

**Clinical and Experimental Hypnosis
HYP 512**

Objective 6.1

Describe the nature of suggestibility in hypnosis.

Answer

Most subjects believe that hypnotic responses are caused by the hypnotist. Actually, it is the subject who is responsible for all their actions in response to an attitude of belief or expectation. The critical faculty is reduced and suggestions are acted upon without the logical process becoming involved. The compounding of suggestions, one after another, leads to acceptance of increasingly difficult suggestions which is known as abstract conditioning. Rapport is a key element to be achieved between subject and hypnotist that sets the favorable mental attitude for increased suggestibility.

Suggestibility depends upon the subject's motivation and is subject to change. Suggestibility varies among subjects and even varies in the same subject. Increasing age has been shown to be a factor in decreased suggestibility. Subjects also demonstrate different levels of suggestibility in different areas of their life. The subjects perceived prestige of the hypnotist is also a contributing factor to suggestibility. One of the most ancient and primary means of assisting suggestibility is misdirection of attention. Increased suggestibility exists as a contributing factor and not a complete explanation of the complex events that occur within the hypnotic state. The nature of suggestibility is the creative utilization of the subject's imagination. The power of the mind's imagination is responsible for many of the observed complex events.

Objective 6.2

Explain the hypnoidal state, animal hypnosis and autohypnosis.

Answer

The hypnoidal state is that state just prior to the state of hypnosis. Critical thinking is decreased and enhanced suggestibility is present. Physical and mental relaxation is present along with some degree of dissociation. Examples of this state include zoning out while driving, focused attention on a movie, mass advertising, propaganda, and evangelistic appeals.

Animal hypnosis also known as immobility reflex (I.R.) has some of the same characteristics as displayed by human hypnosis. Sleep and the hypnoidal state have been related by some researchers who believe that more primitive animals have more hypnoidal sleep states. In animals this state is mainly induced by physical sensations whereas in humans hypnosis occurs via social relationships and symbolic expression. The two states are seen as similar but different and not necessarily comparable. Some value in understanding the biological aspects of human hypnosis is seen by some researchers in examining animal hypnosis.

Autohypnosis is also known as self-hypnosis is generally produced by earlier posthypnotic suggestions made by the hypnotist. Suggestions have a better chance of being accepted if they seem to originate in the self instead of another person. Subjects can be interviewed in order to determine the best suggestions to utilize so that suggestions seem to originate in the subject. This enables greater motivation and self-achievement. This method requires disciplined practice to enable an acceptable degree of hypnosis. All hypnosis is really autohypnosis which is also known as self-hypnosis.

Objective 6.3

Explain the phenomena of catalepsy and how it is used in the clinical setting.

Answer

Catalepsy is evident with an involuntary tonicity of the muscles in which the limbs remain in any position into which they are moved. A waxy molding of the extremities is defined as *flexibilitas cerea*. Eye catalepsy exhibits the eyes remaining in a fixed staring position when the head moves. This phenomena is generally a sign that a light to medium degree of hypnosis has been reached.

Objective 6.4

Describe, contrast and compare ideosensory and ideomotor activities.

Answer

Ideosensory activities are the brains ability to develop sensory images of a visual, auditory, kinesthetic, olfactory, or gustatory nature. The multiple use of such activities can be used for misdirection of attention to enable the hypnotic state. These sensory images are among the most powerful tools to be used in hypnotherapy.

Ideomotor activities are the muscles ability to involuntary respond instantly to ideas, feelings, and thoughts. Additional reflexes can be put into other reflexes and make them increasingly under voluntary control. This demonstrates the remarkable ability the mind has over the body and the muscular reactions.

Increased suggestibility is produced by the interaction of ideosensory and ideomotor activities and selective cortical inhibition. When the suggested ideas are viewed to be reality the belief results in hypnosis.

Objective 6.5

Give a complete and comprehensive explanation of the following terms or concepts: post-hypnotic suggestions and conditioning, amnesia, dissociation, depersonalization, revivification and age regression.

Answer

Post-hypnotic suggestions are behaviors carried out after the ending of the hypnotic state in response to specific suggestions. Conditioning is established by repetition of behavior and learning. Post-hypnotic suggestions are complex phenomena as they are related to the hypnotic induction to a certain measure, occur during a single session, and are not as quickly forgotten as a conditioned reflex. The completion of post-hypnotic suggestions do involve the conditioned ideosensory and ideomotor activities resulting from the belief in the reality of the subjective experience and reaction after the post-hypnotic suggestion. Post-hypnotic suggestions should always be ecological and within the subjects needs and outcomes.

Amnesia is the inability to recall specific a memory or memories. This phenomena sometimes spontaneously results during hypnosis and it often can be purposefully suggested. Amnesia is a normal everyday occurrence that many of us experience often when we “lose” our car keys. Suggested or spontaneous amnesia is useful for gauging the degree of hypnosis.

Dissociation is the capacity of the subject to remove or detach himself from his current environment. This state shows some similarities to amnesia and it also occurs during nonhypnotic states. Dissociation is often used in the production of hypnoanesthesia. This state is similar to dreaming when one sees a movie of themselves acting out various activities.

Depersonalization is amnesia of one’s own identity and assuming the identity of another

person. This state is used for psychotherapeutic purposes similar to those in dissociation.

Revivification the subject actually re-experiences previous events in their life and all memories following the age to which the subject is regressed are removed. Revivification is obtained by posthypnotic suggestions leading towards increasing time disorientation until an earlier age is manifested. Age regression involves the subject taking a role by reproducing patterns of acting out previous events within the framework of the present. These states can occur simultaneously and there is some debate as to whether all of the material revealed is actual or due to role-playing. Handwriting has been shown to be a good measure of the degree and age state that has been achieved.

Objective 6.6

List and discuss the various theories on hypnosis.

Answer

Atavistic hypothesis: immobilization theories consider hypnosis as atavism that was once used as a defense behavior to protect from danger or fear. This theory is derived from the immobility reflex of animal hypnosis. This theory does not explain the hypnotic process in humans.

Hypnosis as a state of hysteria this theory was derived by research conducted by Charcot on a small sample size in a pathologic setting. Hysterics are more suggestible but increased suggestibility is not a sign of hysteria.

Psychophysiological theories include various theories that lack any psychophysiologic data to confirm them. They consist of various theories as to brain activity, neural functions, and electromagnetic field interactions.

Hypnosis as a conditioned process leading to sleep this theory was espoused by Pavlov.

Most investigators do not believe that there is a similarity between sleep and hypnosis.

Considerable research has been conducted that demonstrates that during hypnosis physical and mental activity resemble the awakened state and not the sleep state. During typical sleep rapport is lost and suggestibility is greatly decreased.

Ideomotor activity and inhibition theory contends that suggestibility is the result of ideomotor action and repression that results as an experience of imagination that is mobilized by ideomotor activities. This theory does explain some of the physical and psychological reactions but does not fully account for the complex behaviors evident during hypnosis.

Dissociation and neodissociation theories dissociation theory was seen in the hypnotized subject in a dissociated state as certain behavior areas were divided from the main consciousness. Hypnosis is seen to remove voluntary control and the subject is believed to only react with autonomic behaviors at the reflex level. Under this theory amnesia would always occur spontaneously and could not be removed by the hypnotist. Neodissociation theory was theorized by Hilgard who emphasizes that the normal ego drives that care for our needs and allow socially appropriate behaviors and competent choices. This theory sees that additional processes are implemented outside of normal drives and can operate in concert with one another.

Altered state of consciousness theory examines various altered states existing within Eastern philosophies as compares them to the hypnotic state. As these altered states themselves are forms of hypnosis this theory does little to explain the hypnotic state.

Hypnosis as a state many researchers accept the idea of hypnosis as a state or trance. Orne conducted studies to separate hypnotic behavior from responsiveness to the hypnotists

suggestions. His research demonstrated a distinct difference between those actually in a hypnotic state and those that were stimulating it. Orne has also attempted to isolate out sociocultural aspects and “demand characteristics” which he explains are environmental expectations that give specific but indirect cues on behavior.

Role-playing and non-state theories these theories believe that all hypnotic reactions can be accounted for by interactions of overlapping factors such as motivation, goal oriented imagination, belief and faith, and misdirection of attention. Role-playing often is a part of hypnosis but it is the belief that an altered state has been achieved allows for transcendence of typical abilities. It is argued that if role-playing were the primary factor in hypnosis then psychoneurotics would make the best subjects.

Regression theory: psychoanalytic concepts Kubie and Margolin believed that the subject experiences an infantile regression with the hypnotist acting in the parental role. Stress fascination or erotic aspects are also important factors in the psychoanalytic concepts. Research has shown little validation of these concepts.

Hypersuggestibility theory sees the subjects attention being narrowed to the language of the hypnotist and the hypnotist’s voice takes over as the inner voice of the subject. This theory only explains the event and not how hypersuggestibility manifests.

Psychosomatic theories conceives that suggestibility is ideomotor activity which operates as a type of abstract conditioning. There is some disagreement about the concept of abstract conditioning as an explanation for hypnotic phenomena.

Informational theory utilizes the concept of examining the brain with the analogy of a computer. In this theory the brain is seen to function by the same principles the physical

sciences use to create communications gear. “Thus greater receptivity in a receptor (the subject) enables messages (sensory inputs or percepts), to be received clearly from a transmitter (the operator) with a minimal degree of interference (noise), either in the external environmental communication pathways (channel), or in the internal receptors of the subject.” (1977 Kroger 32) This has the effect of increasing the transmission of receiving signals.

Objective 6.7

Write an explanation for two of these theories that you could read to a patient or client to explain how or why hypnosis can help them alleviate an unwanted problem.

Answer

Ideomotor activity and inhibition theory-Have you ever read a sad book that made you cry. What caused that tear on your cheek when you cried, it was an ideomotor activity that was caused by your imagination. You can't say the print on the page caused that ideomotor activity. It was your imagination and use of your ideosensory faculties that caused that emotional ideomotor response.

Informational theory-The body is very much like a computer. Hypnosis works so well because your body obeys commands from your mind much like a computer responds to commands from a programmer. The body is like a robot and reacts to commands from your mind. Learning to control this process can be a powerful tool in learning to work with your mind and body instead of against it. You are the programmer and you can program your body to do what you want it to do. The benefit of this is obvious as it is much better to have a trained and skilled operator in control of this “robot” instead of an untrained and unskilled operator.

Objective 6.8

Outline the rationale or indications for the use of hypnotherapy in internal medicine.

Answer

A detailed life history is compiled to elicit the subjects unique life condition and emotional involvement with their disease state to assist in determining the most effective course of therapy. Hypnotherapy is utilized only after careful evaluation of a case which has been thoroughly physically examined to determine diagnoses. Hypnosis alone is not used as a therapeutic modality, it is a tool used in the holistic approach of a total treatment regimen and not as a panacea. Hypnosis can be utilized in the same method as a drug or physical intervention to assist in eliminating symptoms. Secondary gains of symptoms can be examined via the use of hypnosis. Organic conditions that have a significant psychogenic composition can be influenced or eased by hypnotic conditioning. The relaxation of hypnosis greatly assists in therapy by reducing stress and anxiety resulting in greater patient compliance and concentration. Self-hypnosis can be utilized as a powerful tool for patient self-examination and symptom alleviation.

Give examples.

Answer

The following conditions have shown benefit from the use of hypnotherapy in internal medicine: Psychosomatic Cardiovascular Disorders (essential hypertension) , Psychogenic Cardiac Disorders (arrhythmias, effort syndrome, and palpitation), Coronary Disease, Postmyocardial Infarction Syndrome (congestive heart failure), Psychosomatic Gastrointestinal Disorders (peptic ulcer, colitis, ulcerative colitis, emotional diarrhea, postgastrectomy syndrome, constipation, biliary dyskinesia), Other Psychosomatic Disorders (tuberculosis, migraine

headache, arthritis and rheumatism, and Metabolic Diseases (diabetes mellitus, obesity, hyperthyroidism, anorexia nervosa, bronchial asthma, allergy, Raynaud's disease).

Objective 6.9

Explain and discuss the use of hypnosis for surgery and anesthesia.

Answer

The main use of hypnoanesthesia is a reduction in the need for preoperative drugs and chemical anesthesia. The use of hypnosis reduces fear and stress and increases relaxation to the degree that less anesthesia and analgesia is necessary. Approximately less than 10% of subjects are suitable candidates for the sole use of hypnosis in surgery. Self-hypnosis, glove anesthesia, autogenic training (practicing or rehearsing the surgery to decrease fear of the unknown), and suggestions for postoperative improvement are all used for anesthesia in surgery and postoperative improvement. A decrease in postoperative recovery time and greater motivation and confidence in the recovery process are associated factors in a quicker healing process. Disadvantages of hypnosis in surgery include its unpredictability and the time and effort required.

Objective 6.10

Explain and discuss the use of hypnosis in obstetrics.

Answer

The subject must be evaluated as to any contraindications, ecology, and responsiveness to hypnotic suggestion. Hypnosis has been used in obstetrics in the following ways: induction of labor, control of nausea and vomiting, alleviation of emotional spontaneous abortion, lactation, late toxemias of pregnancy, and control of heartburn. The use of hypnosis has been observed to

produce a reduction in the amount of chemical anesthesia needed by 50-75 percent during childbirth. The following methods serve the same purpose as (and are modifications of) hypnosis in assisting positive attitudes towards childbirth but do not reach the same degree of relaxation and pain control: Velvoski (also known as the psychoprophylactic relaxation technique), childbirth education, hypnoreflexogenous, and Lamaze. Hilgard and Hilgard note the following eight characteristics of hypnosis in obstetrics: “(1) employment of a rehearsal procedure, (2) relaxation for deepening the hypnotic involvement, (3) use of symptom substitution, (4) displacement of the pain elsewhere, (5) direct suggestion of symptom relief, (6) indirect suggestions as glove anesthesia, (7) imaginative separation of the painful uterine contractions via fantasy evocation, and (8) posthypnotic suggestions to instill confidence” (1977 Kroger 229).

Objective 6.11

Explain and discuss the use of hypnosis in gynecology.

Answer

Hypnosis has been used effectively in the following gynecologic areas: amenorrhea, pseudoyesis, dysfunctional uterine bleeding, infertility, frigidity, low back pain, pelvic pain, premenstrual tension, menopause, and breast enlargement. Kroger holds the view that the female reproductive tract is very reactive to physiologic expressions of emotions. Thus, hypnosis is an excellent treatment modality to employ in many of the conditions faced by females and their gynecological health.

Give examples of clinical applications.

Answer

Kroger documents the use of hypnosis for controlling amenorrhea and effective suggestion of choosing the time and date of menstruation and causing the menses to last only three days. PMS and other pains associated with menstruation can be controlled with hypnotherapy. Menopause has been successfully handled utilizing a combination of hypnotherapy, oral estrogens, sedatives, and the discharging of personal problems. Pseudocyesis demonstrates the power of the mind over the female reproductive system and can be treated with sensory-imagery conditioning with self-hypnosis. Psychosomatic infertility can be treated by examining the underlying desires and emotions that interfere with successful fertilization and assist in establishing an effective course of action. Suggestions are given, using the law of reverse effect, to relax and not even try to get pregnant. Frigidity in various forms has responded well to various hypnotic techniques. Breast enlargement is accomplished via visual imagery and hypnotherapy utilizing age regression to the time of puberty when the breasts were growing.

Objective 6.12

List and discuss the clinical applications of hypnosis in dermatology.

Answer

Hypnotherapy has been utilized for alopecia, dermatitis, areata, hyperhidrosis, eczema, neurodermatitis, psoriasis, pruritus, lichen planus, pemphigus, herpes simplex, verrucae, and other dermatology conditions. The reactions of sweating, temperature change in skin from psychological stimuli, goose pimples, and blanching of the skin demonstrate the powerful effect of psychology over dermatologic conditions. Many investigators have documented that 70 to 80 percent of warts have responded to hypnotic techniques. Hypnotic suggestion has also been able to produce blisters, urticaria, wheals, tumefaction, hemorrhage, congestion, and erythema.

Suggestion has influenced sensory reactions such as cold to hot, itching to pain, anesthesia to hyperesthesia. The nervous system demonstrates a capacity for focusing repressed emotional forces to different organs. The dermatologic target chosen is influenced by the local condition of the skin with a connection between the character of the physiologic reaction and the variety of emotional stimulus.

As many of these conditions can involve scratching and possible infection it is important to remember to work with a qualified medical doctor to prevent any possible dermatologic infections from occurring. Sensory-imagery conditioning has been shown to be a highly effective approach when dealing with dermatologic conditions and assisting in removing the need for a condition. Glove anesthesia is another effective technique for quick relief of skin pains and itching. Increasing the symptom can demonstrate control of the symptom and the possibility of the condition being decreased. Sensory-imagery conditioning, symptom transformation, and symptom substitution can be utilized to build motivation, confidence, and belief. These tools when utilized along with effective rapport and self-hypnosis are powerful allies to help the subject cure themselves.

Objective 6.13

List and discuss in detail the use of hypnotherapy in physical rehabilitation of neuromuscular disorders.

Answer

Hypnosis has been used in conjunction with physical therapy in dealing with neuromuscular disorders such as poliomyelitis, multiple sclerosis, cerebral palsy, and Parkinson's disease. Such therapy has also shown use in determining whether a disorder is organic or neurologically based.

In cases where full recovery of function is not possible hypnosis has been utilized to increase motivation to achieve some recovery, assist with pain, and improve rehabilitation ambition.

Many methods utilized in physical rehabilitation programs utilize the power of suggestion and hypnosis unknowingly with ideosensory conditioning. Pavlov demonstrated that posthypnotic conditioned response was longer lasting than similar conditioning instilled during non-hypnotic states.

Rehabilitation with hypnosis has been used to achieve supermaximal effort with actual exercises done after posthypnotic suggestion, using imagined success in the future and recalling success from the past. Parkinsonism has responded to the use of hypnotherapy in relieving the psychological factors that can irritate the condition. Multiple sclerosis treated with hypnosis has demonstrated an elimination of harmful sequelae and improved excretory function. Cerebral palsy requires the use of directive hypnosis rather than sensory imagery conditioning and revivification as these subjects have never experienced normal functioning. Hypnosis has effected improvement by reducing anxiety and tension while boosting motivation and evoking improved motor patterns in everyday activities. Cerebrovascular hemiplegia patients have used hypnosis to form substitute coordinated movements. Hope exists for subjects with a severed spinal system as completely paralyzed animals were trained to walk in a series of experiments by Shurrager. Hypnosis has been utilized in assisting amputees adjust and function. Epileptic subjects have used hypnosis to eliminate or avert seizures for years. The use of hypnosis in such conditions demonstrates that neuromuscular disorders are treatable by allowing the subject to retrain to use their neuromuscular systems in both old and new ways.

Objective 6.14

List the indication and describe the clinical applications in Ophthalmology, Otolaryngology and Rhinology.

Answer

Ophthalmology

The use of hypnotherapy in ophthalmology has been used to treat suppression amblyopia, improvement of visual acuity, glaucoma, hysterical blindness, squint, amblyopia, blepharospasm, and myopia. Use of the Bates system with hypnosis has demonstrated remarkable success. Increasing the comfort of contact lenses with hypnotic suggestion has also been demonstrated. Hypnosis is still used in India during surgery for removing cataracts.

Otolaryngology

Hypnosis demonstrates great effect in otology as the auditory system is directly allied with the nervous system. Emotional factors have been demonstrated to exacerbate numerous otologic conditions such as tinnitus, Meniere's disease, and vasomotor changes in the labyrinth and / or connections with edema resulting in advanced cases. Bruxism is a primary organic factor to consider in many cases of tinnitus and should be excluded before instituting hypnotherapy.

Treatment of conditions such as tinnitus utilize posthypnotic suggestion after learning from the subject what and where he hears the ringing noise. The symptom can be increased, decreased and made intermittent to demonstrate the ability to alter the condition. Time contraction and expansion assist with such a methodology. With the subject's confidence instilled the tinnitus can be reduced and eventually eliminated. Hypnosis can also be used to assist in relearning and remembering to improve hearing ability with otologic difficulties that

have a psychological cause.

Rhinology

Severe epistaxis has been controlled via hypnosis. Emotional factors contribute greatly to creating and ending vasomotor rhinitis. The common cold often has positive results from the use of hypnotherapy. Sensory-imagery conditioning is the treatment methodology as direct commands prove ineffective. Suggestions of dryness, dehydration and heat are effective in obtaining physiologic effects in such conditions.

Objective 6.15

Discuss the clinical applications of hypnotherapy for genito-urinary conditions.

Answer

Hypnosis has been utilized to relieve selected cases of postoperative urine retention, male impotency, premature ejaculation, ureteral spasm, dysuria, and chronic bladder irritation. Hypnosis for relaxation may indirectly assist with female fertility as the sperm's fertilizing potential is arguably reduced by stress in the female host. Emotional issues related to sexual sterilization can be examined via hypnotically hallucinated time progression. Hypnotic use of reeducation and time distortion often assist with many genito-urinary conditions. Many sexual problems respond well to such behavior modification but it is often a long and difficult process.

Objective 6.16

Explain the benefits of hypnotic conditioning for a patient who has been diagnosed as being oncologic.

Answer

The primary benefit is the power the patient gains in realizing that they can influence their

immune defenses against cancer and understanding that their mind can be a potent weapon in changing the development and direction of their disease. Remissions in very advanced metastatic cancers have been reported from the use of hypnotherapy in such a manner. Pain management and a lessening of the toxic effects of radiation and chemotherapy are other benefits that have been demonstrated. Emotional factors have been implicated to be a prime mover in the cause, course, and life or death of cancer patients. Cancer patients demonstrate common emotional characteristics such as depression, immaturity, fear, self-recrimination, sexual maladjustment, inability to express anger, and the suffering of a loss (often a loved one). Virus interference in DNA has also been implicated in the formation of cancer. This would collaborate that the body does have natural immunologic defenses against cancer. The value of this in hypnotherapy is that it has been demonstrated that direct suggestion under hypnosis does influence the immune system. Kroger also notes that hypnosis should be used as a first line of treatment in cancer cases but, one should expect a high failure rate.

Objective 6.17

Discuss the application of hypnosis for pediatric patients.

Answer

Children require the necessary verbal communication ability in order to utilize hypnotherapy and their short attention spans require the use of quick inductions utilizing their fantasy. The hypnotist should take care to utilize language at the level the child can comprehend but not utilize baby talk. Hypnosis has been useful in selected incidents of stammering, nail biting, enuresis, epilepsy, asthma, and tics. Positive results have also been obtained in behavior problems relating to environmental conditions, chronic tension and stress, and the psychogenic

components of neuromuscular conditions, mental retardation, and slight brain damage.

Bed wetting is a difficult condition to treat that can respond positively to proper hypnotic technique after physical and / or psychogenic factors have been determined. Nail biting and habit spasms respond well to pattern interrupts and hypnotic reconditioning. Thumb sucking can be dealt with in a manner similar to nail biting. Hypnosis utilizing posthypnotic suggestion and sensory imagery conditioning are excellent tools to use in examining the various factors and situations involved in stuttering. Successful treatment involves focusing on the breath and dealing with all of the interrelated symptoms and proving to the subject that they can speak in a more articulate manner in the hypnotic state. Dyslexia has responded to hypnotic suggestion with increased pronunciation, recognition, and performance. Mentally retarded pediatric patients are easily hypnotized and reeducated in the learning process to increase motivation and learning ability. Examination anxiety relief and improvement of reading skills with the use of hypnotherapy to countercondition anxiety has been documented by several studies. Asthma has also demonstrated positive outcomes when the emotional or environmental factors involved were elicited by hypnosis; however, symptom suppression is counter-indicated.

Objective 6.18

Outline and discuss hypnotherapy techniques used for behavior modification in the treatment of alcoholism and narcotic addiction.

Answer

Alcoholism

Hypnotherapy techniques for alcoholism focus on motivating the subject to cease drinking and instruct them in adaptation to their life difficulties, instead of repeating their previous

behavior of bingeing during signs of stress. Chronic alcoholics frequently demonstrate immaturity and difficulty admitting they have a drinking problem. Feelings of insecurity, hostility, and inadequacy are typically present. The chronic alcoholic often reverts back to infantile behavior displaying needs for attention, love, and pity. The process of inebriation allows the alcoholic to develop a larger potential to receive and give attention from others increasing their self- esteem.

Treatment involves establishing a strong rapport between therapist and subject which is assisted by the general passive and dependant nature of alcoholics. This dependency is eventually broken, along with the needs associated with it, as the self-destructive tendencies are replaced with healthier outcomes. Chronic alcoholics who have no desire for change are extremely difficult to help.

Conditioned reflex hypnotic treatment has demonstrated some success. In this therapy the subject is given an alcoholic drink followed by the administration of an emetic. Thus, a relation between drinking alcohol and vomiting is anchored in. This effect is reinforced by the use of posthypnotic suggestion to vomit at the smell, taste, or sight of alcohol.

Aversion therapy utilizes suggestions to develop disgust, bad taste and smell associations with alcoholic beverages. The subject is instructed in autosuggestion to repeat such suggestions consistently to reinforce the suggestion. Posthypnotic suggestion can be used to reinforce the aversion state. Symptom substitution has also proven useful in conjunction with this technique.

Group therapy in such groups as Alcoholics Anonymous has shown success with the power of group identification. The group support strengthens the subject's weak behavior components

and mobilizes the primal competitiveness factors present in everyone. The emotional contagion and inclusion in the larger whole of the group instigates the recovery process of the individual. These factors can be utilized in a group hypnotherapy setting to maximize the effectiveness of positive outcomes. Permissive hypnotherapy is employed to deal with the anxiety, insecurity, fear, and guilt along with aversion therapy and self-hypnosis techniques. Strong group identification allows for greater concentration and speed of therapy.

Narcotic Addiction

Narcotic drug addiction includes many of the same factors involved in chronic alcoholism. The eventual physical cravings that result from such drug abuse create a fear in the addict that they have to use drugs to survive. Treatment is often difficult as subjects typically return to the negative environmental conditions that influenced their abusive behaviors. Hypnotic treatment alone is seldom effective and treatment is best carried out in an institutional setting.

Withdrawal symptoms can be lessened by the selective utilization of hypnotherapy. Posthypnotic suggestion can be used to assist in the withdrawal process and to reduce cravings for drugs. Addicts often demonstrate increased suggestibility but, lack motivation and demonstrate weak personality traits.

Aversion therapy, systematic desensitization, posthypnotic suggestion, autosuggestion, and progressive relaxation training are hypnotherapy treatment modalities which have been used in treating addicts. Treatment considerations are complex and situations outside of the therapist's control may arise. Subjects might be using drugs prescribed by a physician for other medical problems and make the management of therapy even more difficult. The use of

institutionalization is often a complex and difficult decision to manage in the treatment process.

Kroger indicates that the success rate is generally low regardless of the treatment modality chosen.

Reference Text: Kroger W.S. (1977). *Clinical and Experimental Hypnosis: In Medicine, Dentistry, and Psychology* (2nd Edition). Philadelphia: J.B. Lippincott Co.