Near-Death Experiences

- Near-Death Experience
  - an altered state of consciousness reported after a close brush with death
  - often similar to drug-induced hallucinations
Near-Death Experiences

- **Dualism**
  - the presumption that mind and body are two distinct entities that interact

- **Monism**
  - the presumption that mind and body are different aspects of the same thing
Hypnosis

- **Hypnosis**
  - a social interaction in which one person (the hypnotist) suggests to another (the subject) that certain perceptions, feelings, thoughts, or behaviors will spontaneously occur

- **Posthypnotic Amnesia**
  - supposed inability to recall what one experienced during hypnosis
  - induced by the hypnotist’s suggestion
Hypnosis

- Posthypnotic Suggestion
  - suggestion to be carried out after the subject is no longer hypnotized
  - used by some clinicians to control undesired symptoms and behaviors
Hypnosis

- **Dissociation Theory**
  - a split in consciousness
  - allows some thoughts and behaviors to occur simultaneously with others

- **Hidden Observer**
  - Hilgard’s term describing a hypnotized subject’s awareness of experiences, such as pain, that go unreported during hypnosis
Explaining Hypnosis

Attention is diverted from an aversive odor. How?

Divided-consciousness theory:
hypnosis has caused a split in awareness

Social influence theory:
the subject is so caught up in the hypnotized role that she ignores the odor
Meditation

A self-directed practice for calming the mind
Daydreaming

- A dreamlike musing or fantasy while awake
- Students spend about $\frac{1}{3}$ of lecture time daydreaming, mostly about sex
Daydreaming

- Next two most common themes:
  - Conquering hero and suffering martyr