



Psychology 2011A

571

Fall/Winter 2018-2019

Altered States of Consciousness

Instructor Information:

Professor: Imants Baruss **Office #** DL323

Email: baruss@uwo.ca **Ext:** 4369

Office Hours: Fridays 11:00 a.m. to 2:00 p.m.

Class Times and Location(s):

Mondays, 2:30 P.M. to 4:30 P.M. in room LH100

Course Description:

A survey of altered states of consciousness such as sleep, dreaming, hypnosis, drug-induced states, meditation and near-death experiences considered from a phenomenological perspective.

Antirequisites: None

Prerequisites: None

Unless you have either the requisites for this course or written special permission from your Dean to enroll in it, you may be removed from this course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

TEXTBOOK

Barušs, I. (2003). *Alterations of Consciousness: An Empirical Analysis for Social Scientists*. Washington, DC: American Psychological Association.

COURSE OBJECTIVES

The purpose of this course is to gain some understanding of altered states of consciousness and to develop a sensitive but critical attitude to the subject matter.

SYLLABUS

This is a course about altered states of consciousness. The material covered may include perspectives on consciousness, definitions of consciousness, beliefs about consciousness and reality, the occurrence of anomalous phenomena in altered states of consciousness, the scientific study of consciousness, introspection, William James's characteristics of thinking, daydreaming, imagination, psychoneuroimmunology, remote healing, sensory restriction, physiology and neurobiology of sleep, sleep mentation, sleep theories, sleep disorders, dream theories, stimulus incorporation in dreams, hypnapompic and hypnogogic states, dream interpretation, dream incubation, lucid dreaming, shared dreaming, precognitive dreaming, definitions of hypnosis, hypnotic induction, hypnotic phenomena, hypnotic susceptibility, theories of hypnosis, tripartite theory of hypnosis, dissociation, hypnotically recalled memories, false memories, clinical applications of hypnosis, shamanic states of consciousness, characteristics of possession phenomena, dissociative identity disorder, alien abduction experiences, history of psychedelic drugs, physiological and psychological effects of psychedelic drugs, neuropharmacology of psychedelic drugs, pathological and putative therapeutic effects of psychedelic drugs, the Good Friday experiment, varieties of transcendent states of consciousness, mystical experiences, meditation, physiology of meditation, Franklin Merrell-Wolff's transcendental experiences and philosophy, explanations of transcendence, survival hypothesis, out-of-body experiences, near-death experiences, reductionist explanations of near-death experiences, past-life experiences, mediumship, instrumental transcommunication, and alternative explanations of consciousness and reality. The study of consciousness and altered states of consciousness is a multidisciplinary effort and material from psychology, neuroscience, anthropology, mathematics, statistics, and physics may be discussed in this course. Students will be expected to know that material to the extent that it is reasonable to know it given the prerequisites for the course and explicit instruction given in the textbook and in class. This course is taught from a phenomenological perspective in that the phenomena that occur in altered states of consciousness are considered essentially as phenomena without automatic reduction to a materialist interpretation of reality.

EVALUATION

Term Tests, 50%: There will be a term test on Monday, October 1, 2018 worth 20% and one on Monday, November 5, 2018 worth 30%. Both tests will cover material in the assigned readings and class lectures from the beginning of the course to the time of the test.

Examination, 50%: There will be a final examination during the mid-year examination period

December 10 to 21, 2018. The examination will cover all the material in the assigned readings and class lectures from the beginning of the course.

Students must bring proper university identification cards to all tests and examinations. Students without such identification may be photographed and barred from the test or examination. Students are also required to bring a pencil and an eraser to the tests and examination for filling in the examination forms. Students are not allowed to have a cell phone, or any other electronic device, with them during the tests or examination.

Students who cannot attend a test or examination for medical or other extraordinary reasons should obtain proper documentation and contact their Dean's office as soon as possible. Please see http://www.uwo.ca/univsec/pdf/academic_policies/appeals/accommodation_illness.pdf. Allowance will not be made for tests and assignments in other courses, employment, or family responsibilities. All students who cannot write a regularly scheduled test or examination and who receive accommodation from their Dean are required to write an appropriate alternate test or examination. All alternate tests and examinations will be essay style in format.

In-class Essays: Students may be asked to write short in-class essays that will not be graded nor contribute to the final grade but will be used as a basis for discussion and a record of attendance.

COURSE WEB SITE

The web site for this course is <http://baruss.ca/2011.htm>. Information about the course will be posted from time to time on the web site.

SCHEDULE

Date	Topic	Readings
September 10	Introduction	Chapter 1
September 17	Wakefulness	Chapter 2
September 24	Sleep	Chapter 3
October 1	Test 1	
October 8	Reading Week	
October 15	Dreams	Chapter 4
October 22	Hypnosis	Chapter 5
October 29	Trance	Chapter 6
November 5	Test 2	
November 12	Psychedelics	Chapter 7
November 19	Transcendence	Chapter 8

November 26	Death	Chapter 9
December 3	Conclusion & Review	Chapter 10
December 10–21	Mid-Year Examination Period	



2018-2019

Faculty Office Hours:

Faculty office hours can be found on King's homepage under the menu heading Current Students (<http://www.kings.uwo.ca/current-students/courses-enrolment/planning/faculty-office-hours/>) and are also posted on the bulletin board across from the Administrative Assistants Office on the second floor of Dante Lenardon Hall.

How to Request Academic Accommodation – King's Students:

(<https://www.kings.uwo.ca/current-students/courses-enrolment/exams-and-tests/medical-accommodation/>)

UWO Policy on Accommodation for Medical Illness:

(http://uwo.ca/univsec/pdf/academic_policies/appeals/accommodation_medical.pdf)

Student Medical Certificate (SMC):

<https://www.eng.uwo.ca/files/undergraduate/student-medical-certificate.pdf>

Tests/Examinations:

Students are responsible for seeking accommodation with appropriate documentation, prior to writing tests/examinations, if they are of the view that their performance may be affected by extenuating circumstances.

Support Services:

Students who are in emotional/mental health distress should refer to Mental Health@Western:

<https://uwo.ca/health/services/students/index.html> for a complete list of options about how to obtain help.

University Students Council provides many valuable support services for students (including the health insurance plan) <http://westernusc.ca/services/>.

Information about Accessibility, Counselling and Student Development (formerly Services for Students with Disabilities) at King's is available at

<https://www.kings.uwo.ca/current-students/student-services/>

For emotional/mental health assistance see: <http://www.kings.uwo.ca/current-students/campus-services/student-support-services/personal-counselling/>

The website for Academic Services at King's University College is <http://www.kings.uwo.ca/current-students/academic-support/>

Statement on Use of Electronic Devices:

Use of Electronic Devices:

You are not allowed to have a cell phone, or any other electronic device, with you during tests or examinations.

Use of Laptops in the Classroom:

King's University College at Western University acknowledges the integration of new technologies and learning methods into the curriculum. The use of laptop computers can contribute to student engagement and effective learning. At the same time, King's recognizes that instructors and students share jointly the responsibility to establish and maintain a respectful classroom environment conducive to learning.

The use of laptops by students during lectures, seminars, labs, etc., shall be for matters related to the course at hand only. Students found to be using laptops for purposes not directly related to the class may be subject to sanctions under the Student Code of Conduct. See https://www.kings.uwo.ca/kings/assets/File/currentStudents/studentLife/conduct/code_of_conduct_2003.pdf

Inappropriate use of laptops [or smart phones] during lectures, seminars, labs, etc., creates a significant disruption. As a consequence, instructors may choose to limit the use of electronic devices in these settings. In addition, in order to provide a safe classroom environment, students are strongly advised to operate laptops with batteries rather than power cords.”

Statement on Academic Offences:

King's is committed to Academic Integrity.

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site: http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. <http://elearningtoolkit.uwo.ca/terms/plagiarism.html>

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

Copyright re: Course Material

Lectures and course materials, including power point presentations, tests, outlines, and similar materials are protected by copyright . Faculty Members are the exclusive owner of copyright in those materials they create. Students may take notes and make copies for their own use. Students may not allow others to reproduce or distribute lecture notes and course materials publicly (whether or not a fee is charged) without the express written consent of a Faculty Member. Similarly, students own copyright in their own original papers and exam essays. If a faculty member is interested in posting a student's answers or papers on the course web site he/she should ask for the student's written permission. (Commercial use of Course material - <http://umd.edu/legal/commercial.html>)

Mailbox re Submission of Late Essays/Assignments ONLY:

Only late essays/assignments not handed in at class may be dropped off in the drop box, located between the inner doors of the Cardinal Carter Library. Essays dropped into the mailbox will be picked-up twice per day: once in the morning (9:30 a.m.) and in the afternoon (4:00 p.m.). All essays dropped off after 4:00 p.m. will be date-stamped the following business day. Essays should be placed in an envelope addressed to the professor with the course code and student number clearly indicated.

Class Cancellations:

All reported class cancellations are posted at: <http://www.kings.uwo.ca/current-students/outages-service-interruptions/>