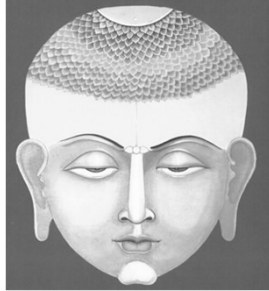


Consciousness

- The early psychologists equated “consciousness” with “mind”
- They defined psychology as “the study of mind and consciousness”

Breath, Mind, and Consciousness



Consciousness

Definitions: *The individual's current awareness to monitor ourselves and environment (external and internal stimuli) and to control ourselves and environment.*

Consciousness involves; (Kihlstrom 1984)

1. **monitoring** ourselves and our environment (processing information from environment - perception, memories, thought)
2. **controlling** ourselves and our environment so that we are able to plan, initiate and terminate behavioral and cognitive activities.

Preconscious Memory

- Many memories and thought that are not part of your consciousness at this moment can be brought to consciousness when needed.
- **Preconscious memory** = Memory that are accessible to consciousness
- Memories about personal events, knowledge, skills, etc.
- These skills (ex. Drive a car, Ride a bicycle), once mastered, generally operate outside conscious awareness. When our attention has called to them, we are capable of describing the steps involved.



Unconscious

- **Psychoanalytic Theory** (Sigmund Freud)
 - believed that there is a portion in the mind, the unconscious, that contains some memories, impulses, and desires that are not accessible to consciousness.
 - Some emotionally painful memory and desires are repressed and diverted to “unconscious”.



Unconscious

Psychoanalytic Theory (Freud)

- Repress thoughts and impulses cannot enter our consciousness, but they can affect us indirectly through dreams, irrational behaviors, mannerism, slip of the tongue.
- Unconscious desires and impulses are the cause of most mental illness



I'm *sad* you're the winner
..uhm...I mean
I'm *glad* you're the winner



Unconscious

- Most psychologists accept the idea about “unconscious” but **NOT** focus on emotional aspects of the unconscious like Freud.
- **Unconscious** = a large array of mental processes that we depend on constantly in our everyday lives but to which we have no conscious access (Kihlstrom, 1987).
- *Ex. We are aware (conscious) of the size and distance of objects but we have no conscious of mental calculation (unconscious) to determine that one is bigger or nearer than the other.* (Velmans, 1991)



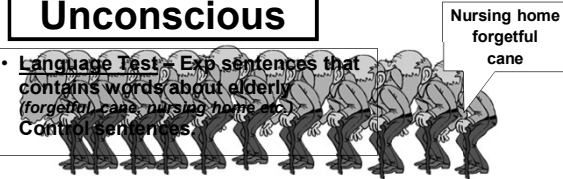
Unconscious

- An experiment on Stereotypes about Elderly: They are slow and weak (Bargh, Chen, Burrows, 1996)
- The study demonstrated that environmental cues can influence our behavior without our conscious knowledge.



Unconscious

- Language Test - Exp sentences that contains words about elderly (forgetful, cane, nursing home, etc.)
Control sentences



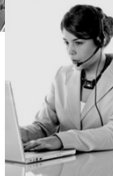
Exp subjects (primed with elderly stereotyped words) walked down the hallway slower than control.
None of them aware of this influence.



Automaticity & Dissociation

Automaticity

- The habituation of responses that initially required conscious attention.
- The more automatic the action, the less it requires conscious controls. Ex. *skills*
- *Driving a car, riding a bike, typing, etc.*
- Actually, the control is still there (we can focus on automatic process if we want to) but has been dissociated from consciousness
(Preconscious)



Automaticity & Dissociation

- Dissociation = Under certain conditions, some thoughts and actions become split off or dissociated from the rest of consciousness and function outside of awareness (Pierre Janet, 1889). Dissociated memories and thoughts are accessible to consciousness if we focus on them, but repressed memories cannot.
- Mild dissociation = when fighting with girlfriend, we may temporarily put it out of minds in order to function effectively at work, and think about it after work.
- Extreme dissociation = Dissociative identity disorder or multiple personality disorder

Sleep and Dreaming

Interesting Phenomena

- We think when we sleep, although the type of thinking may be different from the time we awake.



He loved to dream about the future. But never more than 11 minutes into the future.



- We can remember dreams = we form memories while sleeping.



- Sleep is not entirely quiet time. Some walk when they sleep.





- Sleep is not entirely insensitive to environment. Parents are awakened by their baby's cry.



- Sleep is not entirely involved no plan. Some can decide to waken at a given time and do so.

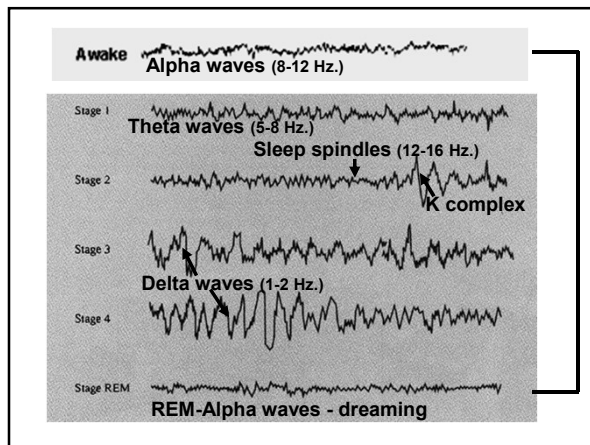
Stages of Sleep



Sleep Lab – EEG + EOG

Stages of Sleep

- There are 5 stages of sleep:
 - Stage 1 Sleep (non REM)
 - Stage 2 Sleep (non REM)
 - Stage 3 Sleep (non REM)
 - Stage 4 Sleep (non REM)
 - REM (Rapid eye movement)



Theories of Dreaming

- Dreams occur more often during REM sleep than NREM sleep
- **The Interpretation of Dream** (Freud, 1900): Dreams are wishes, needs, or ideas that individuals find unacceptable and have been repressed to the unconscious.

Theories of Dreaming

- **Brain Function** (ex., Evans, 1984): A period when the brain is “off-line” from the external world.
 - The brain uses this time to scan the left-over information in the brain,
 - and try to interpret these information the same way it would interpret stimuli coming from the external world.
- **Continuity Theory** (ex., Antrobus, 1991; Domhoff, 1996). Dreaming is a cognitive process that reflects individual's conceptions, concerns, and emotional preoccupations.
 - The concerns people express in their dreams are the concerns they have in waking life.

Psychoactive Drugs

Psychoactive Drugs

Drugs that affect behavior, consciousness, and/or mood.

Psychoactive Drugs

- **Depressants (Sedatives)** – Drugs that depress the CNS.

- Relaxation, release of inhibition, increase self confidence
- impaired sensory and motor functions, speech, coordination of movement
 - Alcohol
 - Barbiturates
 - Nembutal
 - Seconal
 - Minor Tranquilizers
 - Valium
 - Inhalants
 - Paint Thinner
 - Glue



Psychoactive Drugs

- **Opiates (Narcotics)** – Drugs that diminish physical sensation and the capacity to respond to stimuli by depressing the CNS. Opium and its derivatives

- Reduce pains,
- alter mood and reduce anxiety
- Sense of well-being, feeling of euphoria
 - Codeine = pain killer and cough suppressant
 - Heroin
 - Morphine



Psychoactive Drugs

- **Stimulants** – Drugs that increase alertness and general arousal, both physically by increasing heart rate and blood pressure, and mentally, causing the person to become hyperalert.

- Amphetamines
- Cocaine
- Nicotine
- Caffeine



Psychoactive Drugs

- **Hallucinogens** – Drugs that change perceptual experience. The user may experience auditory, visual, and tactile hallucinations and reduce ability to differentiate between self and surroundings.

- LSD (Lysergic acid diethylamide)
- PCP (Phencyclidine - Angel dust)



Psychoactive Drugs

Cannabis – A psychoactive substance (THC-tetrahydrocannabinol) that creates a high feeling, cognitive and motor impairments, and sometimes hallucinations.

- Marijuana (dried leaves)
- Hashish (resin)

