at different levels (“Lifts,” “twitchy,” “disrupt functioning” [amphetamine psychoses])
 - Paradoxical effect of nicotine
- o Narcotics (Opiates) (opium, morphine, codeine, heroin)
 - Drugs are derived from opium (sap of the poppy plant)
 - Dull sensory and emotional experiences
 - Effects are due to reduced activity in the medulla
 - Opium dens; feelings detached and unmoved by what is going on
- o Hallucinogens (LSD, mescaline, cannabis [e.g. marijuana and hashish])
 - Distort sensory experiences (i.e. hallucinations)
 - Creativity?
 - Process differs; mimic neurotransmitters
 - Problems: Flashbacks, pot and schizophrenia

Types of Learning

- Conditioning
 - o Classical conditioning
 - o Operant conditioning
- Cognitive learning
 - o Latent
 - o Place
 - o Insight
 - o Observational

Classical Conditioning - can condition responses to things (dog salivating when ringing of bell) → stimulus and response

- Conditioning of emotions
 - o Negative emotions
 - o Positive emotions → condition a sexual response to something neutral
- Conditioning of other responses → development of phobias
- Generalization and discrimination
- Higher order conditioning
 - o take a conditions response and pair the response with another condition ex: snake and red light
 - o post traumatic stress disorder - a very powerful response, stimulus comes along that connect to something horrible that happened in war
 - o fixed by being repeatedly exposed to the response without giving the time person to respond
- Extinction and spontaneous recovery
 - o Period of time goes by w/ extinction but random set off of phobia brings you back and you have to go through recovery again