

**PSY 1050 States of Consciousness
2006-2007 Term 2**

Instructor	Tutors	
Prof. Tin Cheung Chan Office: Sino 334 Phone: 2609 6505 Email: tcchan@cuhk.edu.hk Office Hours: Wed 10:00 - 11:00 am or by appointment	Linda Lin Office: Sino 348 Phone: 2609 6724 Email: dlin@psy.cuhk.edu.hk Office Hours: By appointment	Vivian Zhang Office: Sino 348 Phone: 2609 6724 Email: h Zhang@psy.cuhk.edu.hk Office Hours: By appointment

Lecture: Monday 2:30pm – 4:15pm (M7-8)

Venue: CKB LT3

Tutorial: Wednesday 8:30 am – 9:15am (W1)

Venue: CKB LT3

Objective

The objective of the course is to address the increasing interest of the public on the nature of dream, lucid dream, hypnosis, subliminal perception and ESP using the findings obtained in the recent scientific advancement on the study of consciousness. The course includes 13 lectures and 15 tutorials. Topics to be discussed fall into four different sessions: Waking state, sleep state, altered consciousness, and perception with subthreshold or no stimulus.

Course Communications

All pre-class demonstrations, handouts and updated announcement will be uploaded in the CUFORUM. Make sure that you could access it through the link of this course :
<https://cuforum.cuhk.edu.hk>

Major References (on reserve CC Library)

Wallace and Fisher (1999) is the text. It does not cover all the topics and aspects of each topics. Supplementary materials are included in the lecture (* main source):

Cohen, J. D., & Schooler, J. W. (Eds.). (1997). *Scientific approaches to consciousness*. Mahwah, NJ: L. Erlbaum Associates. (CC BF311.S3876.1997)

*Farthing, G. W. (1992). *The psychology of consciousness*. Englewood Cliffs, NJ: Prentice Hall. (CC BF311.F36 1992)

Hartman, E. (1998). *Dreams and nightmares : the new theory on the origin and meaning of dreams*. New York : Plenum.

Hobson, J. A. (1988). *The Dreaming Brain*. New York: Basic Books. (UL QP426.H63)

Hobson, J. A. (1999). *Consciousness*. New York: Scientific American Library. (UL BF311.H57 1999)

O'Hanlon, W. H. (1987). *Taproots : underlying principles of Milton Erickson's therapy and hypnosis*. New York: Norton.

Parker, A. (1975). *States of mind: ESP and altered states of consciousness*. London: Malaby Press. (UL BF1321.P37 1975b)

Pressman, M. R., & Orr, W. C. (1997). *Understanding Sleep: The Evaluation and Treatment of Sleep Disorders*. Washington, DC: American Psychological Association. (UL WM188 .U54 1997)

*Wallace, B., & Fisher, L. E., (1999). *Consciousness and behavior*. Boston, MA: Allyn and Bacon. (Year 1991 version available at UL BF311.W26669 1991)

Zuckerman, M. (1979). *Sensation seeking: beyond the optimal level of arousal*. Hillsdale, NJ: L. Erlbaum Associates. (UL BF233.Z82)

李中瑩 (2003). 情緒舒導學：現代心理治療技巧中的 NLP 治療法. (UL WM420 .L5125 2003)

Course Assessment

Mid-term (MC questions)	30%
Final exam (MC questions)	40%
Class performance	5% (4 class assignment and 1 question)
Tutorials	5%
Project or paper review	20%

To study these interesting questions effectively, students are expected to read handouts before coming to classes, attend most of the lectures and participate in the lectures actively. If students would like to know more, reference to lecture will be made available. Other reference are listed. There will be a mid term and final exam of multiple choice. In the tutorial, we will provide demonstrations, video show, review of reading materials, and training of interesting topics.

Project (All reports should be no more than 10 pages excluding references and appendix)

Decision regarding which type of the following project you would participate must be confirmed on or before 14th Feb 2007. Project paper is due on 30th Apr 2007 by 5 p.m.

A. **Book report** (individual student): Each student is required to submit a book report of at least 3 pages long from one of the suggested references including summary, content and comments.

B. **Topic report** with personal experience (not more than 3 in a group): Each group has the chance to explore sleep abnormalities, dream interpretation, lucid dream, or the experience of hypnotherapy. The report paper of about 5 page long must include descriptions of the experience of each student, and the interpretation/explanation of all the experiences (one by one and/or collectively). Each group has to make a short presentation at the end of the term.

Reference must be made to books and journals for interpretation/explanation. Video tape or picture is needed. Reports on other topics (meditation or ESP) may also be possible.

C. **Research report** (not more than 5 in a group): Each group has the chance to conduct a guided experiment to test a hypothesis in cognitive processing in sleep or subliminal perception. A group report of not less than 7 pages is required to describe the research question, the hypothesis together with its bases, methodology of research, analyzed results, and discussion of the results with reference to reports you could find in the literature review on the topics. Each group has to make a presentation at the end of the term.

Policy on Plagiarism

Any assignment (i.e., project, essay, or paper) that shows evidence of plagiarism will be marked down severely. In simple terms, plagiarism is copying passages and/or ideas from other sources without referencing those sources. Moreover, when you report someone else's ideas/findings you must put it in your own words and not merely copy full sentences or parts of sentences from the source article. It is your responsibility as a scholar-in-training to cite the ideas and work of others correctly. Please visit the following websites for discussions of how to recognize and avoid plagiarism.

<http://ec.hku.hk/plagiarism/introduction.htm>

<http://www.indiana.edu/~wts/wts/plagiarism.html>

<http://www.hamilton.edu/academic/Resource/WC/AvoidingPlagiarism.html>

If you commit plagiarism in an assignment, and it is your first offence in the course, the penalty will range from a minimum of a single letter grade reduction in score on the assignment to a maximum of failure on the assignment. A second offence within the same course will result in a minimum penalty of a single letter grade reduction in the course grade to a maximum penalty of course failure. The specific penalty applied is up to the discretion of the professor. In all cases of plagiarism, the student's name will be recorded in a central database maintained by the general office. If a student is referred for plagiarism in more than one course, or more than one instance in the same course, the student's case will be forwarded to the university administration for follow-up action.

Class Schedule

	Date	Lecture Topic	Source of reference	Date	Tutorial
1	8 Jan	General introduction: def of consciousness and the importance of consciousness study	-	10 Jan	Introduction (minor, reading supplement, and term paper)
2	15 Jan	<u>Section 1: Waking consciousness</u> Nature and function of consciousness	H (1999) Ch. 1, 9 Ch. 2 (pp.24-29) Ch. 4 (pp.64-80) W & F Ch. 1 (pp.3, 6-12)	17 Jan	Supplementary reading 1: nature of consciousness
3	22 Jan	The Arousal level and self control	Z Ch. 2 (pp.12-56) F Ch. 8 (pp.170-200) W & F Ch. 9 (pp.218-220)	24 Jan	Video 1 on consciousness
4	29 Jan	<u>Section 2: Sleep and dream</u> Sleep wake cycle, dream, and dream theories	F Ch. 10 (pp.221-240) W&F pp. 154-169 F Ch. 12 (pp.289-313) W&F pp. 178-180	31 Jan	Training 1: Sleep journal and dream diary Supplementary reading 2: dream theories
5	5 Feb	Lucid dream	F Ch. 13 (pp. 324 - 330)	7 Feb	Training 2: Lucid dream training
6	12 Feb	<u>Interpretation of dream</u>	H (1988) pp.225-299 Hartman (1998)	14 Feb	Prof. Wing on sleep abnormality: Clinical cases
7	26 Feb	Abnormalities in sleep	P&O Ch. 6 & 10 F Ch.10 (pp.242-252) W&F pp. 170-173	28 Feb	<i>Mid term</i>
8	5 Mar	<u>Section 3: Altered states</u> Drug and biofeedback	F Ch. 18-19, Ch. 17 W&F Ch. 3 and 5	7 Mar	Demonstration 1: EEG and SCR biofeedback
9	12 Mar	Hypnosis: Nature and the state and nonstate controversy	F Ch. 14 W&F Ch 4	14 Mar	Demonstration 2: on hypnotizability
10	19 Mar	The traditional, NLP and Eriksonian types	O'Hanlon (1987) 李 (2003)	21 Mar	Demonstration 3: on arm levitation
11	26 Mar	Hypnosis: Application and therapy	F Ch 15, 16 W&F Ch 4 (pp. 93-102)	28 Mar	Video 2: meditation.
12	2 Apr	Meditation	F Ch. 18-19 W&F Ch 6-7	4 Apr	Project Report 1 Sleep abnormalities
13	9 Apr	<i>Easter</i>		11 Apr	PR 2 on Dream inter
14	16 Apr	<u>Section 4: Unconsciousness</u> Subliminal perception & ESP	C & S (1997) pp.125-134 P (1975) Introduction W&F Ch 9	18 Apr	Project Report 3 on lucid dream
15	23 Apr	PR 4 on experience of hypnotherapy and research			

Suggested references for individual project (location of references)

Consciousness and waking state

Baars, B. J. (1988). *A cognitive theory of consciousness*. New York: Cambridge University. (UL BF311.B226 1988)

Baars, B. J., Banks, W. P., & Newman, J. B. (2003) (Ed.). *Essential sources in the scientific study of consciousness*. Cambridge, MA: MIT (UL WL705 .E85 2003)

Crick, F. (1994). *The astonishing hypothesis: the scientific search for the soul*. New York: Scribner. (UL BF311.C745 1994)

Dennett, D. C. (1996). *Kinds of minds: Towards an understanding of consciousness*. New York: Basic Books. (Chinese) (CC B105.I56 D46412 1997)

Grossenbacher, P. G. (2001) (Ed.). *Finding consciousness in the brain : a neurocognitive approach*. Philadelphia : John Benjamin. (CC WL300 .F54 2001)

Jasper, H. H. (1998) (Ed.). *Consciousness : at the frontiers of neuroscience* Philadelphia : Lippincott-Raven. (MD WL100 .A38 v.77)

Sleep and dream

Bentley, E. (2000). *Awareness: biorhythms, sleep, and dreaming*. New York: Routledge. (UL BF311.B452 2000)

Moffitt, A., Kramer, M., & Hoffmann, R. (1993). *The functions of dreaming*. Albany, NY: State University of NY. (UL BF1078.F95 1993)

Strauch, I., & Meier, B. (1996). *In search of dreams: results of experimental dream research*. Albany, NY: State University of NY. (UL BF1091.S7713 1996)

Altered states

Austin, J. H. (1998). *Zen and the brain: toward and understanding of meditation and consciousness*. Cambridge, MA: MIT Press. (CC BQ288.A96 1988)

Erikson, M. H. (1980). *The nature of hypnosis and suggestion*. New York: Irvington. (UL WM415.E74 v.1)

Grinspoon, L., & Bakalar, J. B. (1979). *Psychelelic drugs reconsidered*. New York: Basic Books. (UL BF209.H34G74)

Kirsch, I. (1999) (Ed.). *How expectancies shape experience*. Washing, DC: APA. (CC Bf323.E8 H69 1999)

Robbins, J. (2000). *A symphony in the brain : the evolution of the new brainwave biofeedback*. New York : Atlantic Monthly (UL WB890.R63 2000)

Hobson, J. A. (2001). *The dream drugstore : chemically altered states of consciousness*. Cambridge, MA: MIT. (UL WL705 .H633 2001)

Subliminal ESP

Alvarado, C. S. (1998). *ESP and altered states of consciousness: An overview of conceptual and research trends*. *Journal of Parapsychology*, 62, 27-63. (available online through the library)

Video-recordings

Bingham, R., & Byker, C. (1995). *Consciousness [videorecording]*. Princeton, NJ: Films of the Humanities & Sciences. (UC Video-VHS BF311.C647 1995)

Bloch, A. (1997). *The conscious mind [videorecording]*. Oakland, CA: Thinking Allowed Productions. (UC Video-VHS BD418.3.C667 1996)

Bloch, A. (1992). *Approaches to consciousness [videorecording]*. Oakland, CA: Thinking Allowed Productions. (UC Video-VHS BF701.A667 1992)

Chomet, J (1996). *Mind games [videorecording]* Lodon: London Television. (UC Video-VHS WL300.M56 1996)

CLerner, S. (1987). *Medical applications of psychophysiologic self regulation [videorecording]*. Evanston, IL : Altschul Group. (UC Video-VHS WL103 .B56 1987)

Mishlove, M., & Bloch, A. (1988). *On dreams and dreaming [videorecording]*. Oakland, CA: Thinking Allowed Productions. (UC Video-VHS BF1099.L82 o5 1988)

Ressler, K. & Holzinger, B. (1996). *Sleep and its secrets [videorecording]*. NY: Filmmakers Livrary. (UC Video-WL 108.S628 1996)

Related Weblinks for hypnosis

More information can be found through website search engine on consciousness, sleep, dream, hypnosis, meditation, ESP, subliminal, psychelelic drug etc. In addition, you may get scientific information from <http://www.sciencedaily.com/> and information about hypnosis from <http://www.hypnosis-research.org>