

Overcoming Mental Barriers Through Hypnosis

OLLI/Furman University(HFE521)

History & Science of Hypnosis

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History of Hypnotism

Hypnosis

Hypnosis can help you succeed where you may have never thought success was possible!

Hypnosis is one of the fastest growing fields in healthcare. Through the power of ones own **subconscious mind** we can help individuals achieve their **optimal human potential**. Because of its ability to reach deep into the foundations of the mind and create lasting change, it is an ideal approach to almost any challenge. Here are just a few examples...

Some Benefits of Hypnosis...

| | | |
|-------------------------|------------------------|--------------------------|
| Stop Smoking | Concentration | Stage Fright |
| Stress Reduction | Test Anxiety | Women's Issues |
| Feeling Down | Procrastination | Shyness |
| Remove Fears | Weight Loss | Mood |
| Motivation | Self-Esteem | Improvement |
| Public Speaking | Self-Confidence | Children's Issues |
| Anger Issues | Habit Removal | Sports |
| Goal-Setting | Childbirth | Performance |

Some Benefits of Hypnosis...

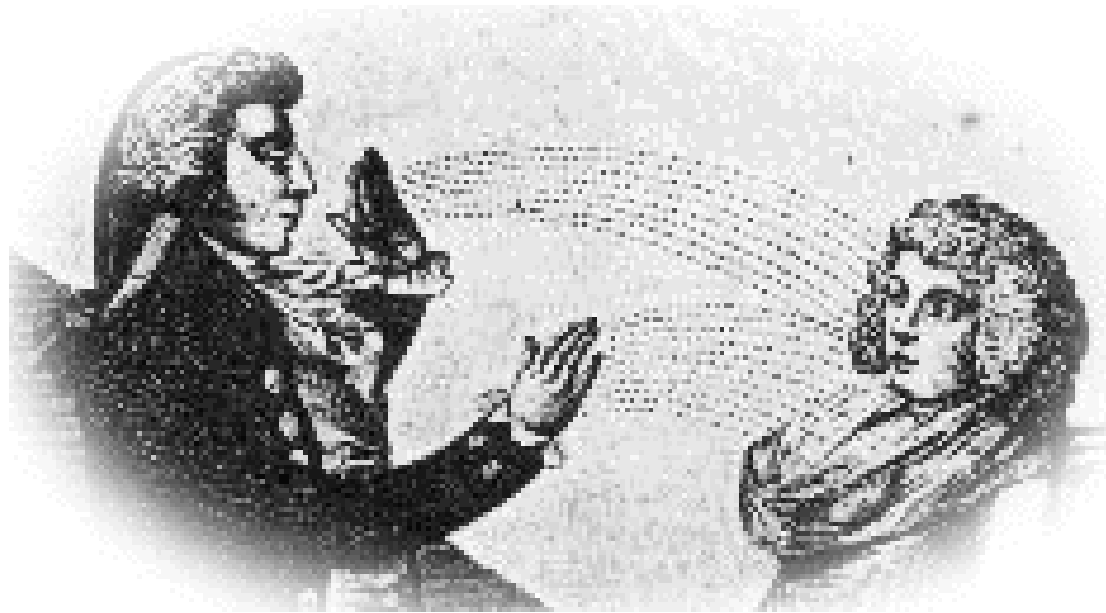
Medically-Referred Issues:*

**Pain
Management
Diabetes
Abuse Issues
Drug Abuse**

**Alcohol Abuse
Depression
Anxiety
Sexual Issues**

*Please note: For your safety, we require a note from your primary care provider before working with any medically-diagnosed issues.

History of Hypnotism



Glimpses of History

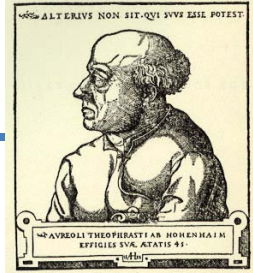
- Hypnosis is almost as old as human history; the **Egyptians, Greeks, Persians** and **Hindu fakirs** used hypnosis thousands of years ago for therapeutic and religious purposes.
- Hypnotism as a tool for health seems to have originated with the Hindus of ancient India who often took their sick to **sleep temples** to be cured by hypnotic suggestion as also found to be the case in ancient Egypt and Greece. Hypnotic-like inductions were used to place the individual in a sleep-like state at these temples.
- It has also been suggested that **The Bible's** reference to evil spirits , their ability to take possession of people and subsequent use of exorcist for their removal, cannot be described as anything but what we know today as hypnosis.

Glimpses of History

Avicenna

- Avicenna (Ibn Sina) (980-1037), a Arabic/Persian psychologist and physician, was the earliest to make a distinction between sleep and hypnosis. In *The Book of Healing*, which he published in 1027, he referred to hypnosis in Arabic as *al-Wahm al-Amil*, stating that one could create conditions in another person so that he/she accepts the reality of hypnosis.

Glimpses of History



Hypnotism evolved out of a sometimes skeptical reaction to the much earlier work of **magnetists** and **Mesmerists**.

Paracelsus

- Paracelsus (1493-1541), a Swiss, was the first physician to use magnets in his work. Many people claimed to have been healed after he had passed magnets (lodestones) over their bodies.

Father Maximilian Hell

- Around 1771, a Viennese Jesuit named Maximilian Hell (1720-1792) was using magnets to heal by applying steel plates to the naked body. One of Father Hell's students was a young medical doctor from Vienna named **Franz Anton Mesmer**.

Franz Anton Mesmer (1734-1815)



- The modern era of hypnosis began with the work of **Franz Anton Mesmer** (1734-1815), an Viennese Physician.
- 1776, Mesmer presented his thesis on “***The Influence of the Stars and Planets on Curative Powers***” to the faculty of Medicine of the University of Vienna. In this presentation he dealt with the notion that the stars and planet influence the human body.
- He developed the theory of ‘**Animal Magnetism**’
- He described a universal fluid (a kind of invisible magnetic fluid emanating from stars and planets) that everyone has, but less in the sick. Recovery could only be achieved by “magnetically” giving, removing or redistributing the patient’s animal magnetism using **magnets** (or later, his hands).

Mesmerism

- Altered state of consciousness characterized by **intensely narrowed attention** and **increased openness to suggestion**
 - Mesmer: Believed he could cure diseases by passing magnets over body; true “animal magnetism” (“mesmerize” means to hypnotize)
 - Must cooperate to become hypnotized
- **Hypnotic Susceptibility:** How easily a person can be hypnotized
- **Basic Suggestion Effect:** Tendency of hypnotized people to carry out suggested actions as though they were involuntary



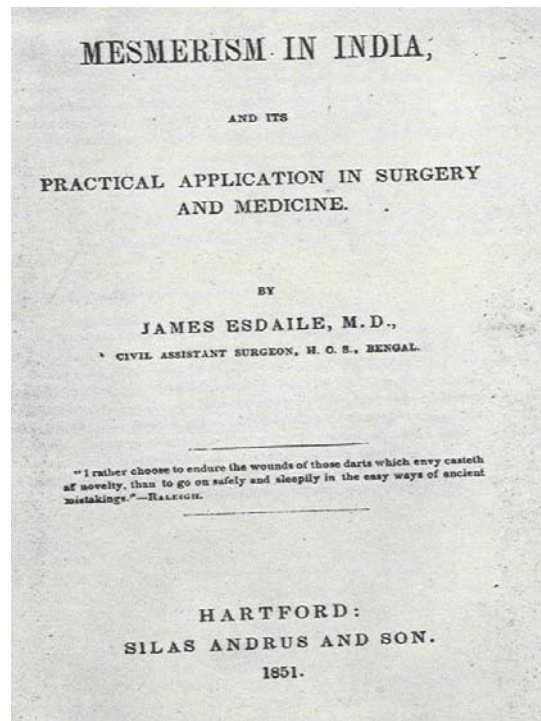
Glimpses of History



- **King Louis XVI** in 1784 appointed two commissions to investigate mesmerism. Both the commissions disapproved it, which led to its decline.
- An Indo-Portuguese priest, **Abbé Faria**, revived public attention to animal magnetism. In the early 19th century, Abbé Faria introduced oriental hypnosis to Paris. Faria came from India and gave exhibitions in 1814 and 1815 without manipulations or the use of Mesmer's baquet.
- Unlike Mesmer, Faria claimed that it 'generated from within the mind' by the power of expectancy and cooperation of the patient.
- **John Elliotson** (1791-1868), Professor of Medicine at London University and President of Royal Medical and Surgical Society used mesmerism in the treatment of medical and nervous disorders.

James Esdaile (1808-1859)

- A Scottish Surgeon working for East India Company at Calcutta, performed several thousand minor and three hundred major surgeries under **mesmerism**.



Samuel Hahnemann (1755-1843)

- The **Founder of Homoeopathy** endorsed the powerful effects of mesmerism in restoring vital force of the patients (Page 258-261 of *Organon of the Medical Art*)



James Braid (1795-1860)

- A surgeon of Manchester scientifically studied the phenomena and in 1843 coined the term '**hypnotism**' (from Greek *hypnos* – sleep).



Nancy School of Hypnosis

- A.A.Liebeault (1823-1904) and Hippolyte Bernheim (1837-1919) established Nancy school of hypnosis in France. They are accredited for proposing psychological explanation i.e. '**suggestibility**' for hypnosis.



Leibeault



Bernheim

Jean Martin Charcot (1825-1893)

- Professor of Neurology established '*Salpetriere School*' of hypnosis in France. He considered hypnosis as a pathological manifestation of hysteria.



Sigmund Freud (1856-1939)

- Joseph Breuer (1841-1925) and Sigmund Freud (1856-1939) used hypnosis to treat hysterical patients. While working with Anna O', they first time formulated the *theory of unconscious determinant* of psychological problems.
- **Freud** abandoned hypnosis in favor of free association and developed **psychoanalysis**. The growth of hypnosis was blocked, again.

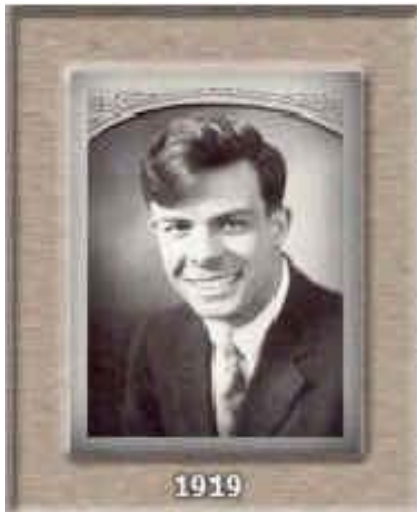
Clark L. Hull: The Learning Theorist

- The interest in hypnosis was revived by Clark L. Hull. He published a book in 1933 titled *“Hypnosis and suggestibility: An experimental approach”* which rekindled interest in hypnosis. Because of some legal problems and myths, Hull had to close down his laboratory and take up his work on learning.



Milton H. Erickson: 20th Century Giant

- An American psychiatrist and psychologist, and '*father of modern hypnosis*', learned from Clark L. Hull and developed numerous innovative induction methods. His approaches are known as **Ericksonian Hypnosis**.



Hypnosis Officially Recognized:

- **British Medical Association** recognized hypnosis in 1955 as a legitimate tool for therapy.
- **American Medical Association** recognized it in 1958.
- Division-30 of **American Psychological Association** is devoted to the investigation and application of hypnosis in clinical and other areas.

Science of Hypnotism

Dr. Kramer's Working Definition of Hypnosis

- Hypnosis is a **natural state** of **altered (heightened) awareness** and **selective hypersuggestibility** whereby the subject **chooses to ignore** the realities of the world around to **focus their attention** on the imagined world and **accept suggestions** that appears so realistic, the **body reacts physiologically** as if they are real.

Two Very Important Points

- ALL hypnosis is Self-Hypnosis
- AND
- YOU are in control at all times

Some Early Definitions

- **Consciousness:** All the sensations, perceptions, memories, and feelings you are aware of in any instant
 - **Waking Consciousness:** Normal, clear, organized, alert awareness
 - **Altered State of Consciousness (ASC):** Awareness that is distinctly different in quality or pattern from waking consciousness

Natural State of Altered Awareness

(Heightened)

- Hypnosis is not *sleep*.
- Sleep is an altered state of no or lowered awareness.
- Sleep can be divided into stages based on brain wave activity and physiological state
- Divided into non-REM and REM
- Non-REM can be further divided into 4 stages.

Sleep

- Definition: Innate, biological rhythm essential for survival
- Sleep Deprivation: Sleep loss; being deprived of needed amounts of sleep
- Microsleep: Brief shift in brain-wave patterns similar to those of sleep
- Sleep-Deprivation Psychosis: Major disruption that occurs because of sleep loss

Sleep

STAGES OF SLEEP

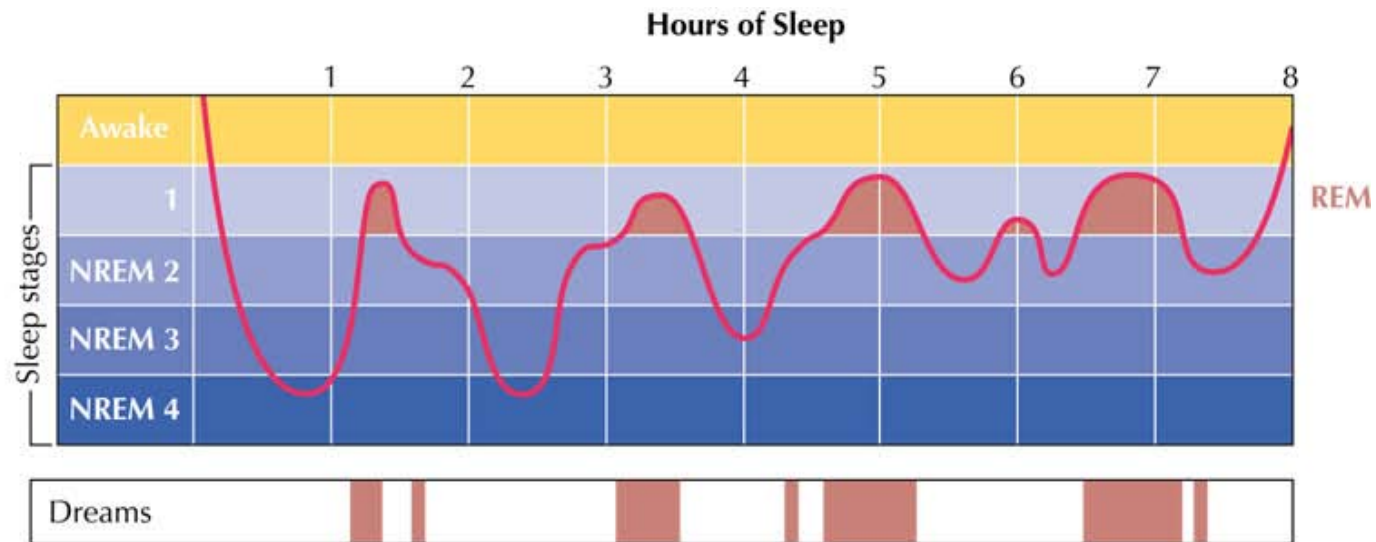
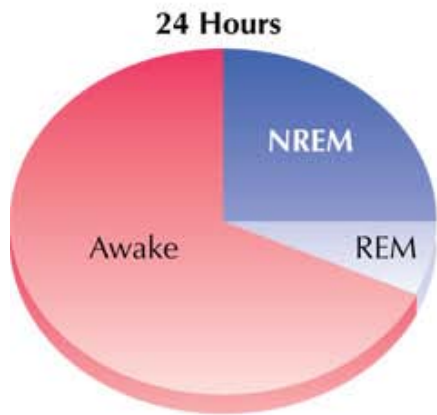
- Non-REM
 - Stage 1: Quasi-REM (Warm-up for sleep)
 - Hypnic Jerk: Reflex muscle twitch throughout body that may occur in Stage 1
 - Stage 2: Go between stage
 - Eye movement stops, heart rate slows, and body temperature drops
 - Spindles (burst of brain energy)
 - last about 10-15 minutes initially and 5-7 minutes thereafter.
 - Stage 3: Extremely slow brain waves appear (delta waves interspersed with some smaller and faster waves)
 - Stage 4: Almost exclusively delta waves
 - Stages 3 & 4 are considered slow wave sleep or **deep sleep**

Sleep

STAGES OF SLEEP (Cont.)

- REM
 - During this phase of sleep we expend energy, increased blood flow to brain, eye movement is rapid.
 - Brain is actively processing experience, sensation and information.
 - Theta wave are emanating from the hippocampus supporting long-term memory consolidation.
 - Release of certain neurotransmitters is shut down and as a result we cannot move our major muscles (paralysis)
 - Sleep is in **90 min. cycles** where we move through stages

Sleep



(a)

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(b)

Figure 5.6

FIGURE 5.6 (a) Average proportion of time adults spend daily in REM sleep and NREM sleep. REM periods add up to about 20 percent of total sleep time. (b) Typical changes in stages of sleep during the night. Notice that dreams mostly coincide with REM periods.

Other Causes of Altered Consciousness

- **Drugs**

- Psychoactive Drug: Substance capable of altering attention, judgment, memory, time sense, self-control, emotion, or perception
- Stimulant: Substance that increases activity in body and nervous system
- Depressant: Substance that decreases activity in body and nervous system
- Drug Tolerance: Reduction in body's response to a drug
- Psychological Dependence: Drug dependence based on psychological or emotional needs

- **Alcohol**

- Ethyl Alcohol: Intoxicating element in fermented and distilled liquors
 - NOT a stimulant but DOES lower inhibitions
 - Depressant

Dispelling Myths

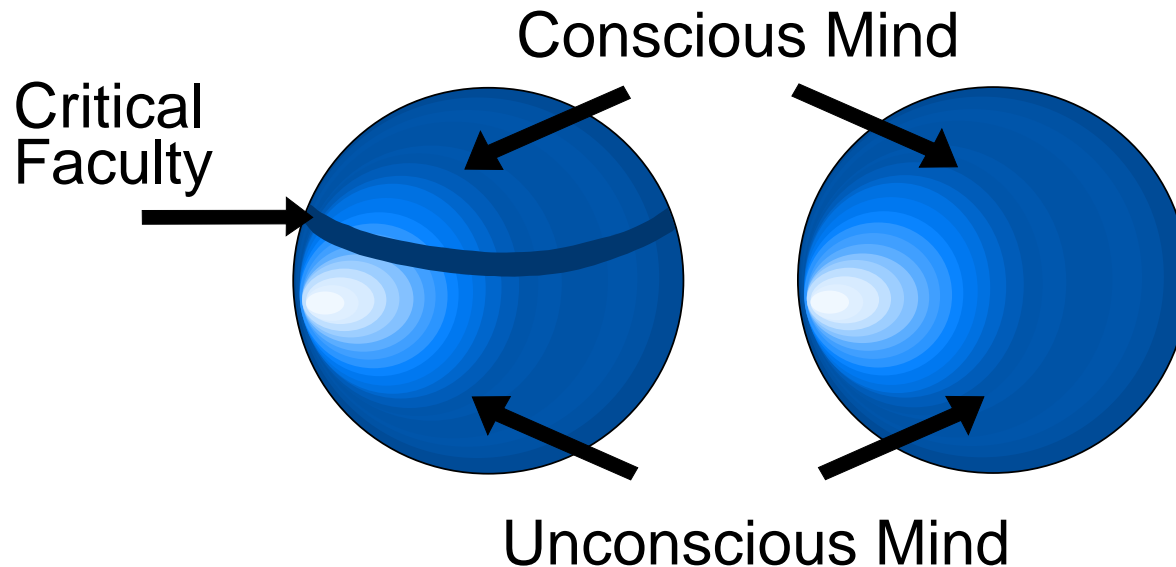
- ✓ Hypnosis is **not sleep**
- ✓ Ability to hypnotize does not require attainment of “*spiritual enlightenment*”
- ✓ Hypnotized individual does not become *unconscious*
- ✓ Hypnotized person can not get stuck and *fail to exit*
- ✓ Hypnosis is not intrinsically *dangerous*
- ✓ Hypnotizability is not a sign of *weak mindedness*
- ✓ One can not be made to reveal one’s *secrets* under hypnosis
- ✓ There are no apparent *gender differences* in hypnotizability
- ✓ Hypnosis by itself is not *therapy*
- ✓ *Immoral/criminal act* can not be persuaded under hypnosis

Two Components of a Hypnotic Procedure

It is useful to think of a hypnotic procedure as consisting of two phases or components:

- Hypnotic Induction
- Hypnotic Suggestions

Waking vs. Hypnotic State



**Critical Factor is the part of you that cares to distinguish between reality and fantasy.*

The goal of self-hypnosis is to temporarily “turn off” the conscious mind through relaxation, bypass the critical faculty (judgment of reality) and to directly address the subconscious mind.

What is a Hypnotic Induction ?

- An introduction to hypnosis in which the subject is guided through suggestion to relax, concentrate, and/or to focus his or her attention on some particular thing.
- Some hypnotists believe the purpose of the induction is to induce an **altered state of consciousness**.
- Other hypnotists believe the induction is a **social cue** that prompts the subject to **engage in hypnotic behaviors**.

What is a Hypnotic Suggestion ?

- The subject is guided to undergo changes in experience.
- Types of Hypnotic Suggestions:
 - **Ideomotor Suggestions** – experience a motor movement.
 - **Challenge Suggestions** – subject is told he or she will not be able to do some particular thing and then is asked to perform the prohibited behavior.
 - **Cognitive Suggestions** – experience changes in sensations, perceptions, thoughts or feelings.

Selective Hypersuggestibility

- Openness to follow or accept suggestions.
- Suggestions must match with one's ethics, morals or values.
- As long as suggestions match with above, suggestions will be carried out as if they were within ones own thought.
- Suggestions may be presented as positive or negative; mind works best with positive suggestions.

Susceptibility to Hypnosis

- Age
- Sex
- Intelligence
- Occupation
- Personality

Only three things are required for a client to successfully achieve an adequate hypnotic state:

- Marginal degree of **intelligence**
- Ability and willingness to follow **instructions**
- Some degree of **imagination**

Choose to Ignore Reality

- Since all hypnosis is self-hypnosis and the individual is in control at all times, it is only through that individual's choice to participate that they will allow themselves to be hypnotized.
- This is much like daydreaming, but to greater depth.
- Like reading a good book or getting sucked into the storyline of a good movie, such that you ignore all other activity around you.

Focused Attention on the Imagined

- Again, this is a transfer of focus from the real life around to the imagined through a series of relaxation techniques and suggestions.
- Some call this a misdirection of focus.

Accept Suggestions

- In such a state of hypersuggestibility, one is more open to accepting suggestions given by the hypnotist.
- How Suggestible are you?

Lemon Exercise

- “Close eyes, and imagine you are in front of your refrigerator...”
- “Now open your eyes and notice the amount of saliva in your mouth. It increased, didn’t it?”
- “Did you see, smell or taste the lemon?”
- “Do you really have a lemon in your hand? No, of course not, but you salivated as if there were one. That’s how hypnosis works. We create images in your mind and your unconscious mind responds as if those images are real.”

Responsibilities of Subconscious Mind

- Preserves or protects the body
- Is a servant, follows directions
- Is symbolic - gives words their meaning.
- Is very literal in its translation of requests.
- It is the 5 y/o child within.
- Relates best to fantasy.
- Does not process negatives.
 - Don't forget to turn out the lights
 - Remember to turn out the lights

Body Reacts Physiologically

- Since the body is directed by the mind, and the mind believe what information it is feed while one is in a state of hypersuggestibility is reality, the body will respond to those suggestions as if they are real.
- Normally, much data is passed to the mind through the senses (special and general). In a state of hypnosis these are turned down, allowing input from hypnotist suggestions to dictate reality.

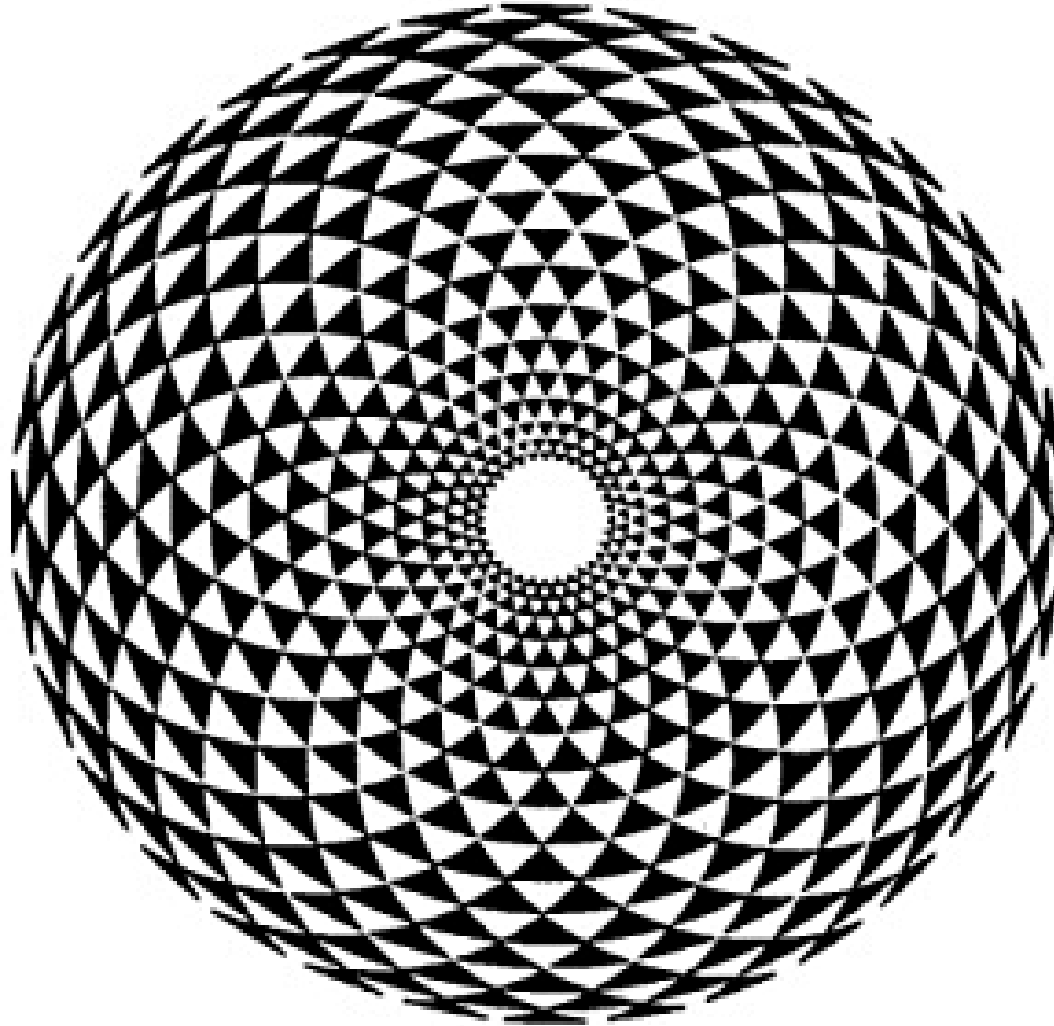
Hypnotic Environment

- Temperature – 73-75 degrees
- Light
- Colors
- Noise
- Odors
- Climate
- Physical condition of subject
- Drugs & Alcohol
- Emotions
- Audience

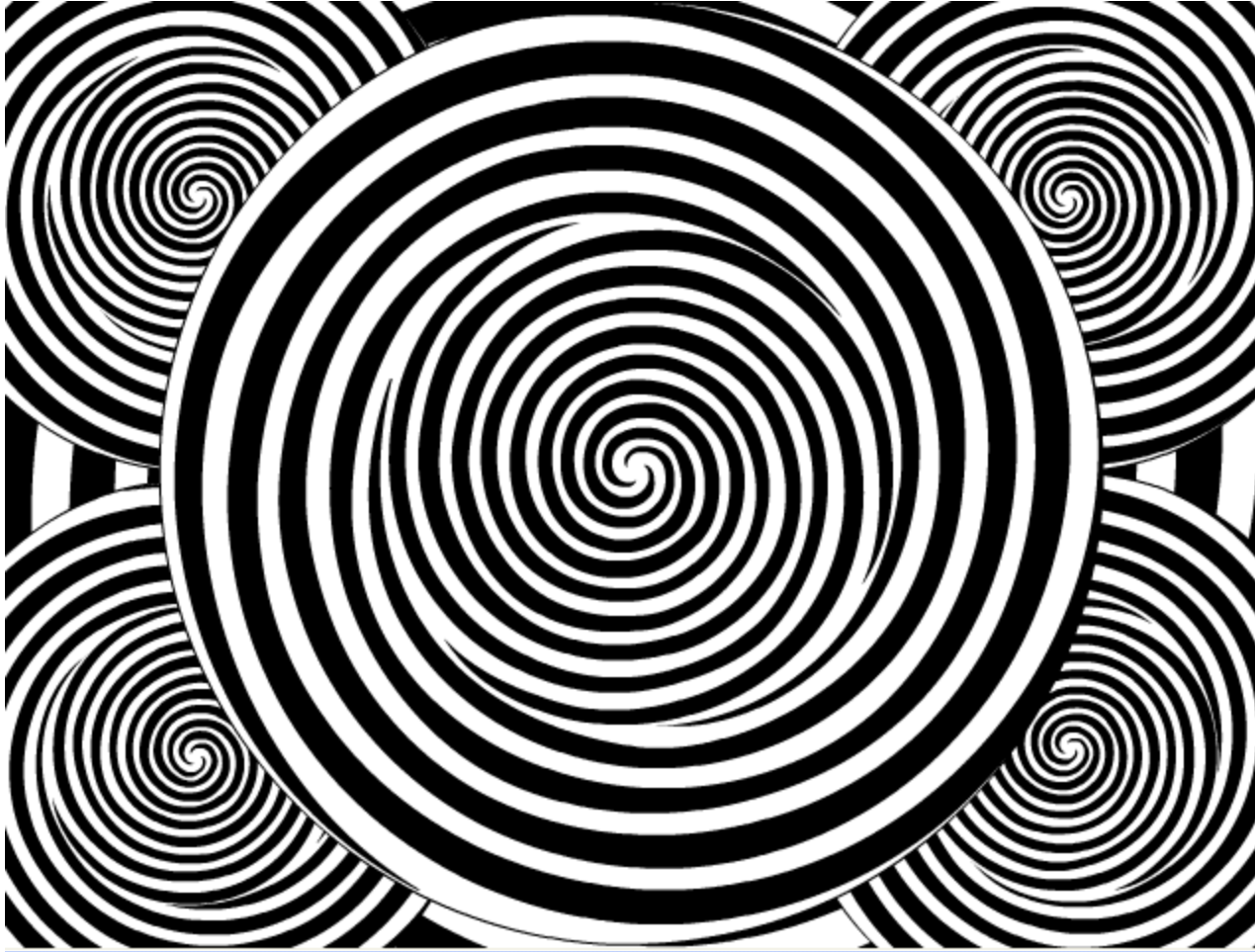
Induction

- Your getting veeeeerrrry sleeeeeepy.
- 3 keys to successful induction
 - Vocal Inflection (where you put emphasis)
 - Question – up
 - Statement – neutral
 - Comand – down
 - Vocal tone (soft, relaxing voice)
 - Temp/Speed (slow and pause frequently)
- *What* you say is not nearly as important as *how* you say it.

Tools: Eye Fixation



Tools: Eye Fixation



Assessing the Depth of Hypnosis:

- **Subjective:**
 - Ask the subject to rate the depth:
 - on a 36 point scale
 - low/medium/deep
- **Objective:**
 - **Light:** relaxation/eye fluttering/limb catalepsy
 - **Medium:** Partial amnesia/simple post-hypnotic suggestion
 - **Deep:** Bizarre posthypnotic suggestions/hallucinations

V.A.K.O.G.

Demonstration

V.A.K.O.G. Homework

Pick one of the topics below and write a paragraph describing the event or condition:

- 1) Your “happy place”; this is a place where you feel the most relaxed.
- 2) A very stressful event in your life
- 3) Your ideal vacation

** These descriptions must be **very detailed** and **very specific**; I need to fully appreciate all aspects of the place or event. Please note that these papers will be shared with the class for learning purpose; use discretion when picking your topic.*

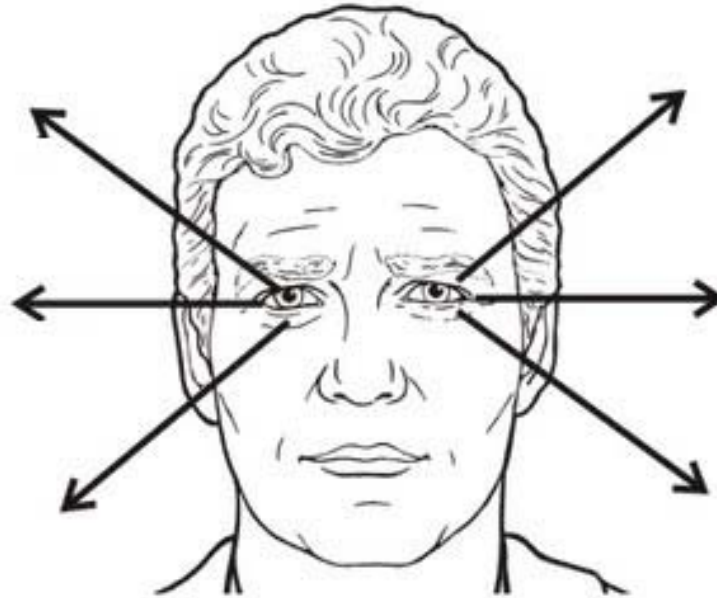
V.A.K.O.G. Demonstration

1. Divide into groups of two (pairs).
2. Hand your paragraph to your partner. Partners **do not** read the paragraph at this time.
3. Have one member from the group describe their chosen event in great detail. You **are not** reading your paragraph to your partner, but telling them about the event.
4. Partner will look for key words used; specifically visual, auditor, kinesthetic , olfactory, or gustatory word choice. Keep a count of most prominent words used.
5. Watch their eyes and not patterns of movement.
6. Repeat process with other partner.
7. Once both have gone, each of your read your partners written description and identify the number of descriptive terms used (Visual, Auditory, or kinesthetic)

Eye Accessing Cues

LEFT

RIGHT



Eye positions as looking at another person

The story is in their eyes.... Watch the eyes for clues as to the meaning behind the story.

Visual

See:

- See the shimmering sun on the clear blue water
- See the children bouncing a red beach ball back and forth
- Visualize the deep blue sky with little puffs of white clouds
- The majestic colors of the Hawaiian outfits.

Visual Words

Some words often used:

- See
- Picture
- Notice
- Look
- Show
- Appear
- Clear
- Pretty
- Colorful
- Hazy
- Observe
- Bright
- Focus
- Flash
- Scene
- Perspective
- Imagine
- View
- Horizon
- Make a scene
- Plainly see
- See eye-to-eye
- Mind's eye
- Catch a glimpse
- Bird's eye-view
- Bright future

Auditory

Sounds:

- Hear the waves crashing against the shore
- The sound of children playing
- Seagulls crying out their happiness.

Auditory Words

Some words often used:

- Sound
- Hear
- Discuss
- Listen
- Talk
- Call on
- Quiet
- Inquire
- Noisy
- Loud
- Outspoken
- Articulate
- Scream
- Pronounce
- Remark
- Resonate
- Harmony
- Shrill
- Oral
- Whimper
- Mention
- Tongue-tied
- Ring a bell
- Loud and clear
- Idle talk
- To tell the truth
- Word for word

Kinesthetic

Feel:

- Example: Walking on a beach with warm sun on skin, feel the smooth fine sand beneath your feet. Gentle wind blowing.

Kinesthetic Words

Some words often used:

- Feel
- Relax
- Grasp
- Handle
- Stress
- Pressure
- Smooth
- Clumsy
- Rough
- Hard
- Grip
- Warm
- Rush
- Euphoric
- Clammy
- Touch
- Calm
- Dull
- Burning
- Stinging
- Get the drift
- Boils down to
- Hang in there
- Sharp as a tack
- Slipped my mind
- Pull some strings
- Moment of panic
- Sooth operator

Olfactory

Smell:

- Recall the smell of grandmother's perfume
- The smell of fresh baked cookies or apple pie

Gustatory

Taste:

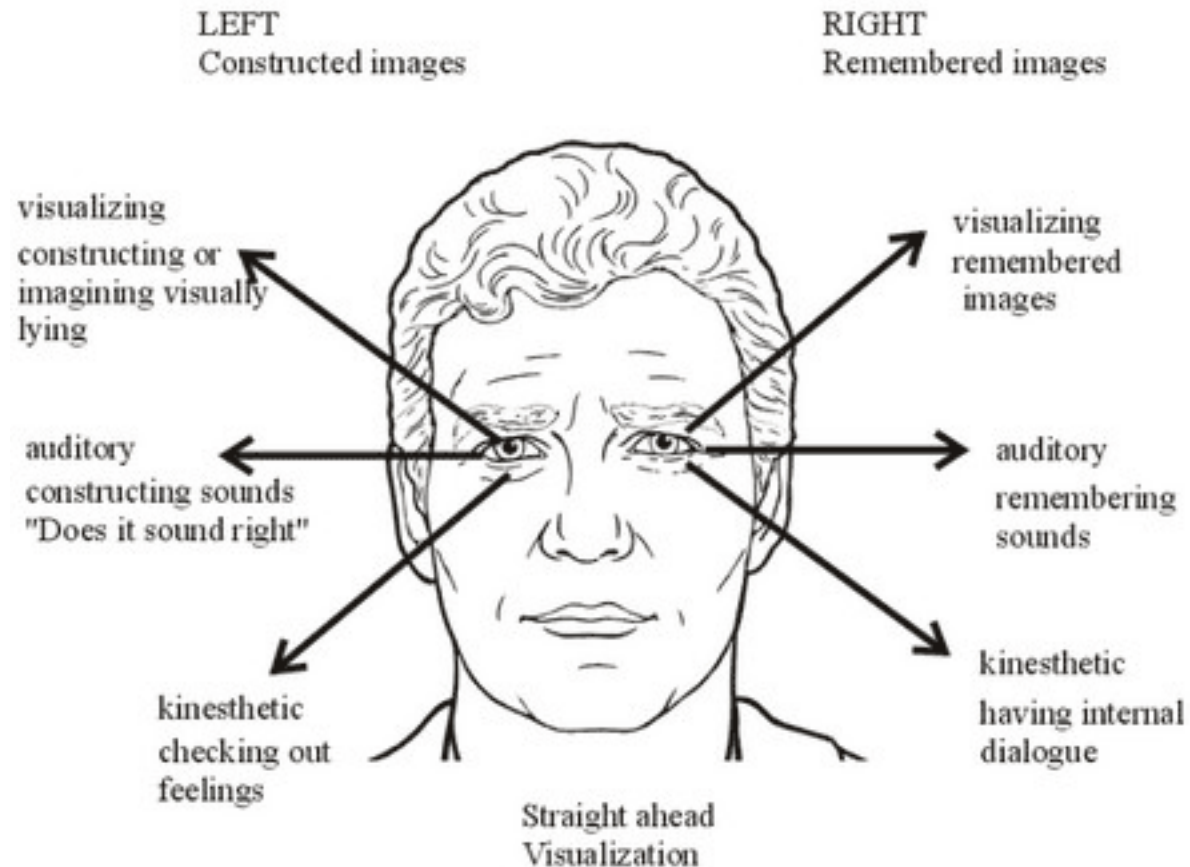
- Recall the taste of chocolate and how it makes you feel
- Comfort foods

Olfactory/Gustatory Words

Some words often used:

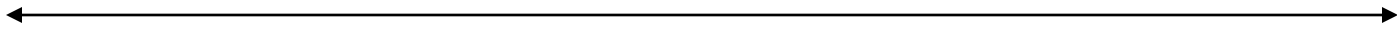
- Smell
- Fragrant
- Stink
- Reek
- Aroma
- Pungent
- Sour
- Sweet
- Acrid
- Musty
- Fresh
- Bland
- Stale
- Fresh
- Bitter
- Salty
- Nutty
- Delicious
- Salivate
- Spoiled
- Sniff
- Smokey
- Bitter pill
- Fishy notion

Eye Accessing Cues



Eye positions as looking at another person

THANK YOU!



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