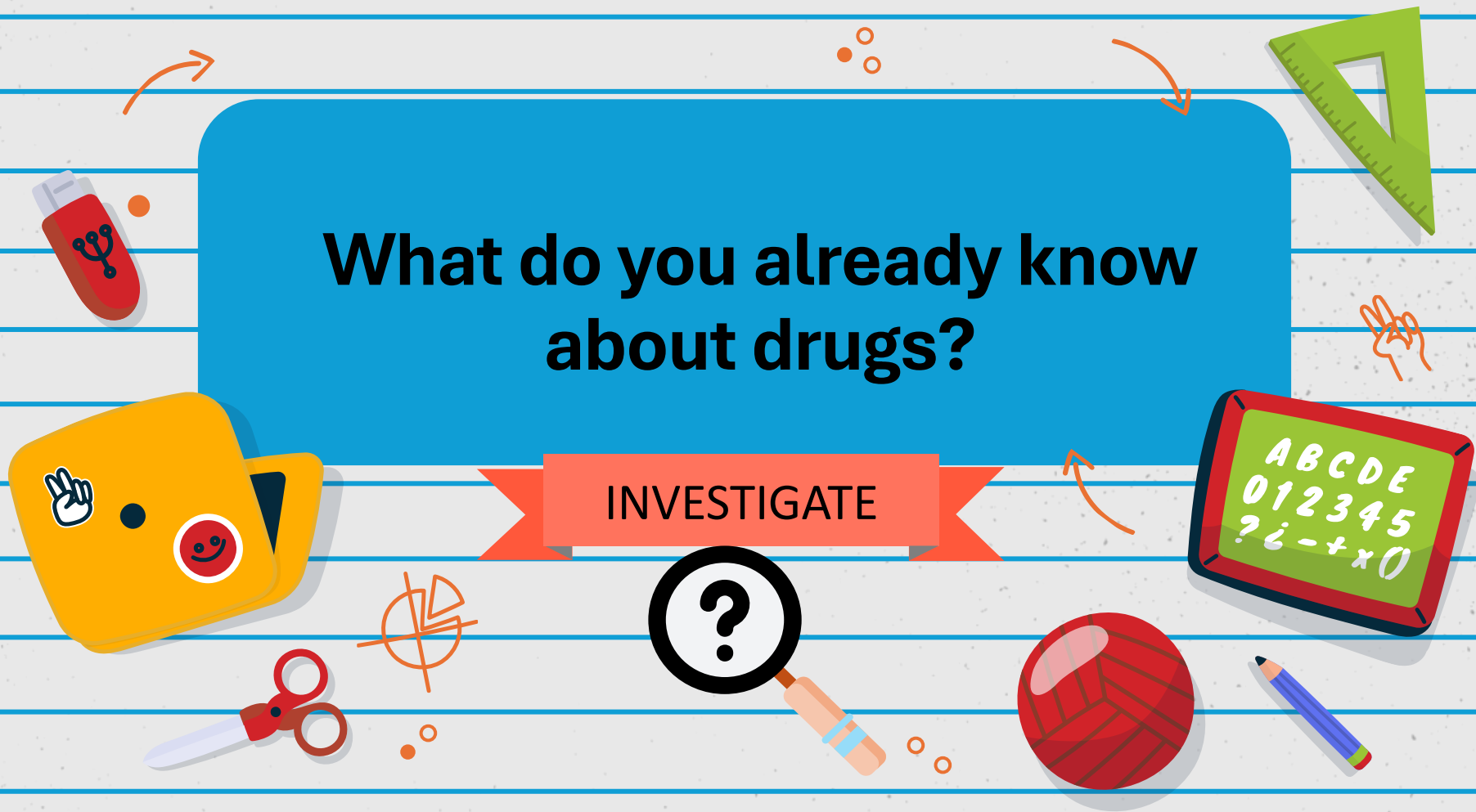


**What do you already know
about drugs?**

INVESTIGATE



4.2



Drugs & Consciousness



As a Young Psychologist, I will be able to...

- **Analyze the different types of drugs & their impact on the body & mind**
- **Discuss hypnosis & its effects**
- **Compare Meditation to other relaxation patterns**

Drugs & Consciousness

Most people use some type of drug on a regular basis. 2/3rds of Americans drink coffee



More than 1 in 10 Americans use antidepressants at one point in their life, changes to 1 in 5 in older Americans

Psychoactive Drugs

**Chemical substances that alter thinking,
perception, & memory**

**Drugs that used to create a “high” for pleasure or
to dull psychological pain**



Are drugs the only thing you can get addicted to?

What about video games or cell phones?

Stimulants

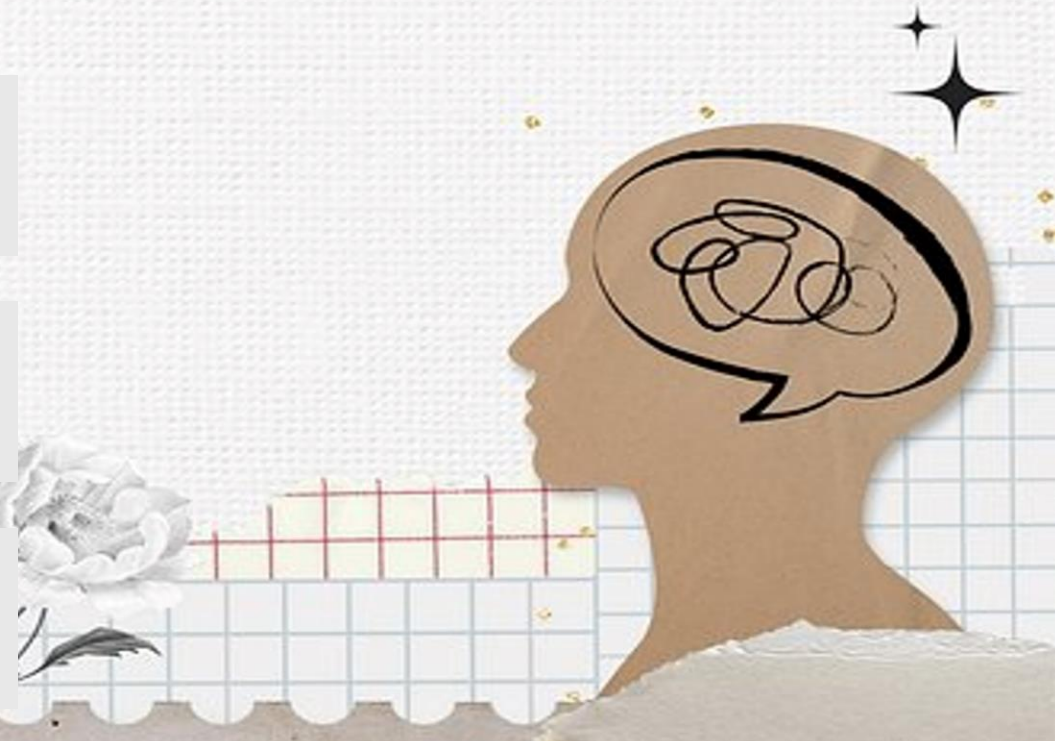
Stimulants- Drugs that increase the functioning of the nervous system. They “speed” up the neurons

Amphetamines- Drugs made in a lab such as Benzedrine or Methamphetamine

Cocaine- Natural drug that produces feelings of euphoria, energy, & power.

Nicotine- Drug that raises blood pressure, accelerates the heart, & releases adrenaline.

Caffeine- Natural substance creating a mild stimulant that helps maintain alertness.



Depressants

Depressants- Drugs that slow the CNS

Tranquilizers- drugs that have a strong depressant effect such as sleeping pills

Barbiturates- Drugs that have a sedative quality that creates a sleep-inducing effect

Alcohol- Most common, stimulates GABBA & eventually affects reaction, speech, & motor skills



Narcotics

Narcotics- Opium related drugs that suppress the sensation of pain by binding to & stimulating endorphins

Morphine- Medical drug that reduces pain BUT has severe addictive qualities

Heroin- Derived from morphine that is much more addictive than morphine

Opiate addiction is one of the worst drug influences in the USA today.



Hallucinogens

Hallucinogens- Drugs that cause the brain to alter its interpretation of sensations & cause sensations to cross each other.

Manufactured Highs- Drugs developed in a lab that are more potent than the natural world

LSD- Drug derived from ergot that creates intense consciousness & awareness of the world.

PCP- Drug that changes with dosage that can lead to violence & injury

Ecstasy- Drug that releases large amounts of serotonin & blocks the reuptake of the neurotransmitter



Nonmanufactured High

Nonmanufactured High- Drugs that occur in nature

Marijuana- Mild hallucinogen derived from a particular hemp plant. Contains THC

While it does not produce physiological dependency, it can create intense psychological dependency.



Psychological Dependence

The feeling that a drug is needed to continue a feeling of emotional or psychological well-being

ANY drug can become a focus of this as well as things we see as daily occurrences.



Over time, the brain becomes reliant on drugs for stimulation & stops producing its own natural neurotransmitters

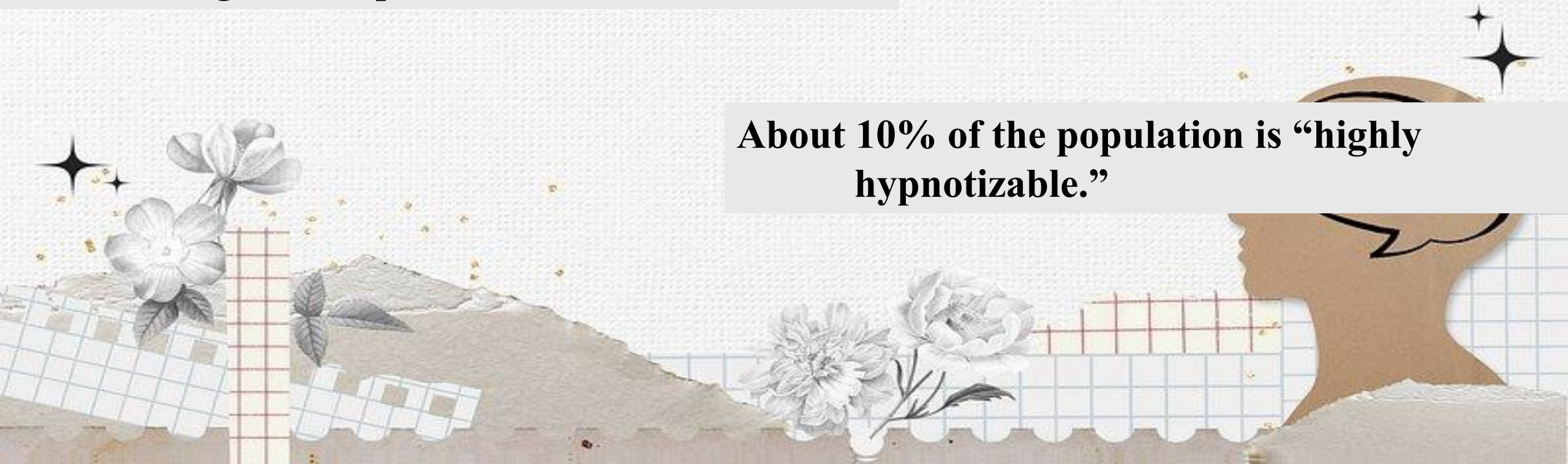
This causes addiction & a tough withdrawal process

Hypnosis

Hypnosis- An altered state of consciousness that includes deep relaxation in a trance-like state

People who are hypnotized show a decreased responsiveness to pain & can help with management of pain

About 10% of the population is “highly hypnotizable.”



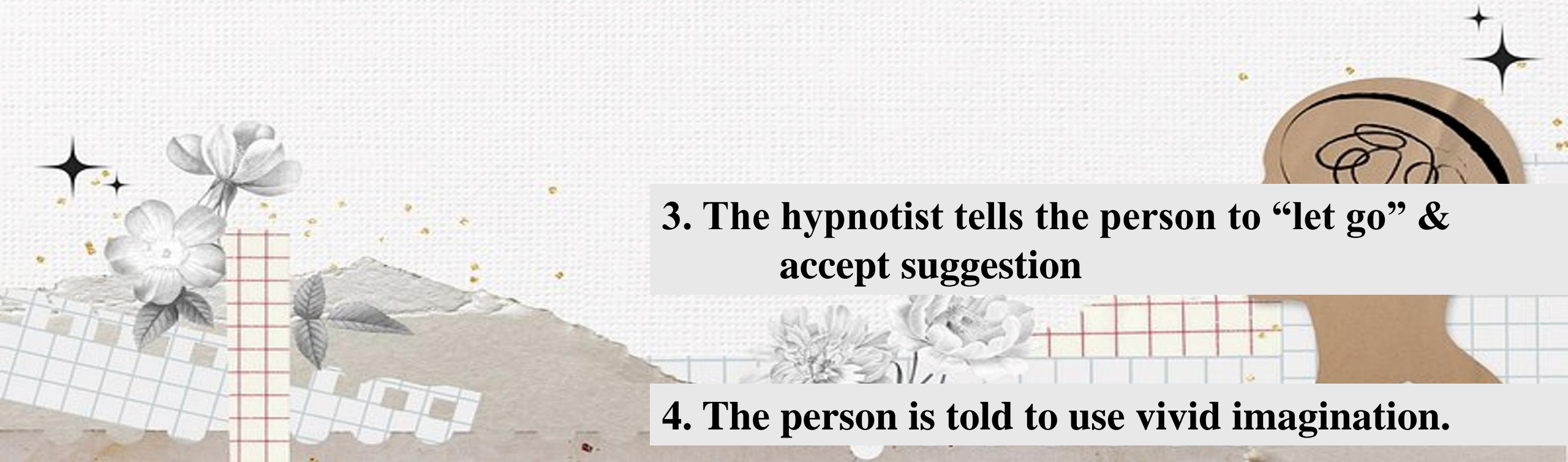
4 Key Steps to Hypnosis

1. Hypnotist tells the person to focus on what is being said.

2. The person is told to relax & feel tired

3. The hypnotist tells the person to “let go” & accept suggestion

4. The person is told to use vivid imagination.



How Does It Work?

There are 2 areas of the brain that are highly activate in people who are susceptible to hypnosis.

These areas are those associated with decision-making & attention

Basic Suggestion Effect- The tendency to act as though their behavior is automatic & out of their control

Hypnosis is usually used to help people relax & control pain & are very much under people's mental influence

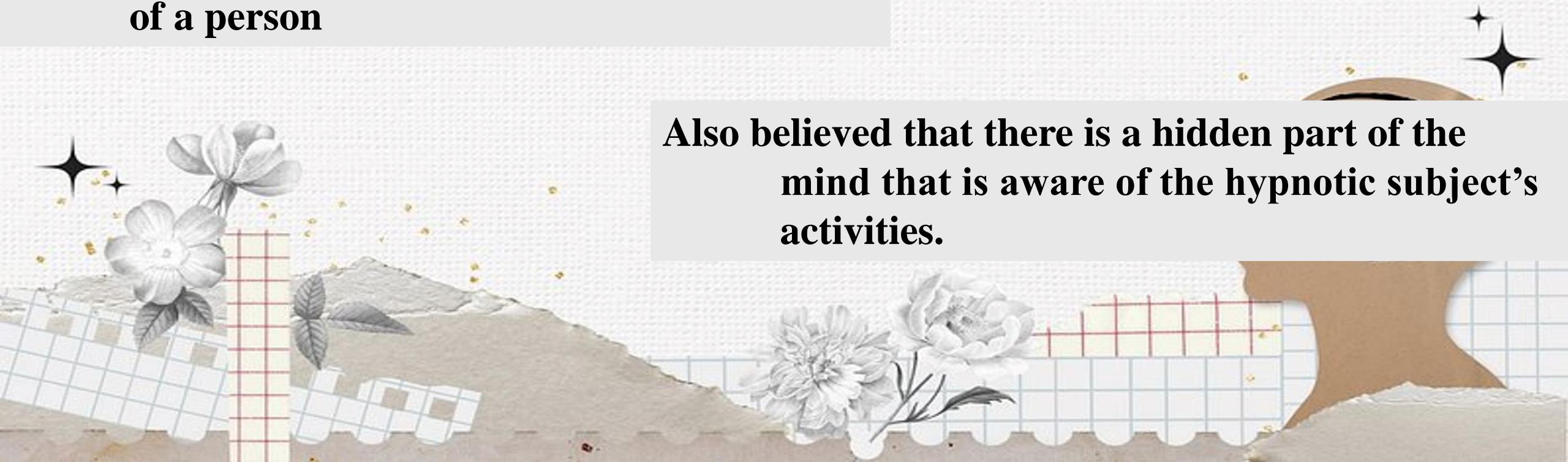


Hypnosis Theories

Dissociation- The splitting of conscious awareness & the breaking of a connection to something

Ernest Hilgard- Believed that hypnosis only worked on the immediate conscious mind of a person

Also believed that there is a hidden part of the mind that is aware of the hypnotic subject's activities.

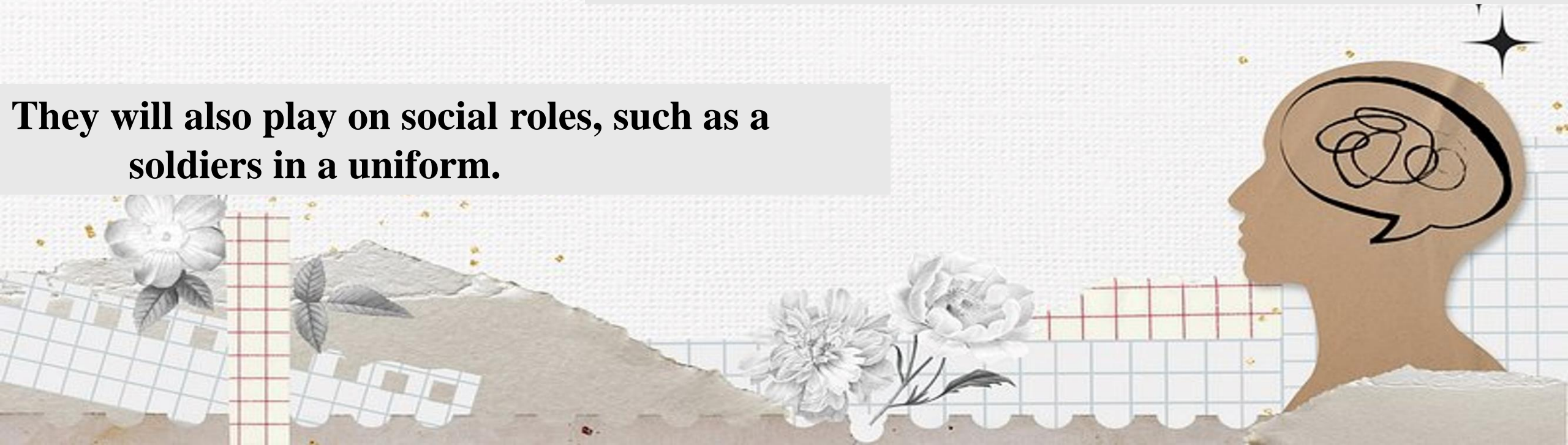


The Social-Cognitive Theory

The theory that assumes people who are hypnotized are not in an altered state, but are merely playing the role expected of them in the situation

They “believe” they are hypnotized but are really just performing an unaware role play.

They will also play on social roles, such as a soldiers in a uniform.



Flow States

The Theory of Flow- An overgrowth of positive psychology cause us to lose our sense of time.

Our sense of time transforms to help us fit the need of that activity.

Think of a time that you have been “in the zone” on an activity or project



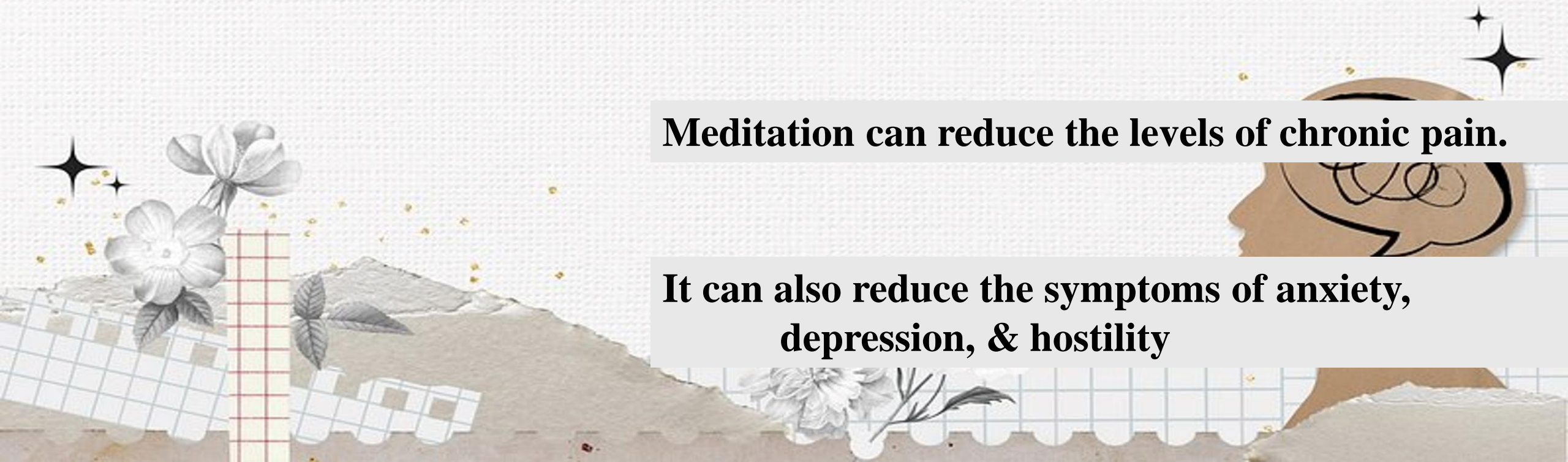
Meditation

Mental series of exercises meant to refocus attention & achieve a trancelike state of consciousness

This is when the brain waves include more theta waves, but little to no delta waves.

Meditation can reduce the levels of chronic pain.

It can also reduce the symptoms of anxiety, depression, & hostility



***Why Meditation Helps**

Meditation helps people manage stress by relaxing the body & the mind

It helps disrupt destructive thought patterns through intense & deliberate focus

Regular meditation may lead to a thickening of the cortex, which increases attention & focus

Putting focus on the brain increases learning, emotion regulation, self-awareness, & perspective

