

A Female Case Study on Altered States of Consciousness Towards Providing A Personal Iceberg Metaphor and Family of Origine Map

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Abstract: The problem of consciousness is mostly regarded as identical to the mind-body problem. According to the philosophical arguments, the hard problem of consciousness lies in establishing and explaining the link between physical processes and conscious experiences, via psychological processes. Altered states of consciousness refer to any state of consciousness other than normal waking consciousness. Generally, it takes deliberate effort to enter an altered state of consciousness. Many people experiment with hypnosis, meditation and mind-altering drugs in order to reach an altered state. However, altered state of consciousness occurs almost automatically. In this case study, comprehensive psychological report on client have been done to show why she has become detached in varying degrees from the external world. Also Intake form and interview has been used for gathering data. Based on data and objectives has been provided the Intrapsychic World of the Client (Iceberg Metaphor) and family-of-origin map to show the problem, essential element of transformational Change, and the way to alter the consciousness in this case.

Keywords: Altered States of Consciousness, Consciousness, Iceberg Metaphor, Family of Origin Map.

Introduction

The best way we can get closely acquainted with consciousness is to experience it using all our senses, thoughts, feelings, emotions and perceptions [1]. This paper provides matters about the consciousness from the psychological perspective. Consciousness is our awareness of various cognitive processes that operate in our daily lives. The people are stage of consciousness other than normal waking consciousness. We are awake and alert during walking consciousness. Walking consciousness occur from our personal awareness of though, feeling and perception. For example for the clients had happened some problem, they have to thinks more about the situation make them feeling bad to making decision in their life.

Neuroscientists, philosophers, psychologists, historians, and cultural theorists offer widely different perspectives on these fundamental questions concerning what it is like to be human, most agree that consciousness represents a hard problem. The emergence of consciousness studies as a multidisciplinary discourse addressing these issues has often been associated with rapid advances in neuroscience-perhaps giving the impression that the arts and humanities have arrived late at the debating table. The longer historical view suggests otherwise, but it is probably true that music has been under-represented in accounts of consciousness. Music and consciousness aims to redress the balance: its twenty essays offer a timely and multi-faceted contribution to consciousness studies, critically examining some of the existing debates and raising new questions. The collection makes it clear that to understand consciousness we need to do much more than just look at brains: studying music demonstrates that consciousness is as much to do with minds, bodies, culture, and history. Incorporating several chapters that move outside Western philosophical traditions, Music and Consciousness corrects any perception that the study of consciousness is a purely occidental preoccupation. And in addition to what it says about consciousness the volume also presents a distinctive and thought-provoking configuration of new writings about music.

Consciousness shows how the study is necessary to gain a fundamental understanding of human culture, history, and biology. From prehistoric caves to current raves and virtual reality technology, humanity has always sought to alter its consciousness. Altered states of consciousness can be achieved through dreaming, drumming, dancing, meditation, hypnosis, fasting, sex, and a number of other human activities. These strategies affect consciousness by mimicking the natural responses of our nervous system [2] [3] [4] [5] [6].

Definition of Consciousness

Consciousness refers to your individual awareness of your unique thoughts, memories, feelings, sensations and environment. Your conscious experiences are constantly shifting and changing. For example, in one moment you may be focused on reading this article. Your consciousness may then shift to the memory of a conversation you had earlier

with a co-worker. Next, you might notice how uncomfortable your chair is or maybe you are mentally planning dinner. This ever-shifting stream of thoughts can change dramatically from one moment to the next, but your experience of it seems smooth and effortless [7] [8].

Definition altered states of consciousness

Altered states of consciousness as experiences when we are awake and fully aware of our emotion, feeling, thoughts, and perceptions in varying degrees from the external world. Any of various states of awareness (as dreaming sleep, a drug-induced hallucinogenic state, or a trance) that deviate from and are usually clearly demarcated from ordinary waking consciousness. The waking state of consciousness is typically experienced by our central nervous system responses to external stimuli, which are sensed by our sensory modalities (i.e. smell, taste, touch, hearing, vision). This waking state of consciousness relies on the way these stimuli interact with our mind and body [9]. Over the years, the altered state of consciousness has been defined in a number of ways: as a “changed pattern of subjective experiences” [10]; or a reflective awareness of changed pattern of subjective experiences [9] or a changed pattern of subjective experiences and physiological responses [11] [12] [13] [14].

Methodology

Case study refers to the use of a descriptive research approach to obtain an in-depth analysis of a person, group, or phenomenon. As we know, a variety of techniques may be employed including personal interviews, direct-observation, psychometric tests, and archival records. Source of information in this study has been Interview that is one of the most important methods for gathering information in case studies. The interview has been structured survey-type questions and more open-ended questions [15] [16].

Intake Form

Please provide the following information and answer the questions below. Please note: information you provide here is protected as confidential information. Please fill out this form and bring it to your first session.

Name: Jane

Name of parent/guardian (if under 18 years): _____

Birth Date: 3 / 8 / 1976 Age: 38 Gender: Male Female

Marital Status: Never Married Domestic Partnership Married Separated Divorced Widowed

Please list any children/age:

Elder daughter 10 years old ,second daughter 8 years old ,younger son 2 years old

Address: Johor Bahru

Home Phone: () May we leave a message? Yes No

Cell/Other Phone: (+601.....) May we leave a message? Yes No

E-mail: _____ May we email you? Yes No

Have you previously received any type of mental health services (psychotherapy, psychiatric services, etc.)? No Yes, previous therapist/practitioner: Sand Therapy

Are you currently taking any prescription medication? Yes No

Please list: _____

Have you ever been prescribed psychiatric medication? Yes No

Please list and provide dates: _____

Poor Unsatisfactory Satisfactory Good Very good

Please list any specific health problems you are currently experiencing: _____

How would you rate your current sleeping habits?

Poor Unsatisfactory Satisfactory Good Very good

Please list any specific sleep problems you are currently experiencing: _____

How many times per week do you generally exercise? 1

What types of exercise to you participate in? Yoga

Please list any difficulties you experience with your appetite or eating patterns:

Normal

Are you currently experiencing overwhelming sadness, grief, or depression? No Yes

If yes, for approximately how long? near 10 years

Are you currently experiencing anxiety, panic attacks, or have any phobias? No Yes

If yes, when did you begin experiencing this? _____ anxiety _____
 Are you currently experiencing any chronic pain? No Yes
 If yes, please describe: _____
 Do you drink alcohol more than once a week? No Yes
 How often do you engage recreational drug use?
 Daily Weekly Monthly Infrequently Never
 Are you currently in a romantic relationship? No Yes
 If yes, for how long? _____
 On a scale of 1-10, how would you rate your relationship? __1_____
 What significant life changes or stressful events have you experienced recently?
 _My husband domestic violence_____

A comprehensive psychological report on client

Name : JANE
Date of Birth: 03/08/1976
Report Date : 2014
Address : Johor Bahru, Malaysia

History

Jane has born in a common family. Her father and mother have been headmaster in the primary school. Jane has two older sisters an older brother and a younger sister- in- law. Her father affair when she was 8 years old. Jane’s mother passed away from leukemia. Jane got married 10 years ago. She has three children. Two of her daughters are attention-deficit disorder (ADD) and attention-deficit hyperactivity disorder (ADHD) and a two years old son.

Presenting problems

Jane has poor relationship with her husband. She thought her husband doesn’t love her at all. Her husband has an affair and domestic violence with her. She faces problem with her special kids at home.

Objective

1. To providing the Intrapsychic World of the Client (Iceberg Metaphor)
2. To providing the family-of-origin

1. The Intrapsychic World of the Client (Iceberg Metaphor)

Iceberg Metaphor explores how the Jane internally experiences her experiences and the impact those experiences have or have had on her. We need to focus on the internal experience of impact rather than the external experiences of fact or story. This gives us the profile of the Jane’s dynamics and how problems become problems for her.

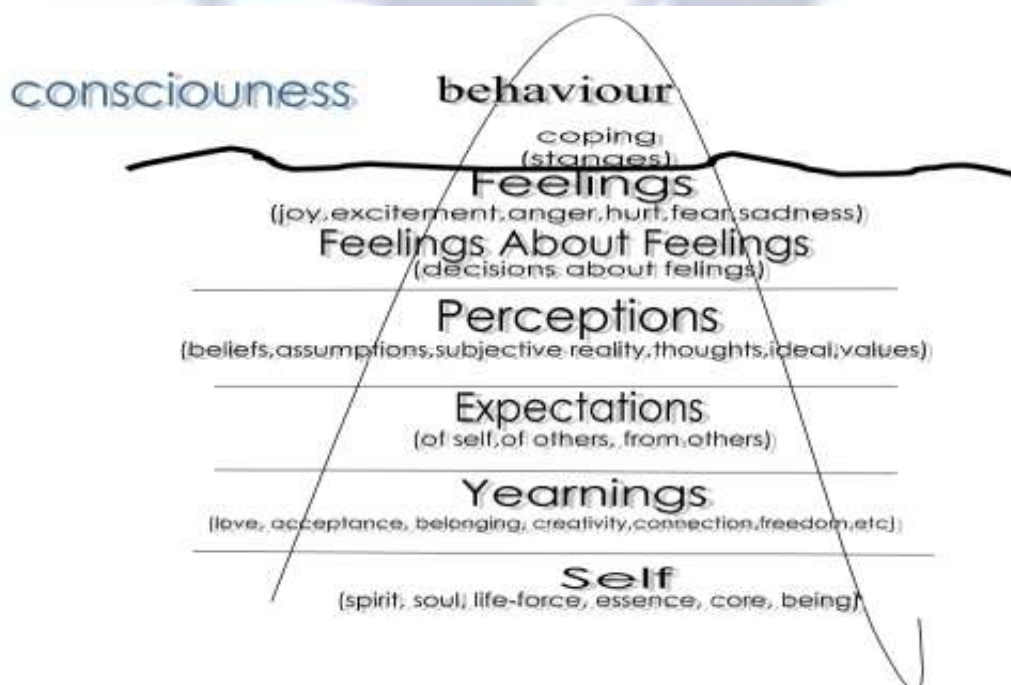


Figure 1: Personal Iceberg Metaphor (Adopted from Satir et al., 1991)

Table 1: Jane’s Iceberg Metaphor

Behavior	Jane has poor relationship with her husband. She thinks her husband doesn’t love her at all. Her husband has an affair and domestic violence with her
Coping stance	Placating
Feeling	Feeling anger and hurt
Feeling about feeling	Feeling grievance
Perception	I am unlucky wife
Expectation	I expect other respect to me
Yearning	I want to be free
Self	I am never satisfied with my husband

2. The Family-of-Origin Map Jane

The Family-of-Origin Map explores the internalized family which the Jane experiences (subjective reality) and the impact it has had and still has on her today. Look for both the positive resources and the unfinished business. Here we look at her family- of-origin map from two perspectives:

- a) The factual Present gives the context of the family.
- b) The Perceptual Past gives the impact of the family on my client.

Stage 1: The Factual present




The factual present start with the family-of-origin Jane grew up in and the factual information as suggested below. This includes all of the people who made up Jane family-of-origin or lived in her family-of-origin home from her birth to present including parents, any other spouses they might have had (marriages or common law relationship), self, siblings, half-sibling, step-siblings, foster-siblings, stillbirths, miscarriages or abortions, any other significant people who lives in your home with you when were growing up.

“Fig. 2”, represents female with a circle and male with a square. Place each child on the map chronologically, according to birth. For each person, include their name, current age or age at death, occupation, illnesses if relevant, hobbies and interests. For marital or common-law relationship, include date of their marriage or when they started living together, date of their separation or divorce, if applicable. If there was more than one family grew up in (e.g. biological family and foster family). If Jane were adopted, do maps for both her biological and adoptive families. For any information we don’t have as factual, putdown what we believe or think might be true based on what we have heard or thought about.

Stage 2: The perceptual past

We should give each person 3 ‘positive’ adjectives and 3 ‘negative’ adjective for how Jane experienced them as a child or adolescent. Nobody is totally good or bad; we have characteristic that are positive and negative. Family relationships that we take a specific situation before 18 years old when there was stress or considerable disagreement in family and generalize the relationships under stress among family members. Draw lines between family members. Coping stances is add the primary coping stances under stress for each family member as we remember before 18 years old. If there is an obvious secondary coping stance under stress, add it also on the map underneath the first stance.

Draw line between family members as follow:

- a) a solid, thick line  when relationship were enmeshed.
- b) a wavy or jagged line  when relationship were stormy, turbulent or hostile.
- c) a broken line - - - when relationship were distant, withdraw, negative or indifferent.
- d) a solid, thin line  when relationship were accepting, low-conflict and positive, even under stress.

Spiritual life energy is positively directional pushing towards growth and evolution and connected to universal wisdom and infinite possibilities. When life events happen in our external world (change), we need to make sense of them, therefore, make conclusion; our conclusions create emotion that are uncomfortable survival messages (fear, hurt, anger, anxiety, irritabilities.) Life events create internal impact, External events are out of our control; they are unpredictable and require survival. In order to survive, we make decisions that inform our life. These decisions become our rules for living. Our conclusions and decision may be out of our conscious awareness, but they may still control how we behave. Our bodies remember our emotions at a cellular level. We continue to live with the impact of all of these though our lives, even if we don’t remember the events or impacts. Experiencing life energy + simultaneously experiencing impacts = transformation change The discomfort of experience positive life energy and negatives impact simultaneously creates chaos. The client has to relieve the discomfort by making a decision. This energetic shift

resonates through the client's whole self. They experience themselves more positively: physically, interactively, and spiritually. With the therapist's guidance and through experience process the client can choose life energy and let go of impacts [17] [18] [19] [20].

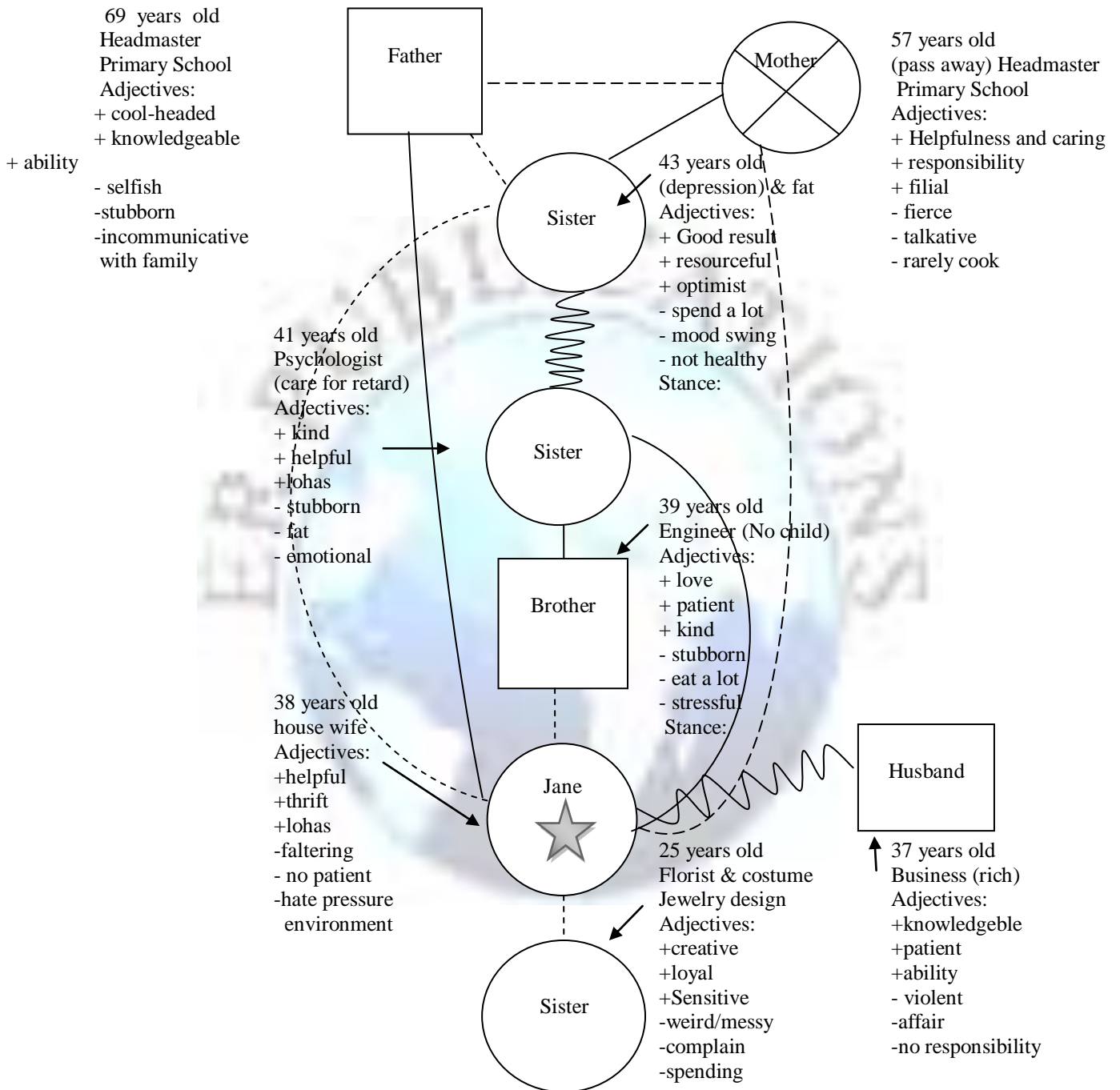


Figure 2. Present Factual & Perceptual Family of Origin Map

Essential element of transformational change for therapist

Therapist must be systematic when the client experiences the impact of the event or situation. Change needs to happen in the intrapsychic system before it can happen in the interactive system. The interactive system includes the person's

relationships with other. This includes the internalized relationship the person has, even with other who are no longer alive. Therapist must be experiential. The person must re-experience the impact of the event including some feeling, yearnings and body, or cellular, memory. This re-experiencing happens in the now; change happens in the now. Therapy must be experiential throughout the whole therapy session including the assessment, the goal setting, the change process, and the anchoring of the changes. Therapist must be positively directional. The whole session needs to be focused towards positive possibilities. Negatives are reframed, new positive possibilities are imagined and hope is instilled in the client. Therapy is not about problem solving, advice giving or anthologizing. Therapist must be chance focused. From the start of the session, questions are asked that create the expectation that changing the impact towards the intrapsychic and interactive goals that are collaboratively generated with the client. Therapist must be congruent. The use of self is the most powerful tool that the therapist has. When I am congruent, she is in touch with the wisdom of the universal Life Energy and can connection, infinite possibilities arise. When I am congruent, I am providing the conditions in which the client can experience her yearning being fulfilled which makes it possible to work with very difficult impacts. As well, when the therapist is grounded in his or her own spiritual Self, they can use the rest of their Iceberg as a tool for hypothesizing the client's impacts without getting hooked or triggered by them [17].

Ways to alter consciousness

Through the ages, people have looked for ways to alter their consciousness. Some of the more popular methods include taking drugs, meditation, fasting, chanting and going into a trance. Many people from different cultures seek an altered state of consciousness as a pathway to spiritual enlightenment. In some culture they meditate, and in others, they take drugs. Two examples are weddings and funerals, both of which often incorporate religious elements, such as scripture reading and prayer, even for those who would not consider themselves to be religious. Many cultures include an altered state of consciousness as an integral part of their social gatherings. For example, in the West, it is common to serve alcohol in various types of social gathering such as weddings, funerals and business meeting. People seek an altered state of consciousness on an individual rewards because it provides a pleasurable escape from reality. Meditation is a way to focus the mind. It's hard to say exactly what meditation is, as there are thousands of different methods. A common method involves focusing on the breath. Regular meditation is said to reduce the need for sleep, in addition to various other benefits.

Jane can connect with nature. For example, go for a walk in the forest, jungle, field of daisies, or wherever she feels like getting a connection with nature. It is possible to feel at deep sense of peace and oneness when you attempt to connect with nature. As people learn to connect and appreciate nature, they allow their consciousness to rise up. Jane can try to get our body moving For example, exercise and dancing will raise her consciousness by promoting healthy brainwave patterns, healthy neurotransmitter levels, and great circulation throughout her nervous system. Jane can rise up and break the pattern of not exercising by going for a friendly walk with one of her friends or even going to the club to dance. Both examples are: easy, fun, and empowering. She can make simple meditation. Whether she is an advanced mediator or a beginner, the benefits are tremendous and will allow her to tap into her highest state of conscious functioning if she sticks around long enough. It is act that will definitely raise her conscious awareness and allow her to attain greater focus, discipline, and develop a deeper joyous connection to life. Jane can spend time with true friends. For example find only friends that align with who is she, her beliefs, and her values, they will make her more conscious. These are her true friends, and though they can be tough to find, they should definitely be cherished. Give some of her true friends a call and make it a habit to spend more time with them [17].

Conclusion

Consciousness is one of humanity's most mystical and life-altering aspects. These remarkable changes in mental state have understandably been a topic of general interest and scientific inquiry across time. Beyond simply satisfying our curiosity, however, studies focused upon altered consciousness can also bring valuable insights into our experience, biology, and culture. Some of the insights of people experiences holotropic states of consciousness are directly related to the global crisis and its relationship with consciousness evaluation.

The reports show that we have exteriorized in the modern world many of the essential themes of the prenatal process that a person involved in deep personal transformation has to face and come to terms with internally. The same elements that we would encounter in the process of psychological death and rebirth in our visionary experiences make our evening news today. Recently, we explore how the concepts that have emerged from consciousness research, from the transpersonal field, and from the new paradigm in science could be put into action in the world.

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