Hypnosis 101

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History of Hypnosis

- Sleep Temples
- India
- Egypt
- Greece

Dr. Franz Mesmer (1734-1815), a physician from Austria
What do magnets have to do with it?
"animal magnetism"
Mesmerism
Mesmer introduced his new "animal magnetism" to Paris in 1778

James Braid coined the term "hypnotism" in 1841 abbreviation for "neuro-hypnotism" or nervous sleep (that is, sleep of the nerves) in his lectures of 1841, and it is from his work that the word "hypnosis" ultimately derives. Braid is regarded by many authorities as being the first genuine "hypnotherapist" and the "Father of Modern Hypnotism."

Émile Coué de Châtaigneraie (February 26, 1857 – July 2, 1926) was a French psychologist and pharmacist who introduced a method of psychotherapy and self-improvement based on optimistic autosuggestion (or self-hypnosis).
• Milton H. Erickson (1901-1980)
• Misdirected
• Vague
• Allowing

Milestones of Hypnosis

• In 1955 the British Medical Association issued a report stating that hypnosis was a valuable medical tool.
• In 1958 the American Medical Association recognized hypnosis as a viable scientific modality.
• In 1962 the American Psychiatric Association recognized that hypnosis was a viable modality to treat some psychological problems. In 1956, Pope Pius XII gave his approval of hypnosis. He stated that the use of hypnosis by health care professionals for diagnosis and treatment is permitted.

8 Hypnotic Ethics

1. Always maintain concern for your subject's welfare
2. Always obtain consent of the subject
3. The wellbeing of the subject must be the prime concern
4. Do not attempt to treat medical disorders
5. Become familiar with and obey all laws and regulations
6. Do not use hypnosis as an advantage to engage in business
7. Always make post-hypnotic suggestions of positive wellbeing
8. Never intentionally cause strong or frightening emotions

Hypnosis and the Law

• Hypnosis and the court
• The Texas Rangers

• Can people lie while under hypnosis?

6 Rules of Suggestion

1. Uncritical acceptance of an idea
2. Using sensory based information
3. Persuasion as a choice
4. Verbal – sounds and words
5. Non-verbal – gestures and movement
6. Intra-verbal – modulation of voice (NLP)
Nature of Suggestion
- Children vs. adults
- Conditioning and the laws of learning
- The critical factor
- Misdirection
- Religion & environment

Brainwaves
- **Beta** – Re“Act”ionary – 13 to 20 cps.
- **Alpha** – Intuitive – 7 to 13 cps.
- **Theta** – Inventive – 4 to 7 cps.
- **Delta** - Rejuvenation – 0 to 4 cps.

3 Steps to Self-hypnosis
1. Have a system
2. Expect the result
3. Pretend as if

Using Rapport
1. Body language
2. Posture
3. Gesture
4. Eye contact
5. Matching breathing rhythm
6. Tone and tempo of your voice

Ideosensory Activity
*The capacity of the brain to develop sensory images, which may be*
- kinesthetic,
- olfactory,
- visual,
- auditory,
- tactile,
- or gustatory.

Ideomotor Activities
- Involuntary capacity of muscles to respond instantaneously to thoughts, feelings and ideas.
- These built-in responses are necessary for survival.
- An example of ideomotor activity:
  - Swallowing when biting into an imaginary lemon
  - Feeling pain when you see an accident in a movie
  - Stepping on the brake from the back seat
  - Spontaneously produced without the awareness of the individual.

Post Hypnotic Suggestion
- Certain sequences of events may be set as triggers to enter or exit the post-hypnotic pattern.
- The behavior patterns resemble conditioned reflexes, though administered without classical behavior alteration techniques.

Hypnotic Conditioning
- Classical conditioning—a type of associative learning
- Operant conditioning—a psychological phenomenon involving voluntary behavior
- Physical exercise
Disassociation

• An unexpected partial or complete disruption of the normal integration of a person’s conscious functioning
• Is a mental process that severs a connection to a person's thoughts, memories, feelings, actions, or sense of identity.
• Is a normal response to trauma

Amnesia

• David Elman Method
  – Eye Closure
  – 100 – 1 (Numbers Drop out at 95)
  – Hand Drop
  – Pinch
• Anesthesia & Amnesia

Analgesia and Anesthesia

• Analgesia: The inability to feel pain while still conscious. From the Greek an-, without + algesis, sense of pain.
• Anaesthesia: from Greek, “without”; and, aisthēsis, "sensation")
• Hypno-Anesthesia

Hypermnesia

• Abnormally strong memory of the past
• As compared to hypomnesia and amnesia

Revivification

• Alpha / Theta Connection
• Positive Memories
• Negative Memories
• Post Traumatic Stress

Time Distortion

• Future-pace
• Positions in time
• Changes in the present and future
• Old patterns in the past
• Space and time

Suggestive Structure

• Double bind
• Keep language simple and be specific
• Keep it positive – suggest the desired result
• Don’t think of a dancing pink elephant
• The law of expectancy
  – What you expect tends to be realized
• Use full sensory suggestions
  – Say it with feelings
The Eyes Have It

Other Unconscious Clues

- Communication is redundant
- How are they dressed?
  - V-A-K-O-G
- The language of change

Theories of Hypnosis

- Unified Theory
  - Nothing more than relaxation
- Psychological Regression
- Neodissociation
  - hypnosis is a different state of consciousness from our normal waking state
  - Stage shows
- Sociocognitive Perspective
  - Agree to hypnotize and agree to be hypnotized
- Interactive – Phenomenological
  - Synergy of situation

7 Top Misconceptions

1. Only weak minded people can be hypnotized
2. That you have to be a deep subject to get results
3. I’m going to get “stuck” in hypnosis
4. While in hypnosis you are asleep
5. Under hypnosis you are in the total control of the hypnotist
6. You will tell the hypnotist all your secrets
7. You can’t lie under hypnosis

Capacity Testing

- Finger magnet
- Hand Clasp
- Balloon & Book
- Eye roll
- Eye closure

Susceptibility

- Physical or emotional
- What does your walk tell you?
- Sitting reveals clues
- You’ve got to want it

Recognition of Hypnosis

- From the Outside
— Breathing deepens
— Eyes flutter
— Flushing of the skin

• From the Inside
  — Lightness
  — Heaviness
  — Tingling

**Hindrances to Hypnosis**
• Neurotic problems
• Emotional state
• Skeptical mindset
• Overly cooperative
• Best to “let” it happen

**Hypnotic Induction**
• Is composed of a series of preliminary instructions and suggestions
  • Eye fixation
  • Fixation on an object
  • Arm drop
  • Hand levitation
  • Confusion method

**Pre-induction**
• Explain hypnosis
• Dispel any myths
• Gather the right information
• Questions are the answer
• 4 types of questions
• Listen for Impact Words

**The Contract**
• Always gain permission
• Tie it into the result
• Never guarantee results
• Get a commitment to change
• Give them a loophole
  — They can always go back to what doesn’t work

**Direct and Indirect Techniques**

• Indirect
  — Vague
  — Open ended
  — Left Brain

• Direct
  — Specific
  — Tangible
  — Right Brain

**Deepening Techniques**
• Counting Down 10-1
• Progressive Relaxation
• Staircase
• Arm Bar
• Use the environment
Dangers and Precautions

- The only true danger is falling asleep
- Drugs or other causes
- Never practice medicine
  - Get a referral
- The Question
  - Does the condition worsen under stress?

Trance Termination

- Counting up 1-2-3-4 and 5
- Giving a post hypnotic suggestion
- Give them space and time
- After the session suggest they drink water

Resistance

- The “Contract” wasn’t secured
- Can be used to create a deeper trance
- Fears are still present
- Everything is self-hypnosis

Expectation and Belief

- What we expect tends to be realized
- Hypnosis and the Buddha
- Beliefs aren’t truths

What’s Next?

- Complete your test
- Be willing to practice
- Become a lifetime learner