**Reading Outline for Plotnik’s Introduction to Psychology, 4th Edition**

**Module 8 “Hypnosis & Dreams”**

**Introduction**

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1. **Hypnosis: Theory, Behavior, & Use**

**What is hypnosis?**

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Can I be hypnotized?

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Am I susceptible to hypnosis?

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How is a person hypnotized?

**Hypnotic induction** –

* A commonly used method:

1.

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**What happens during hypnosis?**

**Trance Theory of Hypnosis –**

* **Milton Erickson**

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* **Ernest Hilgard**

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**Cognitive-Behavioral Theory -**

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**What do people do under hypnosis?**

Age Regression -

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Imagined Perception -

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Hypnotic Analgesia -

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Posthypnotic Suggestion -

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Posthypnotic Amnesia -

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**Hypnosis: Applications**

**Medical and Dental Uses**

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**Therapeutic and Behavioral Uses**

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**B. Drugs: Use & Effects**

**A Case Study**

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Definition of Terms

Tolerance -

Addiction -

Withdrawal –

Psychological dependency –

***Why Use Drugs?***

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**Drug Usage**

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**Drug Effects on the Nervous System**

1. Drugs increase the release of neurotransmitters

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2. Drugs mimic the action of neurotransmitters

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3. Drugs block the locks of receptors

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4. Drugs block the removal of the neurotransmitters

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C. **Stimulants**

**Earlier Use of Stimulants**

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**Amphetamines**

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Methamphetamine –

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Effects on the nervous system

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Dangers

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**Cocaine**

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Effects on the nervous system

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Dangers

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**Caffeine**

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Effects on the nervous system

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Dangers

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**Nicotine**

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Effects of the nervous system

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Dangers

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**D. Opiates**

**Early and Current Usage**

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***What Do Opiates Do?***

Opiates –

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Effects on the nervous system

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Dangers

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**Long Term Usage**

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**E. Hallucinogens**

**Unusual Perceptions**

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**LSD**

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Effects on the nervous system

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Dangers

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**Psilocybin**

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Effects on the nervous system

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Dangers

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**Mescaline**

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Effects on the nervous system

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Dangers

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**Designer Drugs**

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**MDMA** –

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Effects of the nervous system

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Dangers

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**F. Alcohol**

**History and Use**

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***What Does Alcohol Do?***

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Effects on the nervous system

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Dangers

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***Why is Alcohol such a Dangerous Drug?***

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***Who’s at Risk for Abusing Alcohol?***

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Environmental Risk Factors

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Genetic/Physiological Risk Factors

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**G. Cultural Diversity: Alcoholism**

***Do Cultures Differ in Their Physiological Response to Alcohol?***

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**What is Alcoholism?**

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**Do Cultures Differ in Rates of Alcoholism?**

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**Do Cultures Have a Similar Course of Alcoholism?**

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**H. Marijuana**

**Popularity and Usage**

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Effects on the nervous system

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Dangers

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**I. Research Focus: Drug Prevention**

***How Effective is the Most Popular U.S. Drug Prevention Program?***

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1. Method and Procedure

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2. Results and Discussion

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3. Conclusion

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**J. Application: Treatment for Drug Abuse**

***What is Substance Abuse?***

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***How Is Substance Abuse Treated?***

Step 1. Admitting That One Has a Drug Problem

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Step 2. Entering a Treatment Program

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Step 3. Joining a Support Group to Prevent Relapse

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Step 4. Remaining Abstinent

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