Review of International Literature

Ian Wickramasekera II
Associate Editor

Anbar, R., & Giesler, S. (2005). Identification of children who may benefit from hypnosis at a pediatric pulmonary center. *BMC Pediatrics 5*(6), 5-6. This paper describes the authors’ efforts to identify and treat children with respiratory disorders who may be able to benefit from instruction in self-hypnosis to improve their respiratory functioning. The authors discuss how they screened 725 patients for symptoms of anxiety and other behavioral/physiological indicators that the patients could benefit from psychological treatment to help with their respiratory complaints. Of the 725 patients, the authors identified 133 patients (18%) who appeared to be likely to benefit from self-hypnotic instruction. These patients frequently had a history of anxiety, habit cough, and vocal cord dysfunction associated with their respiratory complaints. The authors asserted that these three symptoms commonly indicate that a major psychological component is present in the individual’s case of respiratory difficulty. A pediatric pulmonologist taught self-hypnosis to 81 of the 133 identified patients in one or two sessions which lasted between 15-45 minutes each. Among the 81 patients, 75% returned for follow-up and 95% of these patients reported improvement or resolution of their symptoms. Address for reprints: Ran Anbar, M.D., Department of Pediatrics, University Hospital, State University of New York Upstate Medical University, Syracuse, NY, USA.

Capafons, A., Cabañas, S., Alarcón, A., Espejo, B., Mendoza, M. E., Chaves, J., & Monje, A. (2005). Effects of different types of preparatory information on attitudes toward hypnosis. *Contemporary Hypnosis, 22*(2), 67-76. This paper examined how three different approaches to introducing hypnosis to subjects can influence their participatory style with hypnotic testing. Ninety participants were assigned to one of three experimental conditions: minimal information, cognitive behavioral information, and trance information. All three groups showed positive changes in attitudes toward hypnosis although no differences were observed in terms of hypnotic ability between the groups. The trance and cognitive behavioral explanation groups demonstrated greater collaboration compared to the control group. Address for reprints: Antonio Capafons, Facultat de Psicologia, Blasco Ibanez #21, Valencia 46010, Spain. E-mail: Antonio.Capafons@uv.es.
Carter, C. (2005). The use of hypnosis in the treatment of posttraumatic stress disorder. *Australian Journal of Clinical and Experimental Hypnosis, 33*(1), 82-92. The author presents the case of a woman who had suffered from some work related accidents that resulted in symptoms of posttraumatic stress disorder (PTSD) including intrusive recollections, agoraphobia, sleep disturbance, panic attacks, and other related anxiety symptoms. The author also discusses the ethical implications of using hypnosis with a patient who possesses a work related injury. The author discusses her decision making process to use hypnosis after informing the patient about the nature of hypnosis and memory. She also reviewed with the patient the potential scenario for her hypnotic treatment to preclude her ability to testify in legal actions related to her work-related injury due to previous legal precedents excluding hypnotic testimony from evidence. Address for reprints: Christine Carter, Ph.D., Frankston Psychology, 117 Frankston-Flinders Road, Frankston, VIC, Australia, 3199.

Chaves, J. & Sarbin, T. (2005). Remembering Bill Coe. *Contemporary Hypnosis, 22*(2), 57-58. The authors provide an obituary for William C. Coe who was an important figure in the development of social psychological theories of hypnosis. His theoretical and scientific collaborations with Theodore R. Sarbin are highlighted as well as his life and times. Sadly, Dr. Sarbin himself has passed away recently after leaving us with this tribute to his respected friend and colleague. Address for reprints: John F. Chaves, AB, AM, Ph.D., Professor, Department of Dental Medicine, State University of New York at Stony Brook, Stony Brook, NY 11794-8700.

Cummins, P. (2005). After the accident: Hypnotherapy in the psycho-legal context. *Australian Journal of Clinical and Experimental Hypnosis, 33*(1), 1-23. The author reviews some of the difficulties involved in treating patients with chronic pain and anxiety who have suffered from motor vehicle accidents and are currently involved with legal actions. The adversarial nature of the legal system, secondary gain, and posttraumatic stress disorder commonly appear to combine and form potent resistances to therapeutic progress in these cases. The author suggests that using indirect hypnotic methods can improve treatment outcomes for these patients and provides some case examples of his suggested approach. Address for reprints: Paul Cummins, Ph.D., 158 Hutt Street, Adelaide, SA, Australia, 5000.

Detering, N. (2005). Anxiety, memory enhancement, and hypnosis: A case study. *Australian Journal of Clinical and Experimental Hypnosis, 33*(1), 64-73. The author presents an analysis of the veracity and distortions of memory that can occur when hypnosis is used to enhance or facilitate memory recall. The author uses a case example to illustrate the problems and opportunities of using hypnosis for this purpose. The author does not attempt to persuade the reader towards a particular viewpoint but instead attempts to lay out the known relevant research in the area of hypnosis and memory in a clinically salient fashion. Address for reprints: Nicole Detering, Ph.D., PO Box 543, Lutwyche, QLD, Australia, 4030.
Duff, S. C. & Nightingale, D.J. (2005). The efficacy of hypnosis in changing the quality of life in patients with dementia: A pilot-study evaluation. *European Journal of Clinical Hypnosis, 6*(2), 20-29. In this pilot study the authors attempted to increase the quality of life of elderly residential and nursing home patients with dementia using hypnosis. They employed seven outcome variables which were assessed over a 9 month period. The hypnosis treatment group demonstrated the largest improvement over the 9 month period compared to a standard treatment control group and a discussion group without hypnosis. The gains were also stable across time compared to the standard treatment group which demonstrated a small decline across all measures during the time of the study. The discussion group demonstrated smaller positive changes across time compared to the hypnosis group but its quality of life indicators did remain relatively stable compared to the standard treatment group. Address for reprints: Simon C. Duff, PhD, Division of Clinical Psychology, University of Liverpool, Liverpool, L69 3GB.

Frederick, C. (2005). Selected topics in ego state therapy. *International Journal of Clinical and Experimental Hypnosis, 53*(4), 339-429. The author presents a highly readable and concise summary of Ego State Therapy and its relationship to other polypsychic psychotherapy traditions including Internal Family Systems Therapy, the Ericksonian tradition of hypnosis, and Psychoanalytic traditions of psychotherapy. The article is divided into seven chapters with the first four focusing on a concise summary of Ego State Therapy. Chapters 5 and 6 present some very stimulating recent elaborations of Ego State Therapy using psychoanalytic models of transference and countertransference. The final chapter discusses the creation and modification of ego states especially with reference to positive ego states. The author utilizes examples from clinical work very effectively throughout the article. This aspect of the article seems especially important since many polypsychic views of human nature do not come easily to people of Western culture which tends to emphasize a unitary and stable model of selfhood. Address for reprints: Claire Frederick, M.D., Heritage Building, 15 Columbia Street, suite 401, Bangor, ME, 04401, USA. Email: montamat@mindspring.com

Hermes, D., Truebger, D., Hakim, S. G., & Sieg, P. (2005). Tape recorded hypnosis in oral and maxillofacial surgery—basics and first clinical experience. *Journal of Cranio-Maxillofacial Surgery, 33*(2), 123-129. The authors report on an initial effort to assess the utility of hypnosis in reducing anxiety and pain during oral and maxillofacial surgeries. The authors describe a series of 209 operations performed with a combined local anesthesia/medical hypnosis intervention to assist with a variety of surgeries including oral, plastic and reconstructive, oncological, septic and trauma surgical procedures. The authors report that improvements were achieved in treatment conditions in 93% of the cases. The authors discuss their observations as being sufficient to argue for the development of controlled clinical studies of the effectiveness of hypnosis in assisting oral and maxillofacial surgery with anxiolysis and analgesia. Address for reprints and correspondence: Dirk Hermes, MD, DMD, Department of Maxillofacial Surgery, University Hospital Schleswig-Holstein/Campus Luebeck,
Hill, R., & Bannon-Ryder, G. (2005). The use of hypnosis in a driving phobia. *Contemporary Hypnosis, 22*(2), 84-93. The authors report on a case of a 37-year-old married woman who reported avoidance related behaviors and difficulties with driving following a number of accidents. The patient reported avoiding driving on unfamiliar routes and motorway travel altogether. Four sessions of hypnosis and behavior therapy were employed to assist the patient with anxiety management training. The patient made sufficient progress to complete a long distance trip by car that she had been avoiding although some residual anxiety remained. Address for reprints: Dr. RG Hill, South London and Maudsley NHS Trust, Wiekham Park House, The Bethlem Royal Hospital, Monks Orchard Road, Kent BR3 3BX, United Kingdom. Email: robert.hill@slam.nhs.uk.

Hodder-Flemming, L. & Gow, K. (2005). Adult survivors of sexual abuse: Triggers to remembering. *Australian Journal of Clinical and Experimental Hypnosis, 33*(1), 1-23. The authors of this study conducted interviews with 16 survivors of sexual abuse regarding the circumstances which elicited their recollections of having been abused. None of the 16 participants reported that their initial recollections were triggered either by psychotherapy alone or by psychotherapy facilitated by hypnosis. Most participants reported a highly variable and difficult to classify context regarding their initial recall. The authors termed this context “spontaneously triggered recall”. The authors also contrast their view of spontaneously triggered recall with the view that memories of sexual abuse may be largely the iatrogenic byproduct of psychotherapy with or without hypnosis. Address for reprints: Leigh Hodder-Fleming, Ph.D., Leigh, School of Psychology and Counselling, Queensland University of Technology, Beans Road, Carseldine, QLD, Australia, 4034.

Iphofen, R., Corrin, A., & Ringwood-Walker, C. (2005). Design issues in hypnotherapeutic research. *European Journal of Clinical Hypnosis, 6*(2), 30-36. The authors focus on common experimental design difficulties in conducting clinical hypnosis research. They discuss common problems related to research design, randomization, controlled interventions, and other threats to validity and reliability when experiments are carried out in the context of “real world” medical treatment. They assert that there may be some necessary compromises that frequently have to be made when conducting hypnosis research. They discuss their assertions in the context of investigating clinical hypnosis interventions for weight loss, diabetes, and post colorectal surgery. The authors challenge the applicability of the standard randomized control trial (RCT) approach to this type of research which they assert needs to have a more patient centered and holistic nature which is implicit in their hypnotic work. Address for reprints: Dr Ron Iphofen, FRSA, FRSCCH, FBAMH, BPhil, MSc, Cert tHE, D Hyp, PhD, Senior Lecturer and Director of Research Degree Programmes, School of Nursing Midwifery and Health Studies, University of Wales, Bangor, United Kingdom.
Kirsch, I. (2005). Medication and suggestion in the treatment of depression. *Contemporary Hypnosis, 32*(2), 59-66. The author discusses his well known reservations regarding the specific efficacy of antidepressant medication given his meta-analytic work that has demonstrated the power of placebo effects in determining the success of SSRI medication trials. He provides a very useful summary of the research which questions the specific efficacy of SSRI medication beyond the benevolent placebo responses which safer methods could provide. The author discusses the unfortunate atmosphere of silence regarding the common and less common side effects that SSRI medications produce. The author describes how this silence appears to reflect decisions made by both the United States Federal Drug Administration and the Pharmaceutical Industry. The author argues that psychotherapy paired with hypnosis can provide a much safer treatment intervention for depression given the potential side-effects of SSRI medication. Address for reprints: Irving Kirsch, Ph.D., Professor of Psychology, School of Health & Social Work, 307 Mary Newman Building, University of Plymouth, Drake Circus, Plymouth, Devon PL4 8AA, United Kingdom. E-mail: irving.kirsch@plymouth.ac.uk.

Laidlaw, T., Bennett, B. M., Dwivedi, P., Naito, A., & Gruzelier, J. (2005). Quality of life and mood changes in metastatic breast cancer after training in self hypnosis or Johrei: A short report. *Contemporary Hypnosis, 22*(2), 84-93. The authors report on a study that was aimed at maintaining quality of life and health status in a small group of 37 women with metastatic breast cancer. The participants were randomly assigned to receive either 4 weeks of training in self hypnosis, 4 weeks of training in a Japanese healing method called Johrei, or to a wait-list control condition for 3 months. The participants were assessed using measures of quality of life and mood prior to training. A follow-up assessment occurred after the intervention about 3 or more months later. The results following both experimental interventions indicated that the patients in the treatment groups were less anxious than participants in the control group although the data was only completed on 14 of the 37 participants. Training in hypnosis increased the reported energy levels of the participants while Johrei patients managed to maintain the energy levels compared to controls. Reductions in anxiety levels and a general increase in other mood scores were observed in both of the experimental groups as well. Address for reprints: John Gruzelier, Ph.D., Division of Neuroscience & Psychological Medicine, Imperial College London, Charing Cross Campus, St. Dunstan’s Road, London W6 8RP, United Kingdom. E-mail: j.gruzelier@imperial.ac.uk.

Langewitz, W., Izakovic, J., Schindler, C. Kiss, A., & Bircher (2005). Effect of self-hypnosis on hay fever symptoms: A randomized controlled intervention study. *Psychotherapy and Psychosomatics, 74*, 165-172. This study examined the impact that self-hypnosis can have in reducing the impact of asthma and Hay Fever symptoms which affect 10-15% of adults in industrialized countries. The investigators employed a randomized controlled group study which lasted over a period of two consecutive pollen seasons. The outcome was assessed by examining nasal flow under hypnosis, pollinosis symptoms from diaries and retrospective assessments, restrictions in well-
being, and use of anti-allergic medication. The authors identified 79 patients with moderate to severe allergic rhinitis to grass or birch pollen of at least 2 years duration and mild allergic asthma. The treatment group received instruction in self-hypnosis which varied from two to five sessions. The hypnosis group intervention was paired with a continuation of standard anti-allergic pharmacological treatment that the control participants also received. In general, the pollinosis and other symptoms improved for the hypnosis treatment group during the first and second year. The control group was also taught self-hypnosis in the second year and they also demonstrated reductions in Hay Fever Symptoms. The authors also measured the hypnotic ability of the participants using the Stanford Hypnotic Susceptibility Scale: Form C. The outcome was not found to be significantly related to hypnotic ability. Address for Reprints: Professor Wolf Langewitz, Division of Psychosomatic Medicine/Internal Medicine, University Hospital, Hebelstr, 2 CH–4031, Basel (Switzerland). E-Mail: wlangewitz@uhbs.ch.

This study examined whether the brief intervention of a single session of hypnosis could significantly improve the quality of life of patients about to undergo surgical procedures using a variety of measures. The forty-two patients in the study were randomly assigned to either a hypnosis group or to a no-treatment control group. The hypnosis group received a single session of hypnosis within the 24 hours preceding their operation. The authors wished to examine whether hypnosis could reduce postoperative anxiety and pain perception levels. The patients in the hypnosis group demonstrated lower levels of anxiety and pain in the first two days after the operation compared with patients from the no-treatment control group. Address for reprints: Dr. Maurizio Massarini, Via Voghera #4, 29100 Piacenza, Italy. Email: maurizio.massarini@agonet.it.

Nassiri, M. (2005). The effects of regular relaxation on perceived stress in a group of London primary education teachers. European Journal of Clinical Hypnosis, 6 (1), 21-29. The authors report on a pilot study using relaxation to help primary education teachers to manage stress. The relaxation methods employed in this study followed in the tradition of the methods developed by Jacobson, Wolpe, and others. The teachers were equally divided into a treatment and no-treatment control group with 20 participants in each group. Participants in the relaxation group were given a 10 minute relaxation tape to practice daily. The participants were also asked to keep records of their daily relaxation practice over 4 weeks. Participants in both groups completed a daily perceived stress scale for 4 weeks to document their base line levels of stress. Participants in the relaxation group reported lower levels of perceived stress after 4 weeks than those in the no-treatment control group as a result of their daily relaxation practice. Address for reprints: Massih Nassiri, University of Surrey, School of Psychology and Therapeutic studies, United Kingdom.
Peynovska, R., Fisher, J., Oliver, D., & Mathew, V. M. (2005). Efficacy of hypnotherapy as a supplement therapy in cancer intervention. European Journal of Clinical Hypnosis, 6 (1), 2-7. The authors report on their observations of patients with terminal cases of cancer who were being treated in a hospice setting. The participants self-selected into a treatment group and were offered three sessions of hypnosis to aid in their coping with cancer. Follow-up with the 20 patients who completed most of the treatment sessions appeared to indicate that most patients reported benefits in their ability to cope with cancer. The authors discuss their observations in terms of the utility of hypnosis in helping patients with cancer and other potentially terminal medical illnesses. Address for reprints: Dr. Rumi Peynovska, Medical Hypnotherapy, PO Box 32269, London W53XT, United Kingdom. E-mail: rnp@medicalhypnotherapy.co.uk.


Roberts, L. M. (2005). Trial design in hypnotherapy: Does the RCT have a place? European Journal of Clinical Hypnosis, 6 (2), 16-19. The author reviews some of the common methodological and experimental design challenges encountered in conducting hypnosis research in settings with actual patients. The author discusses some of the limitations of using randomized control trial (RCT) designs in that RCT methods may jeopardize the power of the healing relationship commonly encountered in hypnotic and non-hypnotic contexts. The author discusses the nature of healing in hypnosis as frequently stemming from a more holistic and phenomenologically based understanding of the patient than RCT designs may allow to develop under their strict protocols. However, the author argues that the field of clinical hypnosis research could benefit from more focus on improving the research designs commonly employed in conducting clinical hypnosis trials. Address for reprints: Lesley M. Roberts, Ph.D., Department of Primary Care and General Practice, University of Birmingham, Edgbaston, Birmingham B15 2TT, United Kingdom. Email: l.m.roberts@bham.ac.uk.

Rossi, E. L. (2005). The ideodynamic action hypothesis of therapeutic suggestion: Creative replay in the psychosocial genomics of therapeutic hypnosis. European Journal of Clinical Hypnosis, 6 (2), 2-12. This article presents the authors integration of current research in neuroscience and genomics with hypnosis by investigating the relevance of topics in memory, learning, and behavior for hypnosis and psychotherapy. The author proposes the theory that “therapeutic hypnosis can facilitate brain plasticity and mind-body healing by replaying the activity-dependent gene expression/protein
synthesis cycle in the reconstruction of fear, stress, and posttraumatic memories and symptoms.” The article serves as a useful summary to Dr. Rossi’s more recent theorizing about how the psychological processes we observe in hypnosis might potentially affect a patient’s psychophysiological mind-body relationship even at the genetic level. Throughout the article the author discusses his model of mind-body medicine in depth and makes interesting predictions for future research. Address for reprints: Ernest L. Rossi, Ph.D., 125 Howard Ave., Los Osos, CA 93402, USA. E-mail: Ernest@ErnestRossi.com.

Salerno, N. (2005). The use of hypnosis in the treatment of posttraumatic stress disorder in a female correctional setting. Australian Journal of Clinical and Experimental Hypnosis, 33(1), 74-81. The author provides an overview of a treatment program that was designed to help inmates of a female correctional facility to cope with posttraumatic stress disorder. The treatment program utilized hypnosis as well as other psychotherapeutic approaches. The author describes some of the challenges and opportunities that the correctional setting placed upon the design of the treatment services. The author focuses on methods that can be employed to overcome various difficulties that a correctional setting may present. Address for reprints: Nadia Salerno, Ph.D., Community Forensic Mental Health Service, Pamphlett House, 42 Albert Street, Brisbane, QLD, Australia, 4000.

Saudi, F. (2005). A journey through the life and work of Milton Erickson: the world’s leading practitioner of medical hypnosis. European Journal of Clinical Hypnosis, 6 (2), 38-49. The author presents a summary of the life and work of Milton H. Erickson with an emphasis on his work in medical hypnosis. The article could serve as a good introductory article to give to colleagues who already have some knowledge of hypnosis but not much knowledge of Milton Erickson’s life and approaches to utilizing trance.

Solloway, K. (2005). Irritable bowel syndrome (IBS) and other functional gastrointestinal (GI) disorders. European Journal of Clinical Hypnosis, 6(1), 31-36. The author provides a table based summary of a number of articles that have utilized hypnosis in the treatment of Irritable Bowel Syndrome. The table contains a useful summary of each study’s findings and basic design elements. Email address for correspondence and reprints:k.solloway@btinternet.com.

Stolt, C. M. (2005). Poetry and medicine. European Journal of Clinical Hypnosis, 6(2), 14-19. The author describes his perceptions of the utility of poetry in assisting both the patient and caregiver to reflect upon the existential realities inherent in the practice of healing. The author reflects that poetry can help one to connect with and reflect upon the issues of clinical ethics, communication, cultural diversity, spirituality and human complexity inherent in medical practice. The author utilizes a number of excellent poems to illustrate his thesis of the power of poetry to raise awareness of
these existential dimensions inherent in medical and other healing contexts. Address for reprints: Carl-Magnus Stolt M.D., Professor medical humanities, Karolinska Institute, Stockholm, Sweden.

Suzuki, T. (2005). Hypnotic imagery: therapy for a hives patient with alexithymic characteristics. European Journal of Clinical Hypnosis, 6(2), 94-98. The author presents the case of an alexithymic patient who was in her late 20s and had suffered from hives and symptoms of fatigue for approximately 3 years prior to the start of therapy. She was treated with psychotherapy that integrated hypnosis and that targeted her development of imagery, imagination, and relaxation skills. The author reports that the treatment methods succeeded in helping the patient express her emotions as well as to learn better self-management strategies after 23 sessions of psychotherapy paired with hypnosis. The patient also reported at two years post treatment that she had remained asymptomatic regarding the symptoms of fatigue and hives which had prompted her therapy. Address for reprints: Dr. Tsunemoto Suzuki, Faculty of Psychology, Rissho University, 4-26-16, Osaki, Shinagawa-ku, Tokyo 141-8602, Japan. Email: tsuzuki@ris.ac.jp.

Taggart, P., Sutton, P., Redfern, C., Batchvarov, V. N., Hnatkova, K., Malik, M., James, U., & Joseph, A. (2005). The effect of mental stress on the non-dipolar components of the T wave: Modulation by hypnosis. Psychosomatic Medicine 67, 376-383. The authors of this study examined the possible mechanisms of mental and emotional stress-induced changes in the cardiovascular system and autonomic nervous system that could precipitate ventricular arrhythmias and sudden cardiac death. The authors hypothesized that mental and emotional stress may influence autonomic instability and dysregulation that can lead to cardiac arrhythmias and potential sudden cardiac death. The authors also hypothesized that hypnosis may be able to counter this autonomic destabilization to restore regulation and homeostasis of the autonomic nervous system (ANS). Twelve healthy participants were exposed a variety of emotionally provoking stimuli with and without hypnosis while continuous electrocardiogram recording was employed. The results indicated that hypnosis increased the low frequency band of a cardiac heart rate variability measure during the emotional responses. This may indicate that hypnosis can encourage a protective parasympathetic effect which may help the ANS stay out of the danger zone during a sudden ANS imbalance due to stress or other strong negative emotions. Address for reprints: Peter Taggart, M.D., Department of Cardiology, The Hatter Institute and Centre for Cardiology, University College London Hospitals, Grafton Way, London WC1E 6DB, United Kingdom. E-mail: peter.taggart@uclh.org.

Wilson, S. (2005). A commentary: Trial design in hypnotherapy: Does the RCT have a place? European Journal of Clinical Hypnosis, 6(1), 20-20. The author provides a brief commentary on the Roberts (2005) article which addressed the use of randomized control trial (RCT) designs in “real-world” hypnosis research with patients. The author appears to be in substantial agreement with the Roberts article. As with
Roberts, the author asserts that while RCT trials may sometimes be inappropriate for some clinical hypnosis projects, that it is still essential for investigators to employ the best methods and designs they can in their given medical contexts. However, the author appears to have a different opinion of the degree of methodological and design compromise that may be necessary when conducting clinical hypnosis research. Address for reprints: Sue Wilson, Ph.D., University of Birmingham, Edgbaston, Birmingham B15 2TT, United Kingdom. Email: s.wilson@bham.ac.uk.

Yu, C. K. (2005). Suggestibility of the Chinese as revealed by the Creative Imagination Scale. Contemporary Hypnosis, 22(2), 77-83. The author conducted a small study of the hypnotic ability of 90 randomly selected Chinese college students in Hong Kong using the Creative Imagination Scale for hypnotic assessment. The author notes that the distribution of the hypnotic ability scores appears to be more centralized in the obtained Chinese sample than that observed with typical Western subjects. The author concludes that his study provides support for the notion that hypnosis may be utilized effectively with Chinese persons despite some possible differences in hypnotic responsiveness due to cultural differences. Address for reprints: Calvin Kai-ching Yu, Dept. of Counseling & Psychology, Hong Kong Shue Yan College, 10 Wai Tsui Crescent, Braemar Hill Road, North Point, Hong Kong. E-mail: calyu2000@hotmail.com.

Yu, C. K. (2005). Application of cognitive-behavioral hypnotic treatment for anxiety management in the Chinese. Contemporary Hypnosis, 22(2), 104-114. The author describes a treatment group of four young Chinese adults who received a brief three session group treatment intervention to help with anxiety management. The intervention paired methods of cognitive behavior therapy (CBT) with hypnotic self management training. The four participants reported satisfaction with the experience and the author discusses the results as indicating the possibility that CBT and hypnosis groups may work effectively with Chinese populations. Address for reprints: Calvin Kai-ching Yu, Dept. of Counseling & Psychology, Hong Kong Shue Yan College, 10 Wai Tsui Crescent, Braemar Hill Road, North Point, Hong Kong. E-mail: calyu2000@hotmail.com.