Week 12 - Day 1 (Ch 5 pt 2 - Dreams & Drugs)

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# Week 12 - Day 1 (Ch 5 pt 2 - Dreams & Drugs)

Apr 4, 2016

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## Navigate using audio

[Quizlet on terms from this lecture](https://quizlet.com/_25xo1e)

# Dreams

* Two categories:
  + Non-REM dreams: shorter, relatively dull (e.g., what sweater should I wear?)
  + REM dreams: More likely to be bizarre and include intense emotions, visual and auditory hallucinations, and uncritical acceptance of illogical events
* Explanation:
  + Non-REM: General de-activation of many brain regions
  + REM: Brain structures associated with motivation, emotion, reward, vision are active; pre-frontal cortex is not

## Lucid Dreams

Audio 0:05:00

* Dreams in which the dreamer is aware of dreaming
  + In some cases, the dreamer may be able to control the action in their dreams, much like a scriptwriter in a movie
* Dr. Berit Brogaard
  + Knowing that you are dreaming
  + Being able to control your own dream actions in a wake-like fashion
  + Being able to manipulate your dream surroundings
  + Being able to manipulate the dream actions of other people in your dreams

## Meaning

* Psychoanalytic theory (Freud): Dreams contain hidden content that represents unconscious conflicts
  + Manifest content: The plot of a dream; the way the dream is remembered
    - Audio 0:09:17
  + Latent content: What a dream symbolizes; the material that is disguised in a dream to protect the dreams from confronting direct reality
  + No scientific evidence that dreams represent hidden conflicts or for the special symbolic meaning of dream images
    - 

## Problem-Focused Theory

* Question:
  + Why do people often dream about threatening events?
* Answer:
  + Audio 0:13:00
  + Perhaps dreams help us prepare to cope with real waking events
  + Dreams sometimes simulate threatening events so that people can rehearse strategies for coping
  + Dreams may have adaptive value if rehearsal helps us survive and reproduce

## Cognitive Theory

Audio 0:15:25

* Dreaming is similar to the activity we engage in when we are awake
  + Construct simulations of the real world
  + Draw on memories, knowledge, metaphors, and assumptions
* The difference is that the cerebral cortex is cut off from external stimulation
* Predicts that if we were awake, but cut off from external stimulation, our thoughts would have the same hallucinatory quality we experience in dreams

## Activation-Synthesis Theory

* The brain tries to make sense of random brain activity that occurs during sleep by synthesizing the activity with stored memories
  + Emotion centers (limbic system) in the brain are active, which explains the intense emotions
  + Frontal cortices are not active, which explains the uncritical acceptance of illogical events
* Critiques:
  + Dreams are not as chaotic as the activation-synthesis theory suggests
  + Often similar to “everyday life” waking experience

# ICA 12

* Think of a dream you had recently
* Rate level of oddness & threat (1-10)
* Consider which theory applies best
  + Which do you think is most accurate? Why?
* Do you think dreams have meaning?

# Chapter 5 (Part 2): Body Rhythms & Mental States

# Drugs

## Many People Use Drugs

* Audio 0:32:00
* Drugs have been used throughout history to create altered states
* Around 250 million people use illicit drugs each year
  + U.S. is 3rd largest country at around 320 million, Indonesia is 4th at 252 million
* Other widely-used drugs include alcohol, prescription medications, caffeine, and nicotine
  + 
* Double-edged sword of drug use:
  + Drugs are useful in the treatment of many medical conditions
  + Recreational drug use can have negative consequences
* Psychoactive drugs:
  + Mind altering substances that change the brain’s neurochemistry (marijuana, cocaine, amphetamines, MDMA, opiates)
* Drug effects
  + The effects of a particular drug depends on which neurotransmitter system it activates (e.g., methamphetamine acts on the dopamine system)
* Commonly used drugs:
  + Cocaine
  + Amphetamines Stimulants
  + MDMA
  + Opium
  + Heroin Opiates
  + Morphine
  + Alcohol Depressants
  + Tranquilizers
  + LSD
  + Psilocybin Psychedelics
  + Marijuana

## What are their effects?

* Stimulants
  + Speed up activity in the central nervous system
* Depressants
  + Slow down activity in the central nervous system
* Opiates
  + Relieve pain
* Psychedelics
  + Disrupt normal thought process (e.g., time, space)

# Vocab

|  |  |
| --- | --- |
| Term | Definition |
| dream | Products of an altered state of consciousness in which images and fantasies are confused with reality |
| non-REM dreams | Dreams which are More likely to be bizarre and include intense emotions, visual and auditory hallucinations, and uncritical acceptance of illogical events |
| non-REM | Type of sleep in which many regions of the breain are de-activated |
| REM | Brain structures associated with motivation, emotion, reward, vision are active, but pre-frontal cortex is not |
| lucid dream | Dream in which you are aware that you are dreaming |
| psychoanalytic theory (Freud) | Theory which says dreams contain hidden content that represents unconscious conflicts |
| manifest content | The plot of a dream (the way it is remembered) |
| latent content | What a dream symbolizes (disguised in a dream to to protect dreams from confronting reality) |
| problem-focused theory | Theory that says our dreams are sometimes threatening in order to cope with real life problems |
| cognitive theory | Theory that says that dreams are similar to activities we engage in when we are awake |
| activation-synthesis theory | Theory that says dreams are the brain making sense of random activity in the brain from storing memories |
| recreational drug use | this activity can have negative consequences even though it can be useful to treat medical conditions |
| psychoactive drugs | mind altering substances that change the brain’s neurochemistry |
| drug effects | determined by the neurotransmitter it activates |

## PY 101-012 - Spring 2016 (UA)

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Website for notes and other study materials from University of Alabama's Pyschology 101 section 012 Spring 2016