**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.

2.

3.

4.

 **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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