

<i>Title and Code of Course:</i> Principles of Altered States of Consciousness			
<i>Instructor's Name:</i> Gergely Sándor Szabó Ph.D.			
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Credit Point Value: 6	Number of Lessons per Week: 2	Type of Course: Seminar <input checked="" type="checkbox"/> Lecture <input type="checkbox"/>	Method of Evaluation: Oral Examination <input type="checkbox"/> In-Class Presentation <input checked="" type="checkbox"/> Other <input type="checkbox"/>
<p>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 receive an overview of phenomenological and physiological characteristics. Topics that will be addressed are: meditation, relaxation, hypnosis, sleep, chemically induced altered states, pathologies.</p>			
<p>Bibliography:</p> <p style="text-align: center;">Compulsory readings</p> <p>Cardeña, Etzel, and Michael Winkelman, eds. <i>Altering Consciousness: Multidisciplinary Perspectives</i>. ABC-CLIO, 2011. Vaitl, D., Birbaumer, N., Gruzelier, J., Jamieson, G. A., Kotchoubey, B., Kübler, A., ... & Ott, U. (2013). Psychobiology of altered states of consciousness. <i>Psychological Bulletin</i>, Vol. 131, No. 1, 98–127.</p> <p style="text-align: center;">Recommended readings</p> <p>Aldridge, D., & Fachner, J. (2006). <i>Music and altered states: consciousness, transcendence, therapy and addiction</i>. Jessica Kingsley Publishers. Brann, L. (2015). <i>The handbook of contemporary clinical hypnosis: theory and practice</i>. John Wiley & Sons. Cvetkovic, D., & Cosic, I. (Eds.). (2011). <i>States of consciousness: Experimental insights into meditation, waking, sleep and dreams</i>. Springer Science & Business Media. Friedman, H. L., & Hartelius, G. (Eds.). (2015). <i>The Wiley-Blackwell handbook of transpersonal psychology</i>. John Wiley & Sons. Hobson, J. A. (2002). <i>The dream drugstore: Chemically altered states of consciousness</i>. MIT Press. Kokoszka, A. (2007). <i>States of consciousness</i>. New York: Springer. Tart, Charles T. (1969). <i>Altered States of Consciousness: A Book of Readings</i>. New York: Wiley. Tart, Charles T. (2001). <i>States of Consciousness</i>. Backinprint.com.</p>			