

Guided Reading Activity 7-2

Hypnosis, Biofeedback, and Meditation

For use with textbook pages 191-195

Directions: Outlining Locate the heading in your textbook. Then use the information under the heading to help you write each answer.

I. Hypnosis, Biofeedback, and Meditation

A. Introduction

1. Some operations have been performed without using anesthesia. How is this possible?
Hypnosis is used instead of anesthesia

B. What Is Hypnosis?

1. What is hypnosis? altered consciousness in which people become highly suggestible to changes in behavior + thought
2. How does hypnosis work? shifts our perceptions to make us aware of things we usually filter out or make us unaware of things we usually notice.
3. Can a hypnotist force the participant to do things against his or her will? Why or why not?
No, the participant is cooperating, not under the hypnotist's power
4. What is the neodissociation theory of hypnosis? consciousness includes many aspects that may become separated or dissociated during hypnosis
5. Give three examples of uses of hypnosis. (1) Suppress or aid memory (2) Change unwanted behaviors (3) Reduce pain (4) Reveal problems to therapists

C. Biofeedback

1. How has biofeedback been used? teach people to control a wide variety of physiological responses
2. What is the basic principle of biofeedback?
feedback makes learning possible

D. Meditation

1. How can people benefit from meditation?
change physiological state through systematic relaxation

Jim Wand
Visualization
Theodore Barber
 - not special state of consciousness
 - result of suggestibility
Ernest Hilgard
 - quit smoking
 - express inner desires

Biofeedback
 - learning to control body states using machines
 ↓ heart rate, ↓ blood pressure, ↓ sweating

Transcendental - mental repetition of Sanskrit sound image
Mindfulness - focusing on the moment, body pain, but liberation
Breath - concentration on respiration

Copyright © by The McGraw-Hill Companies, Inc.