



Hypnosis Revealed

Objectives

To have a general understanding of the concepts:

- trance**
- hypnosis**
- self hypnosis**

To understand the myths and misconceptions about hypnosis

To understand the difference between clinical hypnosis and stage hypnosis

To have an overview of hypnosis as used in medicine and psychology

To have an overview of dental clinical hypnosis

Why Hypnosis?

History

Evolutionary feature

Shamanism

Temple sleep of Ancient Egypt, India and Greece

Mesmer 1773

1836 J.E. Oudet in France extracts tooth with hypnotic anesthesia

1948 British Society of Medical Hypnosis formed

Myths & Misconceptions

- 1. Hypnosis is a state of sleep.**
- 2. The will is surrendered during hypnosis.**
- 3. The hypnotist must be stronger than the subject and will have absolute control. - Svengali**
- 4. Hypnosis requires a weak mind.**
- 5. Hypnotizability is a sign of gullibility.**
- 6. The subject will reveal personal secrets.**
- 7. The subject will not remember anything.**
- 8. The subject may not be able to be dehypnotized.**
- 9. The subject will be more susceptible and become prey to stage hypnotists.**
- 10. Children cannot be hypnotized.**
- 11. Many dentists feel that hypnosis is too time-consuming.**
- 12. Only a few people can enter hypnosis.**
- 13. Memory issues – real, pseudo-, forensic issues**
- 14. Hypnosis requires immobility – twitches, scratches, yawns, giggling**
- 15. Hypnosis means trying hard – downside of “all hypnosis is self - hypnosis”**
- 16. Hypnotic treatment effects are transient/permanent – “magic bullet”**
- 17. Hypnosis can uncover and potentiate psychological disorders – psychotic episodes & depression exacerbation, symptom removal for organic disease**
- 18. Hypnosis makes the patient more difficult to live with.**

Definitions

Trance ≈ Hypnosis

... a social context specific, psychobiological set of phenomena, determined by consensus involving one or more individuals.

A Physiological Definition

Characteristics of Hypnotic Trance

Narrowed focus of attention
Decline in distractibility; Increase in absorption
Inattention / disinterest to environmental stimuli other than the hypnotist
Increased concentration on an aspect of experience (sensory, ideational, affective)
Heightened suggestibility
Reduction or cessation of voluntary activity (mental or physical)
Passive responsiveness or non-volitional activity
Cessation of striving of any kind, effortlessness
Cessation of internal dialogue (or reduction)
Alteration in the typical operation of mental functions
Changes in repression (failure of repression, temporary transparency of repression to attention)
New, uncommon, or atypical modes of thinking facilitated (creativity, creative integration of insight, trance logic)
Physical relaxation or comfort (not essential, but cessation of focus on body discomfort an integral aspect of narrowed focus of attention)
Altered sense of one's physical body, or of one's self – image
Increase in imaginal processes, especially imagery and the vividness of imagery
Inferred retrospectively
Altered sense of the passage of time (time distortion)
Alteration of memory operations (amnesia, enhanced recall)
Alteration of state of consciousness with attendant phenomena
Parasympathetic dominance with attendant phenomena

Methods

- 1. By excitement of the sense of sight:**
 - (a) Strong and sudden excitement, by luminous rays, by solar or electric light, or by the sudden incandescence of a magnesium wire;**
 - (b) by fixing the eyes on an object, brilliant or otherwise**
- 2. By excitement of the sense of hearing:**
 - (a) Strong - and sudden excitement, by a gong,**
 - (b) by the ticking of a watch, any other monotonous sound.**
- 3. By excitement of the senses of taste and smell.**
- 4. By excitement of the sense of touch:**
 - (a) by pressure on the hypnogenic zones;**
 - (b) by passes, contact, or of the magnet**

**Mechanics
Rapport**

**Neuroscience
Neural Networks
Neuroanatomy of Hypnosis**

**Stage Hypnosis
“May I have a volunteer....”**

Stage Hypnotism

aka

**Demonstrational Hypnosis related to performing situations such as:
social gatherings,
club groups,
lectures,
stage shows, television, etc.**

” Like magic, hypnotism is shrouded with mystery for it presents the magic of the mind, and this is the most astonishing magic in the world.”

” Stage hypnotism ranks among the most wonderful *entertainment* mediums for it is entertaining, with you observing others doing what you could do.”

Ormond McGill *The New Encyclopedia of Stage Hypnotism*

The structure of an act

**Introduction and opening comments
Request for volunteers
Demonstration with group
Waking hypnosis
Inductions (covert selection process)
Individual demonstrations
Group demonstrations
Dismissal of volunteers**

Ormond McGill's Rules

**Never clown – let all humor come from the subject matter.
Never ridicule your subjects.
Incorporate science in your presentation.
Take your audience into your confidence.
Interest your committee.
Always entertain.**

” Most importantly, hypnotism must never be regarded as a toy one plays with. The human mind is a delicate instrument which must be handled with great care. The hypnotist has a legal and moral obligation to approach the performance of hypnotism in a completely ethical manner, and appreciate that the most important person, in his (or her) presentation are those who volunteer as subjects.”

Ormond McGill

Clinical Hypnosis

Can be used with children, adolescents and adults

Where?

Medicine

Anesthesia

Neurology

Psychosomatic conditions

Physical rehabilitation

Ophthalmology

Orthopedics

Genitourinary

Obstetrics and gynecology

Dermatology

Internal medicine

Pain control

Psychology-Psychiatry

Habit disorders

Family Therapy

Sexual dysfunction

Depression

Anorexia Nervosa and accompanying somatic disorders

Anxiety

Chronic Stress

Associated uses

Forensic hypnosis

Management training and development

Sports applications

Education and school psychology

Religion

Dental Hypnosis – Hypnodontics

- reduction in chemical anesthetics, analgesics, and sedation – compliment to N₂O
- supplement or substitute for surgical premedication for dental fear, anxiety and phobia
- gagging: control of excessive ‘reflex’
- pain management: acute and chronic
- denture adaptation
- control of hemorrhage and salivary flow
- treatment of syncope
- bruxing control
- habit management
- motivation : oral hygiene
- patient management

What’s in it for me? Patient-Staff-Doctor Perspectives

Relaxation

”Self-control” - both psychological and physiological

Anxiety management

Time distortion

Acute pain management

Chronic pain management

Habit management /control / elimination

Personal stress management

Personal goal achievement

Enhanced Patient management

Time saving

Enhanced patient management

Enhanced staff relations

Resources

Training:

Canadian Federation of Clinical Hypnosis
www.clinicalhypnosis.ca

- provincial component societies offering training workshops in Introductory, Intermediate and Advanced levels

Canadian Society of Clinical Hypnosis – Ontario Division
www.hypnosisontario.com

- offering training workshops in Introductory, Intermediate and Advanced levels

American Society of Clinical Hypnosis
www.asch.net

- training workshops every couple of months held around the US in the three levels
- offers training for Certification in Clinical Hypnosis and as an Approved Consultant

The Society for Clinical and Experimental Hypnosis
www.sceh.us

- training at all levels
- multidisciplinary membership

International Society of Hypnosis
www.ishhypnosis.org/

- The” UN” of hypnosis composed of international hypnosis societies
- Holds triennial international conferences

American Board of Hypnosis in Dentistry
www.abdh.info

- certifying competency in dental hypnosis granting Diplomate status upon completion of examinations
- a section of the *American Board of Clinical Hypnosis, Inc.*
- Chartered by State University of New York

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