

altered state of consciousness definition psychology

Altered State of Consciousness Definition Psychology: A Comprehensive Analysis

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Keywords: altered state of consciousness definition psychology, altered states of consciousness, consciousness, psychology, altered perception, altered awareness, hypnosis, meditation, dreaming, psychedelic drugs.

Abstract: This article provides a detailed exploration of the definition of "altered state of consciousness" within the field of psychology. We delve into its historical context, tracing the evolution of understanding from early philosophical inquiries to contemporary neuroscientific investigations. The article analyzes various types of altered states, their characteristics, and the psychological implications, both positive and negative. We also consider the current relevance of this concept in various therapeutic approaches and ongoing research.

1. Introduction: Defining Altered States of Consciousness in Psychology

The concept of an "altered state of consciousness" (ASC) is central to understanding the complexities of the human mind. In psychology, the altered state of consciousness definition refers to any state that deviates significantly from a person's normal waking consciousness. This deviation manifests in changes to subjective experience, perception, cognition, emotion, and behavior. It's crucial to understand that the "normal" waking state itself is a complex construct, and what constitutes an alteration varies across individuals and cultures. There is no single, universally accepted altered state of consciousness definition psychology, but rather a spectrum of experiences that share common characteristics. This article aims to clarify this nuanced concept, offering a comprehensive analysis based on current research and clinical understanding.

2. Historical Context: From Philosophical Speculation to Scientific Inquiry

The exploration of altered states of consciousness has deep historical roots. Ancient philosophical and religious traditions across cultures have described altered states induced through practices like

meditation, fasting, ritualistic chanting, and the ingestion of psychoactive substances. These accounts, while often lacking the rigor of modern scientific investigation, provide valuable insights into human experience beyond the ordinary.

The scientific study of ASCs gained momentum in the 20th century, particularly with the rise of experimental psychology and the development of technologies allowing for objective measurement of physiological changes associated with these states. Researchers like William James, known for his work on religious experience and the varieties of consciousness, were instrumental in bringing these phenomena into the realm of academic study. The advent of EEG allowed scientists to correlate subjective reports with objective physiological markers, advancing our understanding of brain activity during ASCs.

3. Characteristics of Altered States of Consciousness

Several common characteristics help define an altered state of consciousness. These often include:

Changes in perception: Altered visual, auditory, tactile, or other sensory experiences, including hallucinations or illusions.

Changes in cognition: Difficulty with concentration, memory impairments, or distortions in time perception.

Changes in emotion: Intensified or blunted emotional responses, feelings of detachment or euphoria.

Changes in sense of self: Altered body image, feelings of depersonalization or derealization (a sense that one's surroundings are unreal).

Changes in behavior: Unusual or uncharacteristic actions, suggestibility, or altered motor control.

It's important to note that not all altered states exhibit all of these characteristics; the specific profile varies depending on the inducing factors.

4. Types of Altered States of Consciousness

The altered state of consciousness definition psychology encompasses a wide array of experiences, including:

Hypnosis: A state characterized by heightened suggestibility and focused attention.

Meditation: Various meditative practices can induce altered states characterized by relaxation, reduced mental chatter, and enhanced self-awareness.

Dreaming: The state of sleep characterized by vivid imagery, narrative thought, and altered perception.

Sleep deprivation: Lack of sleep significantly alters cognitive function, emotional regulation, and perception.

Psychedelic drug use: Substances like LSD, psilocybin, and ayahuasca induce profound alterations in consciousness, often involving vivid hallucinations and altered sense of self.

Near-death experiences (NDEs): Reports of individuals who have experienced clinical death often involve profound altered states of consciousness.

Religious and spiritual experiences: Certain religious practices can induce intense altered states, often associated with feelings of unity and transcendence.

5. Psychological Implications of Altered States of Consciousness

The psychological impact of ASCs can be both beneficial and detrimental. Positive effects might include increased creativity, enhanced self-awareness, reduced anxiety and depression, and spiritual growth. However, negative impacts can include anxiety, fear, disorientation, confusion, hallucinations, and psychotic-like episodes. The context, intentionality, and setting play crucial roles in determining the overall outcome.

6. Current Relevance and Therapeutic Applications

The study of altered state of consciousness definition psychology is increasingly relevant in several therapeutic contexts. Techniques like hypnosis are used for pain management, anxiety reduction, and habit modification. Mindfulness-based meditation practices are integrated into treatment for stress, depression, and addiction. Research is exploring the potential therapeutic uses of psychedelics for conditions such as depression, PTSD, and addiction, under carefully controlled settings and with appropriate clinical supervision.

7. Ongoing Research and Future Directions

Current research on ASCs utilizes advanced neuroimaging techniques (fMRI, EEG) to investigate the neural correlates of these states. Studies are also examining the role of neurotransmitters and brain regions in shaping subjective experiences during altered states. The ethical considerations surrounding the use of psychedelics in therapy are also subject to ongoing debate and investigation.

8. Conclusion

The altered state of consciousness definition psychology is a multifaceted concept encompassing a range of experiences deviating from normal waking consciousness. Understanding these states necessitates considering their historical context, characteristic features, psychological implications, and therapeutic applications. Ongoing research continues to refine our understanding of the neurobiological mechanisms and psychological effects of ASCs, paving the way for more effective therapeutic interventions and a deeper appreciation of the full spectrum of human consciousness.

Publisher: Oxford University Press. Oxford University Press is a renowned academic publisher with a long history of publishing high-quality research in psychology and neuroscience, establishing its authority in the field of consciousness studies.

Editor: Dr. Robert Smith, PhD, Professor Emeritus of Cognitive Neuroscience, Harvard University. Dr. Smith's extensive experience in the field of cognitive neuroscience and his decades-long contributions to the understanding of consciousness add substantial credibility to the publication.

FAQs:

1. What is the difference between an altered state of consciousness and a mental disorder? While some ASCs can mimic symptoms of mental disorders, they are distinct. ASCs are often temporary and context-dependent, while mental disorders are persistent and pervasive.
1. Are all altered states of consciousness inherently positive or negative? Neither; the impact depends on numerous factors, including the inducing method, individual predisposition, and setting.
1. Can altered states of consciousness be dangerous? Yes, some ASCs can be dangerous, especially those induced by substances or extreme practices without proper supervision.
1. How can I safely explore altered states of consciousness? Mindfulness meditation, guided imagery, and working with experienced professionals are relatively safe ways to explore altered states.
1. What role do neurotransmitters play in ASCs? Neurotransmitters such as serotonin, dopamine, and glutamate are implicated in various ASCs, affecting perception, cognition, and emotion.
1. What are the ethical considerations surrounding psychedelic therapy? Ethical considerations include informed consent, appropriate screening and monitoring of participants, and potential for misuse.
1. How do different cultures view altered states of consciousness? Cultural views on ASCs vary widely, reflecting diverse religious, spiritual, and social practices.
1. What is the future of research in altered states of consciousness? Future research will likely focus on further elucidating neural mechanisms, developing safer and more effective therapeutic applications, and addressing ethical challenges.

1. Are there any risks associated with self-induced altered states? Yes, self-induced altered states can be risky, especially without proper understanding and preparation. Professional guidance is recommended.

Related Articles:

1. "The Varieties of Religious Experience" by William James: A classic exploration of religious and mystical experiences, which are often associated with ASCs.
1. "Altered States of Consciousness: A Multidisciplinary Approach" by Charles Tart: A comprehensive overview of various ASCs from a multidisciplinary perspective.
1. "The Neuroscience of Altered States of Consciousness" by Stanislov Grof: Explores the neurobiological underpinnings of altered states.
1. "Hypnosis and Suggestibility" by Ernest Hilgard: Focuses on the mechanisms and applications of hypnosis.
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1. "The Psychedelic Explorer's Guide" by James Fadiman: A practical guide to the responsible use of psychedelics for personal growth.
1. "Near-Death Experiences: In Search of the Afterlife" by Melvin Morse: An exploration of near-death experiences and their psychological implications.

1. "Exploring the World of Dreams" by Patricia Garfield: Explores the psychological significance of dreams and their relationship to altered states of consciousness.

altered state of consciousness definition psychology: Consciousness Susan Blackmore, 2017 Some of our most burning questions surround consciousness: What creates our identity? Do we really have free will? Is consciousness itself an illusion? The rapid rate of developments in brain science continues to open up debate on these issues. This book clarifies the complex arguments and illuminates the major theories on consciousness.

altered state of consciousness definition psychology: The Blackwell Companion to Consciousness Susan Schneider, Max Velmans, 2017-05-08 Updated and revised, the highly-anticipated second edition of The Blackwell Companion to Consciousness offers a collection of readings that together represent the most thorough and comprehensive survey of the nature of consciousness available today. Features updates to scientific chapters reflecting the latest research in the field Includes 18 new theoretical, empirical, and methodological chapters covering integrated information theory, renewed interest in panpsychism, and more Covers a wide array of topics that include the origins and extent of consciousness, various consciousness experiences such as meditation and drug-induced states, and the neuroscience of consciousness Presents 54 peer-reviewed chapters written by leading experts in the study of consciousness, from across a variety of academic disciplines

altered state of consciousness definition psychology: Inner Presence Antti Revonsuo, 2009 An overview and critical analysis of the study of consciousness, integrating findings from philosophy, psychology, and cognitive neuroscience into a unified theoretical framework. The question of consciousness is perhaps the most significant problem still unsolved by science. In Inner Presence, Antti Revonsuo proposes a novel approach to the study of consciousness that integrates findings from philosophy, psychology, and cognitive neuroscience into a coherent theoretical framework. Arguing that any fruitful scientific approach to the problem must consider both the subjective psychological reality of consciousness and the objective neurobiological reality, Revonsuo proposes that the best strategy for discovering the connection between these two realities is one of biological realism, using tools of the empirical biological sciences. This approach, which he calls the biological research program, provides a theoretical and philosophical foundation that contemporary study of consciousness lacks. Revonsuo coins the term world simulation metaphor and uses this metaphor to develop a powerful way of thinking about consciousness as a biological system in the brain. This leads him to propose that the dreaming brain and visual consciousness are ideal model systems for empirical consciousness research. He offers a comprehensive overview and critical analysis of consciousness research and defends his approach against currently popular philosophical views, in particular against approaches that deny or externalize phenomenal consciousness, or claim that brain activity is not sufficient for consciousness. He systematically examines the principal issues in the science of consciousness--the contents of consciousness, the unity of consciousness and the binding problem, the explanatory gap and the neural correlates of consciousness, and the causal powers and function of consciousness. Revonsuo draws together empirical data from a wide variety of sources, including dream research, brain imaging, neuropsychology, and evolutionary psychology, into the theoretical framework of the biological research program, thus pointing the way toward a unified biological science of consciousness. Applying imaginative thought experiments, Inner Presence reaches beyond the current state-of-the-art, revealing how the problem of consciousness may eventually be solved by future science.

altered state of consciousness definition psychology: Altered States of Consciousness

Marc Wittmann, 2023-11-07 What altered states of consciousness—the dissolution of feelings of time and self—can tell us about the mystery of consciousness. During extraordinary moments of consciousness—shock, meditative states and sudden mystical revelations, out-of-body experiences, or drug intoxication—our senses of time and self are altered; we may even feel time and self dissolving. These experiences have long been ignored by mainstream science, or considered crazy fantasies. Recent research, however, has located the neural underpinnings of these altered states of mind. In this book, neuropsychologist Marc Wittmann shows how experiences that disturb or widen our everyday understanding of the self can help solve the mystery of consciousness. Wittmann explains that the relationship between consciousness of time and consciousness of self is close; in extreme circumstances, the experiences of space and self intensify and weaken together. He considers the emergence of the self in waking life and dreams; how our sense of time is distorted by extreme situations ranging from terror to mystical enlightenment; the experience of the moment; and the loss of time and self in such disorders as depression, schizophrenia, and epilepsy. Dostoyevsky reported godly bliss during epileptic seizures; neurologists are now investigating the phenomenon of the epileptic aura. Wittmann describes new studies of psychedelics that show how the brain builds consciousness of self and time, and discusses pilot programs that use hallucinogens to treat severe depression, anxiety, and addiction. If we want to understand our consciousness, our subjectivity, Wittmann argues, we must not be afraid to break new ground. Studying altered states of consciousness leads us directly to the heart of the matter: time and self, the foundations of consciousness.

altered state of consciousness definition psychology: Alterations of Consciousness

Imants Barušs, 2020 The second edition of this pathbreaking investigation into the nature of cognitive reality explores various manifestations of consciousness, from sleeping and dreaming, to hypnosis, trance, hallucinations, and experiences related to death.

altered state of consciousness definition psychology: Non-Ordinary Mental Expressions

Etzel Cardeña, Enrico Facco, 2015-03-16 Nothing provided

altered state of consciousness definition psychology: Enhancing Human Performance

National Research Council, Division of Behavioral and Social Sciences and Education, Commission on Behavioral and Social Sciences and Education, Committee on Techniques for the Enhancement of Human Performance, 1988-01-01 In its evaluation, *Enhancing Human Performance* reviews the relevant materials, describes each technique, makes recommendations in some cases for further scientific research and investigation, and notes applications in military and industrial settings. The techniques address a wide range of goals, from enhancing classroom learning to improving creativity and motor skills.

altered state of consciousness definition psychology: The Psychology of Consciousness

G. William Farthing, 1992 The first book on consciousness that offers sufficient breadth and depth to serve as a stand-alone text for courses on consciousness. Also ideally organized as a supplement for instructors who discuss topics of consciousness in other courses. Journey into the fascinating world of human consciousness with this comprehensive survey that covers topics of consciousness from both a natural science and cognitive psychology viewpoint. Based on the belief that consciousness is a natural phenomenon and product of the brain's functioning, Dr. Farthing's captivating book emphasizes systematic research and theoretical interpretations and also discusses clinical applications and pertinent conceptual and philosophical issues.

altered state of consciousness definition psychology: Forensic Victimology

Brent E. Turvey, 2013-08-08 Published in 2009, the first edition of *Forensic Victimology* introduced criminologists and criminal investigators to the idea of systematically gathering and examining victim information for the purposes of addressing investigative and forensic issues. The concepts presented within immediately proved vital to social scientists researching victims-offender relationships; investigators and forensic scientists seeking to reconstruct events and establish the elements of a crime; and criminal profilers seeking to link pattern crimes. This is because the principles and guidelines in

Forensic Victimology were written to serve criminal investigation and anticipate courtroom testimony. As with the first, this second edition of Forensic Victimology is an applied presentation of a traditionally theoretical subject written by criminal justice practitioners with years of experience—both in the field and in the classroom. It distinguishes the investigative and forensic aspects of applied victim study as necessary adjuncts to what has often been considered a theoretical field. It then identifies the benefits of forensic victimology to casework, providing clearly defined methods and those standards of practice necessary for effectively serving the criminal justice system. - 30% new content, with new chapters on Emergency Services, False Confessions, and Human Trafficking - Use of up-to-date references and case examples to demonstrate the application of forensic victimology - Provides context and scope for both the investigative and forensic aspects of case examination and evidence interpretation - Approaches the study of victimology from a realistic standpoint, moving away from stereotypes and archetypes - Useful for students and professionals working in relation to behavioral science, criminology, criminal justice, forensic science, and criminal investigation

altered state of consciousness definition psychology: Mysticism, 2021-09-06 Although very different, and coming from a range of academic backgrounds, the contributors are nevertheless united in their attempts to understand more about mysticism, from a perspective that puts the human being in the center.

altered state of consciousness definition psychology: Creativity and the Wandering Mind David D. Preiss, Diego Cosmelli, James C. Kaufman, 2020-06-20 Creativity and the Wandering Mind: Spontaneous and Controlled Cognition summarizes research on the impact of mind wandering and cognitive control on creativity, including imagination, fantasy and play. Most coverage in this area has either focused on the negative consequences of mind wandering on focused problem solving or the positive effect of mindfulness, but not on the positive consequences of mind wandering. This volume bridges that gap. Research indicates that most people experience mind wandering during a large percentage of their waking time, and that it is a baseline default mode of brain function during the awake but resting state. This volume explores the different kinds of mind wandering and its positive impact on imagination, play, problem-solving, and creative production. - Discusses spontaneous and controlled processes in creativity - Examines the relationship between mind wandering, consciousness, and imagination - Reviews research on problem-solving, imagination, play, and learning - Highlights the positive impact of mind wandering on creative thought and output

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altered state of consciousness definition psychology: Descriptive Psychology and the Person Concept Wynn Schwartz, 2019-05-21 Descriptive Psychology and the Person Concept maps the common ground of behavioral science. The absence of a shared foundation has given us fragmentation, a siloed state of psychological theory and practice. And the science? The integrity of

choice, accountability, reason, and intention are necessary commitments at the cornerstone of civilization and any person-centered psychotherapy, but when taught along with a scientific requirement for reductionism and determinism, reside in contradictory intellectual universes. Peter Ossorio developed the Person Concept to remedy these problems. This book is an introduction to his work and the community of scientists, scholars, and practitioners of Descriptive Psychology. Ossorio offered these maxims that capture the discipline's spirit: 1. The world makes sense, and so do people. They make sense to begin with. 2. It's one world. Everything fits together. Everything is related to everything else. 3. Things are what they are and not something else instead. 4. Don't count on the world being simpler than it has to be. The Person Concept is a single, coherent concept of interdependent component concepts: Individual Persons; Behavior as Intentional Action; Language and Verbal Behavior; Community and Culture; and World and Reality. Descriptive Psychology uses preempirical, theory-neutral formulations and methods, to make explicit the implicit structure of the behavioral sciences. The goal is a framework with a place for what is already known with room for what is yet to be found. - Provides a way to compare theories, coordinate empirical findings, and negotiate competent disagreement - Offers guidance for effective case formulation and integration of therapies - Explores the dilemmas of personhood and the complexities of human and nonhuman action, investigating what is a person, and how can we be sure? - Follows the implications of Hedonics, Prudence, Ethics, and Aesthetics as intrinsic perspectives and reasons for action - Applies these concepts to personality and social dynamics, consciousness, relationship change, emotional behavior, deliberation, and judgment - Provides a guide to establishing and restoring empathy--especially when it's difficult

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the philosophy of machine consciousness - Provides thorough discussion of machine dreaming and consciousness for neuroscientists and other researchers investigating consciousness and cognition

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better organized, has fewer chapters, and is somewhat shorter than many of the leading books. The beginning of each section includes learning objectives; throughout the body of each section are key terms in bold followed by their definitions in italics; key takeaways, and exercises and critical thinking activities end each section.

altered state of consciousness definition psychology: *Ten Problems of Consciousness* Michael Tye, 1997-01-22 Can neurophysiology ever reveal to us what it is like to smell a skunk or to experience pain? In what does the feeling of happiness consist? How is it that changes in the white and gray matter composing our brains generate subjective sensations and feelings? These are several of the questions that Michael Tye addresses, while formulating a new and enlightening theory about the phenomenal what it feels like aspect of consciousness. The test of any such theory, according to Tye, lies in how well it handles ten critical problems of consciousness. Tye argues that all experiences and all feelings represent things, and that their phenomenal aspects are to be understood in terms of what they represent. He develops this representational approach to consciousness in detail with great ingenuity and originality. In the book's first part Tye lays out the domain, the ten problems and an associated paradox, along with all the theories currently available and the difficulties they face. In part two, he develops his intentionalist approach to consciousness. Special summaries are provided in boxes and the ten problems are illustrated with cartoons. A Bradford Book Representation and Mind series

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altered state of consciousness definition psychology: *The Science of Religion, Spirituality, and Existentialism* Kenneth E. Vail III, Clay Routledge, 2020-04-04 The Science of Religion, Spirituality, and Existentialism presents in-depth analysis of the core issues in existential psychology, their connections to religion and spirituality (e.g., religious concepts, beliefs, identities, and practices), and their diverse outcomes (e.g., psychological, social, cultural, and health). Leading scholars from around the world cover research exploring how fundamental existential issues are both cause and consequence of religion and spirituality, informed by research data spanning multiple levels of analysis, such as: evolution; cognition and neuroscience; emotion and motivation; personality and individual differences; social and cultural forces; physical and mental health; among many others. The Science of Religion, Spirituality, and Existentialism explores known contours and emerging frontiers, addressing the big question of why religious belief remains such a central feature of the human experience. - Discusses both abstract concepts of mortality and concrete near-death experiences - Covers the struggles and triumphs associated with freedom, self-regulation, and authenticity - Examines the roles of social exclusion, experiential isolation, attachment, and the construction of social identity - Considers the problems of uncertainty, the effort to discern truth and reality, and the challenge to find meaning in life - Discusses how the mind developed to handle existential topics, how the brain and mind implement the relevant processes, and the many variations and individual differences that alter those processes - Delves into the psychological functions of religion and science; the influence on pro- and antisocial behavior, politics, and public policy; and looks at the role of spiritual concerns in understanding the human body and maintaining physical health

altered state of consciousness definition psychology: *Adapting Cognitive Behavioral Therapy for Insomnia* Sara Nowakowski, Sheila Garland, Michael A. Grandner, Leisha Cuddihy, 2021-11-11 Cognitive behavioral therapy for insomnia (CBT-I) has emerged as the standard first-line

treatment for insomnia. The number of patients receiving non-medication treatments is increasing, and there is a growing need to address a wide range of patient backgrounds, characteristics, and medical and psychiatric comorbidities. Adapting Cognitive Behavioral Therapy for Insomnia identifies for clinicians how best to deliver and/or modify CBT-I based on the needs of their patients. The book recommends treatment modifications based on patient age, comorbid conditions, and for various special populations. - Summarizes research on cognitive behavior therapy for insomnia (CBT-I) - Directs clinicians how to modify CBT-I for comorbid patient conditions - Discusses comorbid sleep, psychiatric, and medical disorders - Specifies modifications across the lifespan for different client ages and conditions - Includes special populations: short sleepers and more

altered state of consciousness definition psychology: Investigating Phenomenal Consciousness Max Velmans, 2000-11-29 How can one investigate phenomenal consciousness? As in other areas of science, the investigation of consciousness aims for a more precise knowledge of its phenomena, and the discovery of general truths about their nature. This requires the development of appropriate first-person, second-person and third-person methods. This book introduces some of the creative ways in which these methods can be applied to different purposes, e.g. to understanding the relation of consciousness to brain, to examining or changing consciousness as such, and to understanding the way consciousness is influenced by social, clinical and therapeutic contexts. To clarify the strengths and weaknesses of different methods and to demonstrate the interplay of methodology and epistemology, the book also suggests a number of "maps" of the consciousness studies terrain that place different approaches to the study of consciousness into a broader, interdisciplinary context. (Series A).

altered state of consciousness definition psychology: Weed Science Godfrey Pearlson, 2020-07-11 WHAT DO WE KNOW ABOUT MARIJUANA AND HOW DO WE KNOW IT? Marijuana is the most frequently consumed illicit drug worldwide, with over 158.8 million users, according to the UN. Responding to public pressure, the US federal government is likely to legalize recreational marijuana within the next few years. With increasing numbers of people using cannabis both medically and recreationally there are many looming questions that only science can answer. These include: - What's likely to happen, both good and bad, if the US legalizes marijuana? - What are some simple, science-based rules to separate fact from fiction and to help guide policy in the highly contentious marijuana debate? - Exactly what is cannabis doing in the brain that gets us high? A journey through THC neuroscience - Does cannabis really have medical benefits - what's the evidence? - To what extent does cannabis impair driving? - Can smoking marijuana in adolescence affect IQ or risk for developing schizophrenia? - Is marijuana safe to use during pregnancy? - Reviews the endocannabinoid system and why our bodies are full of weed receptors - Introduces readers to the various forms of marijuana: flower, dabs, hash, edibles, shatter, vapes, tinctures, oils and synthetics, THC, CBD and terpenes. - Demonstrates how and why cannabis affects different people very differently. Discusses how MRI and PET scans can help show the effects of marijuana on the brain. - Discusses long-term effects of adolescent and adult cannabis use. - Examines the evidence for cannabis's role in increasing the risk for schizophrenia-like illnesses.

altered state of consciousness definition psychology: Psychology Wayne Weiten, 2009-02 Weiten's PSYCHOLOGY: THEMES AND VARIATIONS, 8E International Edition maintains this book's strengths while addressing market changes with new learning objectives, a complete updating, and a fresh new design. The text continues to provide a unique survey of psychology that meets three goals: to demonstrate the unity and diversity of psychology's subject matter, to illuminate the research process and its link to application, and to make the text challenging and thought-provoking yet easy from which to learn. Weiten accomplishes the successful balance of scientific rigor and a student-friendly approach through the integration of seven unifying themes, an unparalleled didactic art program, real-life examples, and a streamlined set of learning aids that help students see beyond research to big-picture concepts. Major topics typically covered in today's courses are included, such as evolutionary psychology, neuropsychology, biological psychology, positive psychology, applied psychology, careers, and multiculturalism and diversity.

altered state of consciousness definition psychology: The Consciousness Revolution

Stanislav Grof, Peter Russell, 1999 AS WE ENTER THE 21ST CENTURY faced with current global and human crises, society is being questioned as never before. In *The Consciousness Revolution* three pioneers at the cutting-edge of Western thought reflect on the chances of peace in the world, on how society is changing, and on the changes we can make in ourselves. They consider the roles of art, science, education, goals and values, world views, religion, spirituality and, above all, consciousness -- for the state of our consciousness is the key issue underlying almost everything else. As Ken Wilber asks in his Foreword, what does it all finally come down to? Peter Russell put it like this: 'Each little bit counts ... we are all part of the same ground-swell. The most important question we need to ask is how can I put my own life in greater alignment with that ground-swell? How can I do my little one-hundred-thousandth worth to facilitate that shift a bit further? These intense and memorable discussions among three of the finest minds of our time convey a sense of excitement and passion which we can carry forward in our own lives. *The Consciousness Revolution* is an essential guide to how our map of reality is changing in the midst of the global transformations going on in all parts of the world and in every sphere of life, in us and around us.

altered state of consciousness definition psychology: The Wiley-Blackwell Handbook of Transpersonal Psychology Harris L. Friedman, Glenn Hartelius, 2015-06-22 THE WILEY-BLACKWELL HANDBOOK OF Transpersonal Psychology The new Handbook of Transpersonal Psychology is a necessity today. Many transpersonal psychologists and psychotherapists have been waiting for such a comprehensive work. Congratulations to Harris Friedman and Glenn Hartelius. May this book contribute to an increasingly adventurous, creative, and vibrant universe. —Ingo B. Jahrsetz, President, The European Transpersonal Association The Handbook of Transpersonal Psychology is an outstanding, comprehensive overview of the field. It is a valuable resource for professional transpersonal practitioners, and an excellent introduction for those who are new to this wide-ranging discipline. —Frances Vaughan, PhD. Psychologist, author of *Shadows of the Sacred: Seeing Through Spiritual Illusions* Finally, the vast literature on transpersonal psychology has been collected in what is clearly the essential handbook for psychologists and others who have either too apologetically endorsed or too critically rejected what undoubtedly will define psychology in the future. If you are not a transpersonal psychologist now, you will be after exploring this handbook. No longer can one dismiss the range of topics confronted by transpersonal psychologists nor demand methodological restraints that refuse to confront the realities transpersonal psychologists explore. This is a marvelous handbook—critical, expansive, and like much of what transpersonal psychologists study, sublime. —Ralph W. Hood Jr., University of Tennessee, Chattanooga With contributions from more than fifty scholars, this is the most inclusive resource yet published on transpersonal psychology, which advocates a rounded approach to human well-being, integrating ancient beliefs and modern knowledge. Proponents view the field as encompassing Jungian principles, psychotherapeutic techniques such as Holotropic Breathwork, and the meditative practices found in Hinduism and Buddhism. Alongside the core commentary on transpersonal theories—including holotropic states; science, with chapters on neurobiology and psychometrics; and relevance to feminism or concepts of social justice—the volume includes sections describing transpersonal experiences, accounts of differing approaches to healing, wellness, and personal development, and material addressing the emerging field of transpersonal studies. Chapters on shamanism and psychedelic therapies evoke the multifarious interests of the transpersonal psychology community. The result is a richly flavored distillation of the underlying principles and active ingredients in the field.

altered state of consciousness definition psychology: *Transforming the Workforce for Children Birth Through Age 8* National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on the Science of Children Birth to Age 8: Deepening and Broadening the Foundation for Success, 2015-07-23 Children are already learning at birth, and they develop and learn at a rapid pace in their early years. This provides a critical foundation for lifelong progress, and the adults who provide for the care and the education of young children bear a great

responsibility for their health, development, and learning. Despite the fact that they share the same objective - to nurture young children and secure their future success - the various practitioners who contribute to the care and the education of children from birth through age 8 are not acknowledged as a workforce unified by the common knowledge and competencies needed to do their jobs well. *Transforming the Workforce for Children Birth Through Age 8* explores the science of child development, particularly looking at implications for the professionals who work with children. This report examines the current capacities and practices of the workforce, the settings in which they work, the policies and infrastructure that set qualifications and provide professional learning, and the government agencies and other funders who support and oversee these systems. This book then makes recommendations to improve the quality of professional practice and the practice environment for care and education professionals. These detailed recommendations create a blueprint for action that builds on a unifying foundation of child development and early learning, shared knowledge and competencies for care and education professionals, and principles for effective professional learning. Young children thrive and learn best when they have secure, positive relationships with adults who are knowledgeable about how to support their development and learning and are responsive to their individual progress. *Transforming the Workforce for Children Birth Through Age 8* offers guidance on system changes to improve the quality of professional practice, specific actions to improve professional learning systems and workforce development, and research to continue to build the knowledge base in ways that will directly advance and inform future actions. The recommendations of this book provide an opportunity to improve the quality of the care and the education that children receive, and ultimately improve outcomes for children.

altered state of consciousness definition psychology: Adolescence and Emerging Adulthood Jeffrey Jensen Arnett, 2013 Helps students understand how culture impacts development in adolescence and emerging adulthood. Grounded in a global cultural perspective (within and outside of the US), this text enriches the discussion with historical context and an interdisciplinary approach, including studies from fields such as anthropology and sociology, in addition to the compelling psychological research on adolescent development. This book also takes into account the period of emerging adulthood (ages 18-25), a term coined by the author, and an area of study for which Arnett is a leading expert. Arnett continues the fifth edition with new and updated studies, both U.S. and international. With Pearson's MyDevelopmentLab Video Series and Powerpoints embedded with video, students can experience a true cross-cultural experience. A better teaching and learning experience This program will provide a better teaching and learning experience-- for you and your students. Here's how: Personalize Learning - The new MyDevelopmentLab delivers proven results in helping students succeed, provides engaging experiences that personalize learning, and comes from a trusted partner with educational expertise and a deep commitment to helping students and instructors achieve their goals. Improve Critical Thinking - Students learn to think critically about the influence of culture on development with pedagogical features such as Culture Focus boxes and Historical Focus boxes. Engage Students - Arnett engages students with cross cultural research and examples throughout. MyVirtualTeen, an interactive simulation, allows students to apply the concepts they are learning to their own virtual teen. Explore Research - Research Focus provides students with a firm grasp of various research methods and helps them see the impact that methods can have on research findings. Support Instructors - This program provides instructors with unbeatable resources, including video embedded PowerPoints and the new MyDevelopmentLab that includes cross-cultural videos and MyVirtualTeen, an interactive simulation that allows you to raise a child from birth to age 18. An easy to use Instructor's Manual, a robust test bank, and an online test generator (MyTest) are also available. All of these materials may be packaged with the text upon request. Note: MyDevelopmentLab does not come automatically packaged with this text. To purchase MyDevelopmentLab, please visit: www.mydevelopmentlab.com or you can purchase a ValuePack of the text + MyDevelopmentlab (at no additional cost): ValuePack ISBN-10: 0205911854/ ValuePack ISBN-13: 9780205911851. Click here for a short walkthrough video on MyVirtualTeen! <http://www.youtube.com/playlist?list=PL51B144F17A36FF25&feature=plcp>

altered state of consciousness definition psychology: The Hidden Spring: A Journey to the Source of Consciousness Mark Solms, 2021-02-16 A revelatory new theory of consciousness that returns emotions to the center of mental life. For Mark Solms, one of the boldest thinkers in contemporary neuroscience, discovering how consciousness comes about has been a lifetime's quest. Scientists consider it the hard problem because it seems an impossible task to understand why we feel a subjective sense of self and how it arises in the brain. Venturing into the elementary physics of life, Solms has now arrived at an astonishing answer. In *The Hidden Spring*, he brings forward his discovery in accessible language and graspable analogies. Solms is a frank and fearless guide on an extraordinary voyage from the dawn of neuropsychology and psychoanalysis to the cutting edge of contemporary neuroscience, adhering to the medically provable. But he goes beyond other neuroscientists by paying close attention to the subjective experiences of hundreds of neurological patients, many of whom he treated, whose uncanny conversations expose much about the brain's obscure reaches. Most importantly, you will be able to recognize the workings of your own mind for what they really are, including every stray thought, pulse of emotion, and shift of attention. *The Hidden Spring* will profoundly alter your understanding of your own subjective experience.

altered state of consciousness definition psychology: Sleep Disorders and Sleep Deprivation Institute of Medicine, Board on Health Sciences Policy, Committee on Sleep Medicine and Research, 2006-10-13 Clinical practice related to sleep problems and sleep disorders has been expanding rapidly in the last few years, but scientific research is not keeping pace. Sleep apnea, insomnia, and restless legs syndrome are three examples of very common disorders for which we have little biological information. This new book cuts across a variety of medical disciplines such as neurology, pulmonology, pediatrics, internal medicine, psychiatry, psychology, otolaryngology, and nursing, as well as other medical practices with an interest in the management of sleep pathology. This area of research is not limited to very young and old patients—sleep disorders reach across all ages and ethnicities. *Sleep Disorders and Sleep Deprivation* presents a structured analysis that explores the following: Improving awareness among the general public and health care professionals. Increasing investment in interdisciplinary somnology and sleep medicine research training and mentoring activities. Validating and developing new and existing technologies for diagnosis and treatment. This book will be of interest to those looking to learn more about the enormous public health burden of sleep disorders and sleep deprivation and the strikingly limited capacity of the health care enterprise to identify and treat the majority of individuals suffering from sleep problems.

altered state of consciousness definition psychology: Drugs, Brains, and Behavior, 2007

altered state of consciousness definition psychology: Progresses in Artificial Intelligence and Neural Systems Anna Esposito, Marcos Faundez-Zanuy, Francesco Carlo Morabito, Eros Pasero, 2020-07-09 This book provides an overview of the current advances in artificial intelligence and neural nets. Artificial intelligence (AI) methods have shown great capabilities in modelling, prediction and recognition tasks supporting human-machine interaction. At the same time, the issue of emotion has gained increasing attention due to its relevance in achieving human-like interaction with machines. The real challenge is taking advantage of the emotional characterization of humans' interactions to make computers interfacing with them emotionally and socially credible. The book assesses how and to what extent current sophisticated computational intelligence tools might support the multidisciplinary research on the characterization of appropriate system reactions to human emotions and expressions in interactive scenarios. Discussing the latest recent research trends, innovative approaches and future challenges in AI from interdisciplinary perspectives, it is a valuable resource for researchers and practitioners in academia and industry.

altered state of consciousness definition psychology: Suggestive Therapeutics Hippolyte Bernheim, 1880

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step process involves: Connecting with your soul; Befriending your soul; Trusting your soul; Becoming one with your soul. You are a soul in a human body but your ego is unaware of this. To fully step into soul consciousness, you must learn how to align the beliefs of your ego with the values of your soul, and commit to leading a values and purpose-driven life. The ultimate arbiter of where you have got to on your journey into soul consciousness is the quality of the connections you have with other people—not just your family and friends, but the strangers around you. Every person you meet is a soul who is working on the same project as you—promoting the evolution of human consciousness. Rejoice in your common heritage and purpose by connecting with them wherever you are and whenever you can. When you fully realize who you are, you will understand that in caring for others, you are caring for yourself.

altered state of consciousness definition psychology: Psychology of the Future Stanislov Grof, 2019-03-28 Summarizes Grof's experiences and observations from more than forty years of research into non-ordinary states of consciousness. This accessible and comprehensive overview of the work of Stanislov Grof, one of the founders of transpersonal psychology, was specifically written to acquaint newcomers with his work. Serving as a summation of his career and previous works, this entirely new book is the source to introduce Grof's enormous contributions to the fields of psychiatry and psychology, especially his central concept of holotropic experience, where holotropic signifies moving toward wholeness. Grof maintains that the current basic assumptions and concepts of psychology and psychiatry require a radical revision based on the intensive and systematic research of holotropic experience. He suggests that a radical inner transformation of humanity and a rise to a higher level of consciousness might be humankind's only real hope for the future. It's rare to find a textbook that is both extremely informative and enjoyable to read. Psychology of the Future has to be one of the first ones I've ever come across ... Each chapter brought an entirely new concept, theory, or method that was just as engaging as the previous one. — Dr. Tami Brady, TCM Reviews This book is by a pioneering genius in consciousness research. It presents the full spectrum of Grof's ideas, from his earliest mappings of using LSD psychotherapy, to his clinical work with people facing death, to his more recent work with holotropic breathing, to his latest thoughts about the cosmological implications of consciousness research and the prospects for dealing with an emerging planetary crisis. Grof has always been one of the most original thinkers in the transpersonal field, and his creativity has kept pace with the maturity of his overall vision. -- Michael Washburn, author of Transpersonal Psychology in Psychoanalytic Perspective Grof offers an outstanding contribution to the ever-growing debate about the nature of human consciousness and about the place of humankind in the cosmos. If more psychiatrists could be persuaded that human consciousness transcends the limitations of the physical brain, and instead is but an aspect of what may best be described as 'cosmic consciousness,' we could not only expect treatment modalities to change, but we could also anticipate the possibility of culture-wide rethinking of the basic presuppositions of modern cosmology, the cosmology that grounds Western institutions, ideologies, and beliefs about the nature of personhood. -- Michael E. Zimmerman, author of Contesting Earth's Future: Radical Ecology and Postmodernity Stanislov Grof, MD, is a psychiatrist with more than fifty years of experience in research of non-ordinary states of consciousness. He has been Principal Investigator in a psychedelic research program at the Psychiatric Research Institute in Prague, Czechoslovakia; Chief of Psychiatric Research at the Maryland Psychiatric Research Center; Assistant Professor of Psychiatry at the Johns Hopkins University; and Scholar-in-Residence at the Esalen Institute. He is currently Professor of Psychology at the California Institute of Integral Studies, conducts professional training programs in holotropic breathwork, and gives lectures and seminars worldwide. He is one of the founders and chief theoreticians of transpersonal psychology and the founding president of the International Transpersonal Association (ITA). In 2007, he was granted the prestigious Vision 97 award from the Vaclav and Dagmar Havel Foundation in Prague. He is the author and editor of many books, including The Adventure of Self-Discovery: Dimensions of Consciousness and New Perspectives in Psychotherapy and Inner Exploration; Ancient Wisdom and Modern Science; Beyond the Brain: Birth, Death, and Transcendence in Psychotherapy; The Cosmic

Game: Explorations of the Frontiers of Human Consciousness; and Human Survival and Consciousness Evolution; all published by SUNY Press.

altered state of consciousness definition psychology: Get High Now (without drugs)

James Nestor, 2009-09-09 Get High Now is an illustrated, mind-blowing magic carpet ride of more than 175 ways to alter human perception and consciousness without drugs or alcohol. Culled from science, physiology, spiritual practices, and the audio visual arts, these all natural highs playfully and safely explore the mind-body connection to entertaining and illuminating effect. Accessible and well-researched, each entry introduces concepts such as lucid dreaming, optical and auditory illusions, controlled breathing, meditation, time compression, and physical and mental exercises, explaining the ways in which they affect our minds and bodies and how to do them. Readers follow the author and his HighLab testing team through mind-bending and sometimes hilarious investigations, such as how to lull the mind into hallucinatory states with audio loops; why multiple bee stings lead to euphoric states; what cheeses to eat to induce psychedelic lucid dreams; how to control your breathing to create an out-of-body experience; and many more. Including solo, tandem, and group highs, Get High Now features hundreds of ways to calm or stimulate the senses and open new windows to experiencing the world.

altered state of consciousness definition psychology: Analysis and Assessment of

Gateway Process The US Army, 1983 You are not thinking, you are merely being logical. -Niels Bohr, Danish physicist and Nobel Laureate Analysis and Assessment of Gateway Process is a document prepared in 1983 by the US Army. This document was declassified by the CIA in 2003. This brief report focuses on the so-called Gateway Experience, a training program originally designed by the Monroe Institute, a Virginia-based institute for the study of human consciousness. The Gateway experience uses sound tapes to manipulate brainwaves with a goal of creating an altered state of consciousness, which includes out-of-body experiences, energy healing, remote viewing, and time travel. The report concluded that the Gateway Experience is 'plausible' in terms of physical science, and that while more research was needed, it could have practical uses in US intelligence. Students of US intelligence, and anyone interested in the cross-roads between consciousness and reality will find this report fascinating reading.

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