What is Hypnosis?

- Is a natural, focused and altered state of consciousness or awareness
- Hypnosis is an induced trance
  i) Focused attention
  ii) Disattention to extraneous stimuli
  iii) Absorption in some activity, image, thought or feeling
- Hypnosis may bring about "...changes in subjective experience, alterations in perception, sensation, emotion, thought or behavior"
What is Hypnosis?

- Hypnosis is a psychological experience that induces a trance or trance-like state. Hypnosis can be induced by one individual speaking to another, or a group (group hypnosis), or it can be induced by oneself on oneself (self-hypnosis).

- Trance is a natural state that can occur whenever your attention is narrowly focused and relatively free of distractions. Your attention may be focused either internally (on internal self-talk, visual images, or both) or externally (on a task, a book, a movie, etc.). The focus of attention is so narrow that other stimuli in the environment are ignored or blocked out of conscious awareness for a time.
What is Hypnosis?

- During trance, habitual behaviors may be performed without conscious awareness (i.e., behavior performed without mental effort). Examples of common trance states are daydreaming, meditation, or being involved in a really good book or movie.

- As an adjunct to psychotherapy, hypnosis can help clients enter a relaxed and comfortable mental state for the purpose of obtaining specific therapeutic outcomes. Using hypnosis, the therapist can make suggestions designed to help people formulate specific internal processes (feelings, memories, images and internal self-talk) that will lead to mutually agreed upon worthwhile outcomes.
Everyday Hypnosis

• Being 'lost in thought' or day dreaming
• Absorption in sport, reading, listening to music etc
• Driving for long distances and not recalling the route taken
• Being absorbed in meditation / relaxation procedures.
Myths and Facts

- Hypnosis is not mind control or brain washing
- Hypnosis is not sleep or coma
- Hypnosis is not surrender of will or revelation of secrets
- Any person can become hypnotist. Dominant person with sharp eye is not a prerequisite

Any person with average intelligence and willing to cooperate can be hypnotized. Some takes longer than other. Cooperation of subject is more important than operator

- Subject can adjust sneeze and cough and can change position. He can come out any time
- All the muscles are relaxed and senses are intact
- One can go to sleep and come out refreshed
Hypnosis - Mythology

- Babylonians
- Greeks
- Egyptian
- Chinese (incantations and passes of the hands)
- Vedas
- Bibles
- Druids
- Vikings
- Indians
- Dervishes
A BRIEF EARLY HISTORY OF HYPNOSIS

- Hypnosis has been around since the dawn of recorded time.
- It was known to Hippocrates.
- Hypnosis is named after the Greek word for sleep, hypnos, although the actual state of hypnosis is very different from sleep.
- It has, however, been called different names, by different cultures, different religions, and different individuals.
- The use of chants, drumming, and monotonous dancing rituals to change or alter consciousness fall under the definition of hypnosis.
A BRIEF EARLY HISTORY OF HYPNOSIS

• In 2600 BC, the father of Chinese medicine, Wong Tai, wrote about techniques that involved incantations and passes of the hands.
• In 1646, the German mathematician Kircher believed "animal magnetism" to be the cause of various diseases and used "magneto therapeutics" as their cure.
• "O Somnus, rest of all things, mildest of the gods, balm of the soul...“ (Somnus is Latin for Hypnos)

Ovid, *Metamorphoses*
Sleep Temple

- Ancient Egyptians used to heal people in sleep or dream temples
- Sick people were put into trance through religious rituals.
- Priests used to cast out evil spirit
- Healing by Gods were suggested
Father of Hypnosis

- Freidrich Anton Mesmer (1734-1851)
  - Animal magnetism (Mesmerizm)
  - System of healing based on disturbance of universal energy field
  - Mesmerism: a magnet and later hand to heal disease
Gathered around a large oaken tub filled with magnetized water, iron filings and glass, Mesmer's patients grasped rods, held hands and waited for healing to take effect.
Mesmer's tub

• As Mesmer's patients were placed in a tub filled with water and iron filings protruding from which were larger iron rods, Mesmer would suggest to them that as he touched them with his magnetic rod, they would become magnetized and eventually would go into a state of "crisis" from which they would emerge cured.

• His patients invariably did this and Mesmer considered the crisis an absolute necessity for the cure.

• Mesmer made a very imposing picture in his long flowing robes, holding his magnetic rod and passing from room to room in his clinic.

• His methods of magnetism, therefore, were unquestioned.

• A crisis seizure was a necessary part of the cure.
Marquis Armand de Puysqer (1751-1825)

- Pupil of Mesmer
- Animal magnetism to induce sleep and communicate
- Called artificial somnoambulism
- Will of a person and operator's action important

Puyssegur's Tree
Marquis Armand de Puysqer (1751-1825)

- The Marquis de Puyssegur (1751-1825), a pupil of Mesmers, used 'animal magnetism' on a young peasant who entered into a state of sleep while still being able to communicate with Puyssegur and respond to his suggestions.

- When the peasant 'awoke' he could remember nothing of what had occurred.

- Puyssegur thought that the will of the person and the operators' actions were important factors in the success or failure of the 'magnetism', in other words psychological influences were extremely important in the whole process.
If Mesmer the man disappeared from public view, his ideas did not. By far the most important of Mesmer's disciples was Armand-Marie-Jacques de Chastenet, Marquis de Puységur (1751-1825), a wealthy aristocrat and landowner who had begun, even before Mesmer's fall, to experiment with magnetic healing. If anyone can justifiably be said to be the founder of modern psychotherapy, it is Puységur. Working with Victor Race, a young peasant on the family estate near Soissons [see figure 24], the Marquis discovered the "perfect crisis," a somnambulistic sleep state in which patients carried out the commands of the magnetizer and upon reawakening exhibited no memory for having done so. When Victor, who would never normally have dared to confide his personal problems to the lord of the manor, admitted in magnetic sleep that he was disturbed by a quarrel that he had had with his sister, Puységur suggested that he act to resolve the quarrel; and, upon reawakening, without memory for Puységur's words, Victor acted on the Marquis' suggestion.
From these experiences, Puységur gradually arrived at the recognition that magnetic effects depend on the force of the magnetizer's personal belief in the efficacy of magnetic cure, will to cure, and rapport with the patient.

In 1784, Puységur embodied these ideas in his *Mémoires pour servir a l'histoire et a l'établissement du magnétisme animal* [20], a work which can be considered the point of origin of modern psychotherapy.

As early as 1784, it was recognized that belief in the efficacy of cure, desire to cure, and the nature of the relationship between patient and therapist are fundamental factors in psychotherapeutic success.
John Elliotson (1791-1868)

- Chairmen of London college of surgeon
- 1834 surgical operations under hypnosis
- Disbarred from medical profession due to demonstration of animal magnetism
- James Esdaile: Operated on mesmeric sleep
Dr James Braid 1841

- Scottish eye surgeon working in Manchester
- Coined the word hypnosis
- Fixed gaze technique
- Treated functional disorders
Dr Jean Charcot (1825-1893)

- Neurologist at Peris
- Treated hypnosis for hysterical seizure
- Major hypnotism 3 stages
Freud and Hypnosis

- Sigmund Freud, father of cathartic method, free association and psychoanalysis,
- interested in hypnosis and began to practise it.
- Not being very good at it, he went on to develop psychoanalysis instead!
Hippolyte Bernheim (1837-1919)

- Prof at university of Nancy France
- Pure suggestion
- Psychological nature of the process
Bernheim argued that hypnosis is a purely psychological condition, where hypnotic induction depends on natural responsiveness to suggestions, and the hypnotic state is one of enhanced suggestibility. Ultimately, Bernheim won the argument by showing that hypnosis can be induced by verbal suggestions alone' without physical manipulations and that the "somnambulistic" state is not limited to hysteric patients, but can occur in a substantial minority of the normal population (about 15 to 18 percent of his cases).

Also, it was found that the "hypnotic" behavior of Charcot's demonstration cases had been influenced by prior coaching by his assistants.
James Esdail (1845-1953)

- British surgeon in India
- Performed 2000 operations under hypno-anesthesia
James Esdail (1845-1953)

- Esdail did his first operation under hypnosis on April 4, 1845, on a Hindu convict with double hydrocele, at the native hospital at Hooghly.
- After accomplishing 75 operations under hypnoanesthesia he wrote to the medical board; but his letter was not even acknowledged. Later, at the end of the year, having over a hundred operations to his credit, he then contacted Sir Herbert Maddock, then the deputy governor of Bengal, who appointed a committee of investigation composed primarily of physicians.
- On receiving their favorable report, the Governor then placed Esdaile in charge of a small experimental hospital near Calcutta, in order that he might continue his research into hypnosis for whatever values it might have.
- At the end of the trial year of Esdaile's experimental works, he had 133 more operations to his credit, and a goodly number of medical cases as well.
- The reports by visitors to the institution continued to be favorable, and therefore, with the deputy governor’s continued support, Esdaile was then appointed to Sarkea's Lane Hospital and Dispensary to continue his work and expand it to other fields of medicine.
James Esdaile (1809-1859)

- Esdaile's fame spread far and wide, and he once stated truthfully that he did more operations on scrotal tumors in one month than took place in all the hospitals in Calcutta in a year.
- While he was in India, chloroform was first introduced as an anesthesia.
- Disgusted with India and "caring not a straw" about a big practice in Calcutta, Esdaile returned to Perth, developed an illness of the lungs and moved to Sydenham, where he died at the age of 50 on January 10, 1859.
- His works were many, but perhaps his most famous work was a book originally titled, *Mesmerism in India*, and later released under the title of *Hypnosis in Medicine and Surgery*.
- Jacob Conn, M.D. of the John Hopkins Medical School faculty stated that no one worked more diligently to bring the value of hypnotic analgesia and anesthesia to the attention of the medical profession than James Esdaile.
- Esdaile's work evidently paid off, as the British Medical Association reported favorably in 1891 "As a therapeutic agent, hypnotism is frequently effective in relieving pain, procuring sleep and alleviating many functional ailments.
Clark L. Hull (1884-1952)

- First experimental Psychologist
- Imagination as main factor
Modern Hypnosis

- 1914 World war I – Psychogenic paralysis and amnesia
- 1925: Hypno-dentistry
- 1955 & 1958: BMA, AMA recognized Hypnosis
- 1962 Craniotomy was done under Hypnosis in Indianapolis, Indiana
- Various scientific associations formed
Milton Erickson

- Psychologist and psychiatrist
- Indirect suggestion
- Bypassing conscious mind by verbal and nonverbal pacing techniques
- Metaphor, confusion
What is Hypnosis?

- Is a natural, focused and altered state of consciousness or awareness
- A state of intensified attention and receptiveness, and an increased responsiveness to an idea or to a set of ideas. - Dr. Milton Erickson
- Hypnosis is a induced trance
- Is a guided meditation
What is Hypnosis?

- Hypnosis can be induced by one individual speaking to another, or a group (group hypnosis), or it can be induced by oneself on oneself (self-hypnosis).
- Trance is a natural state that can occur whenever your attention is narrowly focused and relatively free of distractions.
- Your attention may be focused either internally (on internal self-talk, visual images, or both) or externally (on a task, a book, a movie, etc.).
- The focus of attention is so narrow that other stimuli in the environment are ignored or blocked out of conscious awareness for a time.
- During trance, habitual behaviors may be performed without conscious awareness (i.e., behavior performed without mental effort).
What is hypnosis cont...

“Hypnosis is an artificially induced state, usually (but not always) resembling sleep, but physiologically distinct from it, which is characterized by heightened suggestibility, as a result of which certain sensory, motor and memory abnormalities may be induced more readily than in the normal state“

Warren's Dictionary of Psychology
What is Hypnosis?

- “Hypnosis is an abnormal or supernormal state of mind induced by artificial means and characterized chiefly by the presence of suggestibility”
- In an exaggerated state of mind with selective attention to operator’s word with selective inattention to the distracting noise.

Boris Sidis
What is Hypnosis?

Hypnosis is a psychological state or condition, induced by a ritualistic procedure, in which the subject experiences changes in perception, thinking, memory and behavior in response to suggestions by the hypnotist

(Orne 1977).
What is Hypnosis?

- Hilgard (1973) suggested that we can at least agree on the "domain" of hypnosis.
- That is, there is a certain set of phenomena that tends to be of interest to hypnosis researchers, regardless of their theoretical viewpoints.
- Phenomena in the domain of hypnosis tend to be correlated with each other, that is, they tend to occur together in some individuals, but not others.
- They include responses to various types of hypnotic suggestions (such as temporary paralyses, hallucinations, and amnesia), responses to certain types of waking suggestions (given without a prior hypnotic induction), as well as some measures of spontaneous alterations of consciousness and capacity for imaginative involvement outside of hypnosis.
- On the other hand, people who are responsive to suggestions in the domain of hypnosis (sometimes termed "primary suggestions") will not necessarily be responsive to other types of social suggestions, such as those involved in conformity and gullibility (termed "secondary suggestions").
All hypnosis are self hypnosis

- “The best hypnotic subject is intelligent, imaginative, and self-aware.”

- “A person must agree to be hypnotized, participate in the process with their full attention and be able to use their imagination.”
All hypnosis are self hypnosis

- All Hypnosis is Self Hypnosis by Lia Maria Salciccia

- Hypnosis and hypnotherapy have the unfortunate reputation as being forms of mind control.

- Mesmer went from being one of the most celebrated figures of Paris to being an outcast when he was investigated by a panel of Scientists and Academics who decreed his animal magnetism theory to be bogus.

- He died poor and ruined.
All hypnosis are self hypnosis

- Investigations into Mesmer concluded that people were being healed by his odd therapies, but it was not because of his manipulation of their "animal magnetism" but in the belief of the patients that they were being healed.
- From this point, hypnosis and the subsequent field of hypnotherapy evolved slowly from a practice that rested on the power to change mental states by the hypnotist to a practice of changing from within that rested on the abilities of the hypnotized to utilize the suggestions being given to him or her while in a state of trance.
All hypnosis are self hypnosis

- Along with the other modern misconceptions of hypnosis is that the average hypnotic subject is a gullible, unquestioning fool looking for someone to control his or her mind.
All hypnosis are self hypnosis

- This is because all hypnosis is self-hypnosis.
- The conscious mind regulates decision making, linear processing of information, and direct perception through the five senses.
- The subconscious mind regulates memory, imagination, dreaming, non-linear thinking, instinct, and it relays information back to the conscious (ever had an "aha!" moment?)
- They are separated by what is called the critical factor, which, in short, allows you to tell the difference between imagination and reality. The critical factor is important, it is the part of you that allows yourself to remember that you are indeed attending a college history lecture and not in fact zooming around in a spaceship with the cute person you have a crush on. But it's not always right. It is that irritating "internal censor" that artists talk about all the time-the voice that says, "you can't possibly do that. You aren't good enough."
How Hypnosis Work?

- Parasympathetic activation
- Brain wave changes
- Right brain activation with left brain deactivation
- Suppression of executive function
A Word triggers Picture
A Word triggers Picture

1) Words can lead to pictures in the mind.
2) It takes a little time for them to arise.
3) The time taken and their nature varies from person to person.
Word can change muscle activity
Word can change muscle activity

1) Words can lead directly to muscular action.
2) It takes a little time for this to happen.
3) The time taken and the nature varies from person to person.
4) It makes little difference who is saying the words.
Word can change sensation
Word can change sensation

1) Words can lead directly to sensory impressions.
2) It takes a little time for this to happen.
3) The time taken and their nature varies from person to person.
4) It makes little difference who is saying the words.
Mental Picture can change muscle activity
Picture can give feeling
Image can affect balance
Complex behavioral trigger
Theory of Hypnosis

- Hypnosis is an altered state of consciousness characterized by both alterations of subjective experience and alterations of mental processes of perception, thinking, memory, and control of behavior.

- Hypnosis is not an altered state of consciousness, but rather it involves normal thinking and behavior processes operating in a somewhat unusual manner in a special social situation. In this view, subjects in a hypnosis situation enter into a special social role (hypnotic subject) and play that role to the best of their ability using various cognitive and behavioral strategies.
Wake fullness

- **Sensory**
  - All sensory modalities are intact

- **Motor**
  - Voluntary control on muscle with muscle tone maintained

- **Autonomic**
  - Changes with physical and mental activity
Signs of wake fullness

- Eye opened
- Responsiveness to external stimuli by motor movements
- Muscle tone maintained
- Can speak and understand coherently
Sleep

- Sensory
  - All sensory modalities are suppressed

- Motor
  - No Voluntary control on muscle with muscle tone reduced

- Autonomic
  - Slowing of all autonomic functions
Signs of sleep

- Eye closed
- Sensory modalities suppressed
- Motor tone reduced and no voluntary activity possible
- Do not speak or understand
- Reflex movements to noxious stimuli
- Aroused by strong stimuli
Hypnosis

- Eye closed
- Sensory modalities suppressed
- Motor tone reduced and no voluntary activity possible
- Can speak and understand
- Reflex movements to noxious stimuli reduced
- Aroused by strong verbal command
Hypnosis

- **Sensory:**
  - Increased threshold for sensory perception and pain
  - Attenuated attention to external sound without distraction

- **Motor**
  - Muscular relaxation
  - Partial loss of voluntary control

- **Autonomic**
  - Reduced heart rate and blood pressure
  - Reduce body temperature
  - Slowing of all automatic activity
Subjective Experience

- Feeling of being hypnotized
- Disinclination to speak
- Disinclination to move
- Disinclination to think
- Feeling of compulsion
- Change in size or appearance of parts of body
- Feeling of floating
- Feeling of blacking out
- Feeling of dizziness
- Feeling of spinning
- Any similarity to sleep
Involuntariness of Responses

- Hypnotic subjects allow them to happen and use cognitive strategies to actively encourage them.
- Hypnotic responses have the volitional response characteristic of purposiveness.
- Hypnotic subjects put considerable mental effort into using cognitive strategies to make the responses happen.
- Hypnotic subjects ordinarily are consciously aware of their overt responses.
Practical uses of hypnosis

- Confidence Building:
  - fear of public speaking, athletic and academic performance
- Stress reduction
- Motivation
  - quitting smoking, diet
- Sleep disorders
- Help with life transitions
- Preparation for medical procedures
Risk and Precaution

- Aversion suggestion
- False memory syndrome
- Antisocial behavior
- Dependence (Transference and counter-transference)
Memory and Hypnosis

- Hypnosis does not have any special power by itself to enhance the recall of old memories.
- It can indirectly help us rebuild past events, but it can also rebuild events that never happened.

- True enhancement of the recall of meaningful old memories (**hypermnnesia**) is in fact possible, particularly with highly hypnotizable people, but it does not require hypnosis to do it! The main factor in improving recall is repeated retrieval efforts.
False memory syndrome

- Remembering an event that has never happened
- A high level of details and high confidence in recall, particularly under hypnosis, do not necessarily mean that the events are historical
Stage Hypnosis

- Hypnotizing volunteers for fun
- There is no difference in trance
- Techniques are direct commanding and binding, group oriented
Evil Hypnosis

- Temporary mind and behavior controls possible with hypnosis
- Permanent change to our personality occurs only when our core self-image is altered
- It takes time and skill to turn the hypnotic situation into one of profound persuasion by altering the self-image
- Simply going through hypnosis does not leave you vulnerable to having your core values or beliefs altered
Hypnotic Susceptibility

1. fictional reading
2. the dramatic arts
3. religion (as a true believer, not just a churchgoer);
4. affective arousal through sensory stimulation
5. adventure someness (including mental and physical space traveling); and
6. artistic creativity
7. having had imaginary companions in childhood
Absorption Scale

- Drama
- Reading
- Daydreaming child
- Daydream adult
- Mental space travelers
- Physical space travelers
- Creativity
- Religion
Changing Suggestibility

- Trait theory
- Skill Theory

- Hypnotic susceptibility depends upon certain attitudes, beliefs, and cognitive skills (such as how to think, imagine, and interpret one's experience) that can be improved by special training methods.
Test of suggestibility

1. Ideomotor response
2. Ideosensory response
3. Arm elevation
4. Arm Rigidity
5. Bucket and Balloon
6. Chevreul’s Pendulum
7. Eye catalepsy
8. Finger elevation
9. Hand clasp
10. Planchette and board
11. Postural sway
Precaution and Preconditioning

- Congenial environment with no extreme temperature.
- Soothing background music
- Faith in the hypnotist
- Fixation of attention
- Progressive relaxation
- Removing all prejudices and myths about hypnosis

- Heart condition
- Hysterical behavior
- Rape fantasy
- Neurotic behavior
- Oversensitive subjects
Hypnosis prerequisite

- Fixation of attention
- Monotonous intonation of voice
- Limitation of voluntary physical movements
- Limitation of field of voluntary consciousness
- Inhibition of all thoughts and idea except which attention is directed
Hypnotic induction

- “Hypnosis is an art of carving subjects mind with words and action”
- “Hypnosis is an art and an art cannot be taught but it has to be caught”
- *In a clinical setting hypnotists can be creative and employ whatever technique they believe will be most effective for a particular subject/client*
- *The hypnosis can be induced by a wide variety of techniques, there is nothing magical about the induction itself*
Hypnotic induction

- Use slower method of progressive relaxation for first time
- Experienced person can be hypnotized fast to simple cue
- Subject is asked to fixed attention to an object and listen to hypnotists suggestion
James Braid's Method

- Bright object is place 10-15”” above the eye slightly higher than the gaze
- This position make eyelid tire “Your eye will shortly become very tired, your eyelid will want to close”
- Comment at all physiological changes in subject “Your getting sleepier – your eyelids are getting heavier…”
Dr Esdaile’s method

- Ask the patient to lie down relax and close eyes
- Pass your hand from head to toe with or without touching the body
- Passing hand from head to toe make subject sleepy
- Reverse pass from toe to head awaken the patient
Hippolyte Bernheim’s Method

- ‘Look at me and think of nothing but sleep. Your eyelids begin to feel heavy, your eyes are tired. They begin to blink, they are becoming moist, you cannot see distinctly. Your eyes are closing.
- ‘Your eyelids are closing, you cannot keep them open any longer. Your arms feel heavy, so do your legs. You cannot feel anything. Your hands remain motionless. You see nothing, you are going to sleep.’
- Command, ‘Sleep!’
Counting Method

- Fix gaze on an object
- Count slowly, on odd number close and even open.
- Suggest he will feel sleepy and eyelid will be difficult to open increasingly and in a short time he will unable to open them.
- Lengthening pause after odd number and comment
- 5…Deep, 7…relax, 9…you are feeling very comfortable 11… It is very pleasant just resting 13… your eyes are getting heavier and heavier 15… They are getting so heavy that you cannot open them and it is much more pleasant.
Dave Elman Technique

1. Deep breath and eye closure.
2. Deep relaxation of eye muscles.
3. Eye catalepsy (suggestion that subject unable to open eyes).
4. Challenge to open eyes (catalepsy test).
5. Fractionation by repeated eye closure.
6. Losing the numbers (for mental relaxation).
Ego Strengthening Tech.

You have now become so deeply relaxed… so deeply asleep… that your mind has become so sensitive… so receptive to what I say… that everything that I put into your mind… will sink so deeply into the unconscious part of your mind… and will cause so deep and lasting an impression there… that nothing will eradicate it.

Consequently… these things that I put into your unconscious mind… will begin to exercise a greater and greater influence over the way you think… over the way you feel… over the way you behave.

And… because these things will remain… firmly imbedded in the unconscious part of your mind… after you have left here… when you are no longer with me… they will continue to exercise the same great influence… over your thoughts… your feelings… and your actions… just as strongly… just as surely… just as powerfully… when you are back home… or at work… as when you are with me in this room.

You are now so very deeply asleep… that everything that I tell you that is going to happen to you… for your own good… will happen… exactly as I tell you. And every feeling… that I tell you that you will experience… you will experience… exactly as I tell you. And these same things will continue to happen to you… every day… just as strongly… just as surely… just as powerfully… when you are back home… or at work… as when you are with me in this room.
Chevreul’s Pendulum Method

- Subject is asked to follow the pendulum keeping 1’ above and 6” above the gaze.
- "As you observe the pendulum swing, your eyes will become heavier and heavier and at the count of three you shall close your eyes and go into a deep state of relaxation“ after closing eyes
- With very breath you are becoming more and more relaxed and going deeper and deeper into a total state of relaxation
Progressive Relaxation (Edmund Jacobson 1929)

- Close eye and take three deep breath
- Progressively relax each part of the body
- Suggest relaxation, deep, comfortable lighter and pleasant
- Take a walk through beach or staircase
- Use various visualization techniques and leave there for sometime
- Bring back by counting three and suggesting he will feel refreshed, relaxed and feeling better than before.
Stanford Techniques (1962)

- Fixation of gaze on a shiny object
- Suggestion for relaxing various body parts
- Feeling sleepy and having heavy eyelids are repeated several times
- Deepening suggestion by counting 1-20 (feel more and more deeply asleep)
Finger on forehead method

- I want you to close your eyes and take deep breath
- Keep your finger on forehead and ask subject to direct gaze to the finger and suggest
- As you look at my finger your eyes will become heavy and breathing will become slower
Arm Elevation Method

- Fix gaze on an object and say

As you watch the object your right hand is becoming lighter and lighter. Just brush away all thoughts from your mind and shift all your focus on the object and without any effort your right palm will become lighter and lighter as if it is tied to a gas balloon and move towards your face. When it touches your cheeks it will drop down with a thud as if a wet cloth is thrown on the floor and you will close your eyes and go into deep state of relaxation.
Hyperventilation technique

- Sit in a comfortable position
- Take deep breath, .. Deeper... deeper, just , hold it for a moment then breath out
- “As you breathe in and out your head will become lighter and lighter”
- “Your arms and legs are getting heavy. The whole of your body is feeling heavier. Now close your eyes.
- Your head is feeling light and you may feel a little dizzy and detached
- Do not take notice of any noises. Just listen to my voice. Nothing is going t disturb you. You are just resting comfortably
- Going further and further away into a deep, sound sleep.
Placebo Technique

- Used for difficult subject
- Use a placebo and say “As you take this special hypnotic pill, you will start feeling drowsy and sleepy”
- Your eyes are red and you are going into a deep state of relaxation, you are hardly able to keep your eyes open
For difficult cases

- “Now I would like to see if you can make your arm rigid by the time I count ten. I want to see if you can concentrate sufficiently on the idea and make your arm so stiff that you will unable to bend it”
- Phrase all the suggestion in such a way to make the subject feel that his power of concentration and ability to control his thought are being challenged.
Instantaneous Method

- To the previously hypnotized subject .... Say .... “In a few moments I am going to wake you and afterwards if say .... the word “sleep” or snap my finger you will immediately go into hypnotic trance.”
Instantaneous hypnosis

- Make cooperative subject stand and ask him to fix gaze on an object hold his right or left hand flexed at elbow and keep other hand on the shoulder.
- Suddenly lower his hand and say “sleep”, he goes into instantaneous hypnosis.
- Maintain hypnosis by continuous suggestion.
Instantaneous Stage Hypnosis

- Make subject close eye and stand stiff to attention
- Make a sudden nose by shouting or clasping
- Sway him rapidly backwards and lay him on the ground
Levels of Hypnosis

- **Stage 1 – Light stage (Lethargic)**
  - experiences light slumber and dullness and one feels very relaxed and comfortable. One is told to visualize events; past events can be recalled and suggestions given

- **Stage 2 – Medium stage (Hallucinatory)**
  - Visualization is more accurate
  - Aversion suggestion can be given

- **Stage 3 – Deep (somnoamulistic)**
  - Anesthesia, amnesia, control of body function, positive and negative hallucination, time distortion, open eyes without being awake.
Self Hypnosis

- Sit in a quite place
- Close your eyes and take three deep breath
- Think of relaxing from head to toe.
- Take your awareness to head to toe each part and relax.
- Do not concentrate
- Do not try to block your thought

- Use trigger word like relax with each breath
- Try to imagine you are descending a stair and reaching a new place try to visualize....
- Say your affirmation..
- Come out slowly by counting 1-3...
Deepening of hypnosis

- Realization (hypnotic conditioning)
  - Lid catalepsy
  - Arm Catalepsy
  - Arm and leg levitation
  - Body and leg Sticking
  - Counting 10

- Pyramiding of suggestion

- Post hypnotic suggestion
- Creative visualization
- Counting backward
- Placebo suggestion
- Repeated induction
- Hypnotic walking
- Speech: Flat dull tone low volume
Measuring depth of Hypnosis

- **Face:**
  - Pale, wax like
- **Eye:**
  - Fluttering of eyelids
  - Involuntary blinking
  - Lid dropping, frowning
  - Eyelid catalepsy
- **Head**
  - Falling forward, backward or side
  - Auditory and visual hallucination
  - Somnambulism
- **Swallowing reflex**
- **Breathing**
  - Slow, deep and abdominal
  - Involuntary deep breathing
- **Limb**
  - Loss of tone
  - Arm catalepsy
  - Twitching of limb, finger or hand
  - Amnesia during trance
  - Analgesia
  - Following Post hypnotic suggestion
Suggestion

“Any communication, verbal or nonverbal, simple or complex, from the suggestor [hypnotist] to the suggestee [subject], aimed at bringing- about some experience and behavior at variance with the suggestee's environment or the behavior he would have otherwise exhibited"
Types of hypnotic suggestion

- Ideomotor suggestion
- Ideosensory suggestion
- Hypnotic dream
- Post hypnotic amnesia
Effective Suggestion (ES): 1

1. Framed in (grammatically) positive language.
2. Tied to detailed and specific sensory language.
3. Phrased in the present tense.
4. Repeated many times.
Effective Suggestion: 2

- People in trance may take literal meaning of words, avoid any cliches....
- Use specific words and spell out correctly
- Give detailed and unambiguous instructions...
- Give slowly and few instruction for subconscious to digest.....
- Be visual, imagine the situation
ES 3: Organ Language

- Form a picture in your mind of what you want, the way you want to look, what you want to be doing, how you want to be doing it, etc.

- **Organ language**: Carefully avoid any reference to body parts in the formulation of suggestion unless that is exactly what you want and mean, and check for the influence of organ language if you have mysterious problems.
ES 4: Resistance

- Suggestions will not work if the underlying story is too deeply instantiated.
- Recognize the underlying stories and work within them.
- There is almost always a latitude of acceptance for change so long as they are compatible with the underlying stories.
Rules of Effective Suggestion

- Be Specific
- Be literal
- Be positive
- Be Visual
- Use first person not second (I not you)
- Avoid Cliches
Ego strengthening Suggestions

During this deep sleep… you are going to feel physically stronger and fitter in every way. You will feel more alert… more wide awake… more energetic. You will become much less easily tired… much less easily fatigued… much less easily discouraged… much less easily depressed. Every day… you will become so deeply interested in whatever you are doing… in whatever is going on around you… that your mind will become completely distracted away from yourself. You will no longer think nearly so much about yourself… you will no longer dwell nearly so much upon yourself and your difficulties… and you will become much less conscious of yourself… much less preoccupied with yourself… and with your own feelings. Every day… your nerves will become stronger and steadier… your mind calmer and clearer… more composed… more placid… more tranquil. You will become much less easily worried… much less easily agitated… much less easily fearful and apprehensive… much less easily upset.

You will be able to think more clearly… you will be able to concentrate more easily. You will be able to give up your whole undivided attention to whatever you are doing… to the complete exclusion of everything else. Consequently… your memory will rapidly improve… and you will be able to see things in their true perspective… without magnifying your difficulties… without ever allowing them to get out of proportion. Every day… you will become emotionally much calmer… much more settled… much less easily disturbed. Every day… you will become… and you will remain… more and more completely relaxed… and less tense each day… both mentally and physically… even when you are no longer attending here. And as you become… and as you remain… more relaxed… and less tense each day… so… you will develop much more confidence in yourself… more confidence in your ability to do… not only what you have… to do each day… but more confidence in your ability to do whatever you ought to be able to do… without fear of failure… without fear of consequences…. Without unnecessary anxiety… without uneasiness. Because of this… every day… you will feel more and more independent… more able to ‘stick up for yourself’… to stand upon your own feet… to hold your own… no matter how difficult or trying things may be.

Every day… you will feel a greater feeling of personal well-being… A greater feeling of personal safety… and
Termination

“Think to yourself that you are going to be fully awake and alert after you count up to three feeling light, refreshed, revitalized, energetic, wonderful happy cheerful feeling better than before”

“Day by day and every way you will get better and better”

“Next time when you go into trace it will be deeper and more advanced then now”

“This wonderful feeling of peace, happiness, relaxation and joy will continue even after you come out form hypnosis”
Wish you a deeeeeeep hypnosis