

COMMON COURSE OUTLINE

PSYC 202

Altered States of Consciousness

3 Semester Hours

The Community College of Baltimore County

Description

Altered States of Consciousness

Examines the psychological research relating to sleep and dreaming, hypnosis, meditation, and imagination.

Prerequisite: (ENGL 052 or LVE 2) or (ESOL 052 or LVE 2) and (RDNG 052 or LVR 2)

Overall Course Objectives

Upon completion of this course, the student will be able to:

1. Assess the many superstitions and rituals relating to sleep and dreaming.
2. Describe the sleep and dream cycle.
3. Give examples of sleep research instrumentation and methodology.
4. Discuss the phylogeny and ontogeny of sleep.
5. Compare and contrast different theories relating to dream content.
6. Explain the effects of total, partial, and selective sleep deprivation.
7. Summarize the symptoms, causes and treatments for various sleep disorders.
8. Explain the effects of various drugs on sleep.
9. Assess the nature of hypnosis and hypnotizability.
10. Give examples of the practical applications of hypnotherapy.
11. Compare and contrast the various forms of meditation.
12. Identify the role of imagination and fantasy in human behavior.

Major Topics

1. Sleep in historical context
2. The sleep and dream cycle
3. Lucid dreaming
4. Research on dream content
5. Sleep deprivation
6. The effects of drugs upon sleep
7. Phylogeny and ontogeny of sleep
8. Insomnia
9. Narcolepsy
10. SIDS and sleep apnea
11. Snoring
12. Sleepwalking (somnambulism)
13. Bedwetting (enuresis)
14. Tooth-grinding (bruxism)
15. The nature of hypnosis and hypnotizability
16. Practical applications of hypnosis
17. Meditation
18. Imagination

Course Requirements

Evaluation and student feedback in this course will combine several of the following formats:

1. Tests/Quizzes
2. Research papers
3. Oral presentations
4. Cooperative learning group assignments
5. Classroom participation
6. Written observation reports applying course material

Other Course Information:

All students are expected to conform to the college's policies on attendance and conduct.

Revised 06/30/00