



**Consciousness**

Normal waking consciousness

Altered states of consciousness

Measuring consciousness

Changes in psychological state

A state that is clear, organised & meaningful

Any state of consciousness which is distinctly different from an NWC in terms of the levels of awareness, thoughts, perceptions, memories, behaviours, emotions & sense of time

Naturally occurring

Purposely induced

Sleep & daydreams

Meditative state, hypnosis, alcohol induced & drug induced state, anaesthetised.

EMG

EOG

Video monitoring

Self-reports

EEG

It Detects, amplifies & records the electrical activity of the muscles

It Detects, amplifies & records the electrical activity of the eye muscles that control eye movements

It Detects, amplifies & records the electrical activity of the brain. Measured in terms of frequency & amplitude

Beta brain waves

Alpha brain waves

Theta brain waves

Delta brain waves

Highest frequency/ lowest amplitude brain waves

Recorded when experiencing ordinary wakefulness, daydreaming & when under the influence of some depressants e.g. Alcohol

Recorded when in a meditative state, NREM sleep & when under the influence of some depressants

Lowest frequency/ highest amplitude waves

Recorded when using selective attention, when under the influence of stimulant (typically)

Levels of awareness

Content limitations

Controlled & automatic processes

Perpetual & cognitive distortions

Emotional awareness

Self-control

Time orientation

A controlled process is a task that requires a high level of mental effort (selective attention)

An automatic process can be completed with minimal effort (via divided attention)

The level of awareness of our feelings, thoughts, perceptions & our own existence at any given moment