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| *Title and Code of Course*: ERPB-BPS2633 Principles of Altered States of Consciousness |
| *Instructor’s Name*: Gergely Sándor Szabó Ph.D. |
| *Instructor’s Email Address*: [gergely.szabo.psy@gmail.com](mailto:gergely.szabo.psy@gmail.com); [szabo.gergely.sandor@kre.hu](mailto:szabo.gergely.sandor@kre.hu)   |  |  |  |  | | --- | --- | --- | --- | | Credit Point Value:  **6** | Number of Lessons per Week: **2** | Type of Course:  **Seminar**  **Lecture** | Method of Evaluation:  **Oral Examination**  **In-Class Presentation**  **Other** | |
| **Course Description:**  The aim of the course is to review the most important questions of altered states of consciousness. During the course, students will learn about cultural and historical perspectives, classification systems, the main types and their mechanism of actions of various states of consciousness and recieve an overview of phenomenological and physiological characteristics. Topics that will be addressed are: meditation, relaxation, hypnosis, sleep, chemically induced altered states, pathologies. |
| **Bibliography:** Compulsory readings Cardeña, Etzel, and Michael Winkelman, eds. Altering Consciousness: Multidisciplinary Perspectives. ABC-CLIO, 2011. (Vol. 2. Chapter 7.)  Friedman, H. L., & Hartelius, G. (Eds.). (2013). The Wiley-Blackwell handbook of transpersonal psychology. Wiley Blackwell. (Chapter 19., 20. 21., 25., 27., 28.)  Schneider, S., & Velmans, M. (Eds.). (2017). The Blackwell companion to consciousness. Wiley Blackwell. (Chapter 3., 9., 11., 13., 14., 35., 50.)  Vaitl, D., Birbaumer, N., Gruzelier, J., Jamieson, G. A., Kotchoubey, B., Kübler, A., ... & Ott, U. (2013). Psychobiology of altered states of consciousness. Psychological Bulletin, Vol. 131, No. 1, 98–127.  **Recommended readings**  Aldridge, D., & Fachner, J. (2006). Music and altered states: consciousness, transcendence, therapy and addiction. Jessica Kingsley Publishers.  Brann, L. (2015). The handbook of contemporary clinical hypnosis: theory and practice. John Wiley & Sons.  Cvetkovic, D., & Cosic, I. (Eds.). (2011). States of consciousness: Experimental insights into meditation, waking, sleep and dreams. Springer Science & Business Media.  Hobson, J. A. (2002). The dream drugstore: Chemically altered states of consciousness. MIT Press.  Kokoszka, A. (2007). States of consciousness. New York: Springer.  Tart, Charles T. (1969). Altered States of Consciousness: A Book of Readings. New York: Wiley.  Tart, Charles T. (2001). States of Consciousness. Backinprint.com. |