Review of International Literature

Ian Wickramasekera II
Associate Editor

Auld, J. (2006). Indirect hypnosis with metaphor. *Australian Journal of Clinical and Experimental Hypnosis, 34*(1), 101-103. This article describes an approach to using metaphoric and indirect forms of hypnosis. A script of the approach is provided which the author believes may be useful for teaching hypnosis to therapists and other appropriate professionals. The author asserts that the script provides some participants with an experience of how a conversational induction can accomplish some interesting hypnotic phenomena such as post hypnotic amnesia. Address for reprints: Auld, James M., PO Box 124, Inverell, NSW, Australia, 2360.

Barker, J.B., & Jones, M. (2006). Using hypnosis, technique refinement, and self-modeling to enhance self-efficacy: A case study in cricket. *Sport Psychologist, 20*(1), 94-110. The authors present a case study of a cricket player who wished to improve his performance through utilizing hypnosis and training in specific techniques. The case study began with initial baseline measures and outcome measurements that included 7 month post intervention data. The treatment was accomplished using hypnotic training for improved self-efficacy as well as other techniques such as a self-modeling procedure involving an edited video tape. The treatment successfully improved the athlete’s perception of self-efficacy and bowling performance during cricket as measured by pre and post measures. Email address for reprints: j.b.barker@staffs.ac.uk.

Bryant, R.A., & Kapur, A. (2006). Hypnotically induced emotional numbing: The roles of hypnosis and hypnotizability. *International Journal of Clinical and Experimental Hypnosis, 54*(3), 281-291. This study discusses the phenomena of hypnotically based emotional numbing and its relationship to hypnotic ability. Thirty-two high hypnotizable and 32 low hypnotizable participants were administered either a hypnotic induction or a non-hypnotic waking task prior to their exposure to distressing and neutral emotional images. Hypnotic suggestions for emotional numbing were also given prior to the exposure to the emotional visual images in the experimental group. The participants’ emotional responses were assessed in terms of their phenomenological experience and self-report rating of the negative and
positive qualities of the stimuli on a 0 to 100 point scale. The investigators also measured the
cParticipants’ psychophysiological electromyographic (EMG) responses to the visual stimuli
as measured from the corrugator facial muscle. High hypnotizables reported more emotional
numbing and demonstrated less EMG activity during both the hypnosis and waking task
conditions than did the low hypnotizables during the emotional numbing condition. Another
interesting finding was that the largest changes in EMG between baseline conditions and
exposure to the negative visual stimuli was seen in the low hypnotizable group during the
emotional numbing condition under waking conditions. The authors argue that individual
differences in hypnotic ability may account for much of a person’s experience during
hypnotically induced emotional numbing although they acknowledge that some social context
and expectancy variables may have influenced their findings. Address for reprints: Richard
A. Bryant, Ph.D., School of Psychology, University of New South Wales, NSW 2052, Sydney,
Australia. Email address: r.bryant@unsw.edu.au.

Experimental Hypnosis 34(1), 55-64. This is a case study of a patient with phantom limb
pain that was successfully treated with hypnosis. The author also reviews some of the past
literature in pain and hypnotic analgesia to buttress the idea that hypnosis can be a promising
intervention for the treatment of phantom limb pain. Address for reprints: Dr. Ramony Chan,
Pain Medicine and Research Centre, Liverpool Hospital, Locked Bag 7103, Liverpool BC,
NSW, Australia, 1871.

hypnosis on gastric emptying. Alimentary Pharmacology and Therapeutics, 23(8), 1241-
1249. This study presents the results of using hypnosis to help patients with dyspeptic GI
complaints related to gastric emptying of the stomach. About 3% of all primary care visits are
thought to involve dyspeptic symptoms which are sometimes associated with upper abdominal
pain, distension of stomach, and dysregulation of the gastric emptying response following
a patient’s consumption of food. The authors utilized a hypnotic procedure to help 15
patients with dyspeptic symptoms and 11 normal volunteer participants to elicit gastric
emptying while utilizing ultrasound technology and other methods to study the effect of
hypnosis. Participants in a control condition using relaxing music experienced less gastric
emptying than when hypnosis was used compared to initial baseline levels. Address for
reprints: Dr. Chiarioni, Gastrointestinal Rehabilitation Division, Valeggio sul Mincio Hospital,
Azienda Ospedaliera and University of Verona, Verona, Italy. Email address: chiarioni@tin.it.

Demosthenous, H. (2006). Bridging the gap between practitioners and researchers: A
conversation analytic approach to hypnosis. Australian Journal of Clinical and
Experimental Hypnosis, 34(1), 1-16. The author presents her observations on the differences
between practitioners and scholars of hypnosis with regards to their understanding and
participation with hypnosis research. The author presents her model of using conversation
analysis to study the interactional nature of hypnotic treatment. Address for reprints: Hellene
T. Demosthenous, Education and Professional Studies, Griffith University, PMB 50 Gold
Coast Mail Centre, Gold Coast, QLD, Australia, 9726.
Duff, S.C. (2006). An Interacting Cognitive Subsystems (ICS) account of hypnosis. European Journal of Clinical Hypnosis, 6(4), 28-39. This article proposes utilizing the information processing model of Interacting Cognitive Subsystems (ICS) to explain a variety of hypnotic phenomena. The article reviews the general ICS model which has previously been used to explore other topics in neuroscience and neural network models of human consciousness. The author reviews some of the most important properties of ICS models of human cognition such as “interlock” and “buffering” and their implications for hypnosis. The author asserts that it may be possible to craft better hypnotic interventions by applying concepts from ICS models of hypnotic phenomena. Address for reprints: Simon C. Duff, Ph.D., Division of Clinical Psychology, University of Liverpool, Liverpool, L69 3GB. Telephone: +44 (0) 151 794 5538, Email: duff@liverpool.ac.uk.

Eitner, S., Wichmann, M., Schlegal, A., & Holst, S. (2006). Rapid induction of hypnosis by finger elongation: A brief communication. International Journal of Clinical and Experimental Hypnosis, 54(3), 245-261. This article describes a novel hypnotic induction procedure in which participants are encouraged to imagine that their fingers are growing in length. The authors have previously used this finger elongation induction within several different clinical interventions and wanted to test whether the procedure actually resulted in measurable increases in finger length beyond the participants’ phenomenological perception of their fingers growing. Sixteen participants volunteered for this pilot study in which relative and absolute measures of finger length were taken during a five phase experimental protocol. The measured finger length did increase significantly during the hypnosis condition. The authors speculate that the measured finger elongation may have occurred as a result of increased relaxation of the muscles, joints, and tendons during the hypnosis condition although they recommend that further investigation is needed to understand the phenomena. Address for reprints: Dr. S. Eitner, Department of Prosthodontics, Friedrich-Alexander-University Erlangen-Nuremberg, Erlangen, Germany. Email address for reprints: seitner@prothetik-erlangen.de.

Eitner, S., Schultze-Mosgau, S., Heckman, J., Wichmann, M., & Holst, S. (2006). Changes in neurophysiologic parameters in a patient with dental anxiety by hypnosis during surgical treatment. Journal of Oral Rehabilitation, 33(7), 496-500. This case study presents the case of a 54 year old female patient with dental procedural anxiety that was successfully treated with hypnosis. The authors documented the psychophysiological changes that occurred in the patient’s electroencephalogram, electrocardiogram, heart rate, blood pressure, oxygen saturation of the blood, respiration rate, salivary cortisol concentration and body temperature as she responded well to a brief six session hypnotic protocol. The authors discuss the utility of using hypnosis in similar cases where a patient’s procedural anxiety needs to be better managed. Address for reprints: Dr. S. Eitner, Department of Prosthodontics, Friedrich-Alexander-University Erlangen-Nuremberg, Erlangen, Germany. Email address for reprints: seitner@prothetik-erlangen.de.

Elkins, G., Marcus, J., Bates, J., and Rajab, M. H. (2006). Intensive hypnotherapy for smoking cessation: A prospective study. International Journal of Clinical and Experimental Hypnosis, 54(3),303-315. This study presents the results of a small smoking cessation study of 20 participants who were randomly selected to receive eight sessions of intensive and
individualized hypnotherapy paired with smoking cessation related supportive psychotherapy or to a wait-list control group. The patients were examined with a respiratory based physiological test of carbon monoxide levels in their expired air to insure and assess smoking cessation. Smoking cessation was assessed in this manner at the end of treatment and at 12 week and 26 week follow-up testing sessions. The results indicate that 40% of the participants achieved cessation at the end of treatment, 60% at 12 weeks, and 40% at 26 weeks post treatment. The authors interpret their findings to indicate that their intensive hypnotherapy approach was successful enough to warrant a larger study using better and more intensive methods to better assess the efficacy of hypnosis for achieving smoking cessation related psychotherapy goals. Address for reprints: Gary Elkins, Ph.D., ABPP, ABPH, Scott and White Clinic, 2401 South 31 Street, Temple, TX 76508, USA. Email address: gelkins@swmail.sw.org.

Eng, Y.H., & Cyna, A.M. (2006). A comparison of midwives’ knowledge of, and attitudes to, hypnosis in hospitals with and without a hypnotherapy service. *Australian Journal of Clinical and Experimental Hypnosis, 34*(1), 17-26. This study presents the results of a survey of 118 midwives who were randomly selected from one of two hospitals. Hypnosis was offered via a hypnotherapy service at one hospital but not at the other. Midwives who came from a hospital offering hypnosis regularly were more likely to recommend the use of hypnosis and also to recommend that hypnosis be involved in midwifery training. Eighty-three percent of all participants endorsed the value of teaching techniques involving positive suggestion to midwives during their training. Address for reprints: Dr. Allan M. Cyna, Anesthesia Department, Women’s and Children’s Hospital, Adelaide, SA, Australia, 5006. Email address: allan.cyna@cywhs.sa.gov.au.

Fuller, A. (2006). Hypnosis and ideomotor compliance in the treatment of smoking tobacco and cannabis. *Australian Journal of Clinical Hypnotherapy and Hypnosis, 27*(1), 14-18. The author presents her model of how to use hypnosis to help clients with smoking cessation and cannabis abstinence in a brief psychotherapy setting. The article discusses the dynamics that commonly are apparent in cases such as these where clients have an expectation that hypnosis can magically remove their addiction almost instantaneously. The author suggests that an individualized approach that makes use of hypnotic ideomotor signaling techniques can help clients to take responsibility for achieving abstinence from nicotine and cannabis. Address for reprint: Editor, *Australian Journal of Clinical Hypnotherapy and Hypnosis*, PO Box 3183, Parramatta, NSW 2124, Australia.

Gow, M. (2006). Hypnosis with a 31-year-old female with dental phobia requiring an emergency extraction. *Contemporary Hypnosis, 23*(2), 83-91. The article presents the case of a 31 year old woman who presented with dental procedural anxiety who nevertheless required the emergency extraction of one of her teeth. The patient’s specific anxiety related cognitions were assessed using questionnaires and a brief interview. The patient was taught self-hypnosis to manage her high anticipation of dental pain and fear of needles. The patient was able to complete the tooth extraction procedure and her scores on anticipatory measures of pain and anxiety decreased following the successful procedure. The patient
Gow, M. (2006). Hypnosis with a blind 55-year-old female with dental phobia requiring periodontal treatment and extraction. *Contemporary Hypnosis, 23*(2), 92-100. This is another case study involving dental anxiety from the same author of the article just discussed. This case was unique in that the patient was a 55-year-old blind female who had high anticipatory anxiety and fear of dental procedural pain that the author treated with hypnosis. The author discusses the dental anxiety treatment model he employed with hypnosis which successfully reduced the patient’s specific anxiety related concerns before and after the procedure. Address for reprints: Dr. Michael A. Gow, Tigh A Gobha, 8 Galston Place, Southcraigs, Kilmarnock, KA3 6FT. Email address: phoenixhypnotherapy@hotmail.com.

Green, J.P., Page, R.H., Rasekhy, R., Johnson, L.K., & Bernhardt, S. (2006). Cultural views and attitudes about hypnosis: A survey of college students across four countries. *International Journal of Clinical and Experimental Hypnosis, 54*(3), 263-280. This article contains the results of an important new international survey of the common views, attitudes, and misconceptions of hypnosis that the general public in four separate countries hold. The participants were 280 college students ranging in age from 18 to 25 years old from four different universities in the United States, Germany, Australia, and Iran. The authors interpreted their findings to generally indicate that there are many similarities amongst the different cultures’ views of hypnosis despite some interesting differences. One interesting pattern of differences emerged when comparing the Iranian students views of hypnosis to the American, German, and Australian students. The Iranian students are arguably the least similar to the other groups in that they do not come from Christian nations with Western style democratic governments. The Iranian students were more likely to report a belief that hypnosis can control a person and make them do things against their normal wishes. The Iranian students were also less likely to see hypnosis as requiring the voluntary effort of the subject than the other students. The survey also revealed that across all samples the students held a surprising number of misconceptions as well as accurate beliefs about hypnosis when these beliefs are assessed in the light of our current scientific knowledge of hypnotic phenomena. Address for reprints: Joseph P. Green, Ph.D., Department of Psychology, Ohio State University at Lima, 4240 Campus Dr., Lima, OH 45804. Email address for reprints: green.301@osu.edu.

Heap, M. (2006). Assessing allegations of sexual assault during hypnosis and related procedures. *Australian Journal of Clinical Hypnotherapy and Hypnosis, 27*(1), 41-54. This is a very interesting article which reviews the author’s experience and involvement with 14 cases where allegations were made that a hypnotist had sexually assaulted a client during a hypnotic procedure. The author adopts a sociocognitive analysis of these incidents and points out several interesting features of these cases. The article makes the point that the voluntary or involuntary behavior of these hypnotic subjects during hypnosis (whether they resisted assault or consented to sexual advances) was likely similar to what would have
been seen without hypnosis. However, the author also develops the argument that perhaps the dynamics of the hypnotic relationship could be unethically manipulated to place hypnotic subjects in a potentially more vulnerable position to sexual assault. Address for reprints: Dr. Michael Heap, Wathwood Hospital, Wath-upon-Dearne, Rotherham, SYK, United Kingdom, S63 7TQ. Email address: m.heap@sheffield.ac.uk.

Hermes, D., Hakim, S.G., Sieg, P. (2006). Standardized hypnosis in oral and maxillofacial surgery. *European Journal of Clinical Hypnosis, 6*(4), 2-16. This paper discusses the authors experience with providing hypnosis to help patients requiring oral and maxillofacial surgery under local anesthesia rather than using more general anesthesia and more advanced chemotherapy methods without hypnosis. The authors report that they have successfully performed 340 procedures with hypnosis in this fashion with a high degree of patient consent and beneficial outcome. The hypnosis was carried out under standardized conditions in which participants used a tape-recorded induction. The patients varied in age from 13 to 87 years old. The authors also discuss their observations that a very hypnotically gifted and motivated subset of their patients were able to accomplish hypnotic analgesia for surgery that ordinarily may have required general anesthesia. Address for reprints: Dirk Hermes, MD, DMD, Department of Maxillofacial Surgery, University Hospital Schleswig-Holstein/ Campus Luebeck, Ratzeburger Allee 160, 23538 Luebeck, Germany.

Iglesias, A., & Iglesias, A. (2006). Hypnosis meets Santeria: A case report. *European Journal of Clinical Hypnosis, 6*(4), 41-48. This article presents an interesting case study of a cancer patient whose spiritual belief in the Santeria tradition had important implications for his treatment with hypnosis for symptoms of nausea and other cancer related complaints. The patient was living in the home a Santeria priest and was studying to be a Santeria priest himself. The authors also summarize and provide a great deal of information about Santeria for those who are unfamiliar with the history and culture surrounding the faith. They provide many useful guidelines on how to employ hypnosis with adherents of the Santeria tradition that are grounded within a multicultural understanding of how to provide culturally sensitive counseling to adherents of Santeria. Address for reprints: Alex Iglesias, Ph.D., 11211 Prosperity Farms Road, Oak Park Suite, HOC, Palm Beach Gardens, FL 33410. Email: phdalex@aol.com.

Kihslinger, D., & Sapp, M. (2006). Hypnosis and diabetes: Applications for children, adolescents, and adults. *Australian Journal of Clinical Hypnotherapy and Hypnosis, 27*(1), 19-27. The authors discuss how hypnosis can be successfully applied in the treatment of diabetes with children, adolescents, and adults. The authors discuss how hypnosis can be paired with cognitive behavioral interventions to help patients challenge core cognitive distortions which lead them to cope less effectively with diabetes. The authors also discuss how hypnosis may lead to disease improvement in diabetes through other mind/body interactions given the growing body of literature demonstrating the effect of hypnosis on brain functioning and other bodily processes related to glucose regulation. The article concludes by calling for more research into this area which certainly might provide new insights into the nature of hypnosis and the mind/body relationship. Address for reprints:
Lafferton, E. (2006). Death by hypnosis: An 1894 Hungarian case and its European reverberations. *Endeavour, 30*(2), 65-70. This article presents an interesting historical incident which occurred in Hungary during 1894 where a person was said to die through the effects of hypnotic trance. The author provides a fascinating analysis of the historical and contextual forces which shaped the case and the way it excited an enormous amount of international attention concerning the possible dangers of hypnosis. I found the article very enjoyable to meditate upon for a while in view of the work we do today in trying to properly address peoples’ misconceptions of hypnosis. It also raises older long term questions about how harmful the noicebo effect can actually be. Address for reprints: Dr. Emese Lafferton Department of History and Philosophy of Science, University of Cambridge, Free School Lane, Cambridge CB2 3RH, United Kingdom. Email address: el260@cam.ac.uk.

Liossi, C., White, P., & Hatira, P. (2006). Randomized clinical trial of local anesthetic versus a combination of local anesthetic with self-hypnosis in the management of pediatric procedure-related pain. *Health Psychology, 25*(3), 307-315. This study examined the utility of hypnosis in helping pediatric cancer patients reduce their experience of pain and anxiety during a lumbar puncture procedure. The 45 Greek pediatric participants were randomly assigned to one of three groups: Analgesic cream (EMLA) plus Hypnosis, Analgesic cream plus Empathic Attention, & Analgesic Cream only. The children in the hypnosis group were taught self-hypnosis and therefore did not require a procedural hypnotist at the time of the lumbar puncture. This also allowed the experiment to be carried out under blind conditions since the staff did not know to which experimental group the patients belonged to during their procedure. The authors found that the addition of hypnosis to the analgesic cream provided significantly greater reductions in pain and anxiety with the lumbar puncture procedure. The magnitude of the difference between pre and post procedure for anxiety and pain scores was significantly correlated with the hypnosis group’s hypnotic ability scores as assessed by a Greek version of the Stanford Instrument for Children. Interestingly, some of the benefits for the hypnosis group were also seen in the Empathic Attention group although to a lesser extent. Address for reprints: Dr. Christina Liossi, Department of Psychology, University of Southampton, University Road, Southampton, SO17 1BJ, UK. Email address: cliossi@soton.ac.uk.

Mallard, D., & Bryant, D. (2006). Hypnotic conflict: A brief report. *International Journal of Clinical and Experimental Hypnosis, 54*(3), 292-302. This article discusses the results of two small studies where the role of conflict was investigated in hypnotic responding. Twenty-three highly gifted hypnotic participants were tested in the first experiment using a hypnotic blindness task although the participants were not screened for their ability to produce hypnotic blindness. The participants were instructed to monitor a light circle projected on a screen that either increased very subtly (no subjects reported detecting the experimental manipulation) or did not change while the participants were attempting to accomplish hypnotic blindness for the stimuli. The participants experience of hypnotic blindness was reduced by the experimental increases in the actual stimuli. The authors
discuss some of the limitations of the paradigm that they used but conclude that the their methods may prove useful in investigating how conflict management occurs between hypnotically based suggestions, demand characteristics, and the background perceptual experiences that they interact with. Address for reprints: Richard A. Bryant, Ph.D., School of Psychology, University of New South Wales, NSW 2052, Sydney, Australia. Email address: r.bryant@unsw.edu.au.

Pekala, R.J., Kumar, V.K., Maurer, R., Elliott-Carter, N.C., & Moon, E. (2006). How deeply hypnotized did I get?: Predicting self-reported hypnotic depth from a phenomenological assessment instrument. *International Journal of Clinical and Experimental Hypnosis, 54*(3), 316-339. The authors of this study investigated the interesting topic of hypnotic depth using a psychophenomenological approach that the lead authors have developed over many years of research into the phenomenology of hypnosis. The study employed the Phenomenology of Consciousness Inventory - Hypnotic Assessment Procedure (PCI-HAP) to examine the unique experiences that 250 adult male veterans experienced during a standardized hypnotic induction with hypnotic suggestions to experience dream imagery and various somatic sensations such as eye catalepsy. The PCI-HAP is the only hypnotic assessment instrument that can simultaneously provide an estimate of hypnotic ability while also giving a large amount of data regarding an individual’s unique experience of hypnosis. I highly recommend the PCI-HAP and its usage in clinical as well as experimental work. The lead author (Ron Pekala) is happy to provide qualified professionals with a free copy of the instrument along with a Microsoft Excel based scoring template. In this study, the PCI-HAP was used to assess hypnotic depth and to assess what types of hypnotic experiences and indicators are most predictive of a person’s experience of depth during hypnosis. The results indicated that the participants’ experience of imagery vividness, their predicted Harvard Group Scale Hypnotic Susceptibility Score, and their experience of two ideomotor related items (eye catalepsy and a finger-response) were all significantly correlated with their estimate of hypnotic depth. Imagery vividness during the hypnotic dream “vacation” item was the greatest predictor of self reported hypnotic depth. The authors interpret their findings to be consistent with theories of hypnosis which indicate that a person’s experience of hypnosis is a function of the interaction between their experience of altered states of consciousness and their imaginative suggestibility during hypnotic procedures. I would also like to comment here that the authors’ approach in this study can be gainfully employed in working with low and moderately hypnotizable clients to learn what aspects of the hypnotic experience that they uniquely interpret as being indicative of their hypnotic depth and hypnotic state or trance. You can then utilize (in the fashion of Milton Erickson) and individualize the dimensions which are uniquely important to the client to help them achieve the desired hypnotic experience that they are looking for. This may be especially important to low and moderately hypnotizable subjects who may exhibit a more narrow personal range of hypnotic talent and a more rigid personal definition of hypnotic depth and trance phenomena. Address for reprints: Ronald J. Pekala, Ph.D., Biofeedback Clinic 116B, Coatesville Veterans Administration Medical Center, Coatesville, PA 19320, USA. Email address: Ronald.Pekala@med.va.gov.
Rogers, J. (2006). Case notes: Hypnosis: An adjunct to cognitive behavior therapy. *Australian Journal of Clinical and Experimental Hypnosis, 34*(1), 65-70. The author presents the case of a 28-year-old female with gambling issues, occasional bulimic behaviors, poor self-esteem, and a moderate level of depression. The author utilized a series of cognitive behavioral therapeutic interventions which included relaxation instructions, assertiveness training, and later hypnosis for ego strengthening and affect containment. The article also discusses how some hypnotic regression procedures were used to help the patient to investigate the source of her automatic cognitions and cognitive distortions. Eventually the patient was able to substantially decrease her self-destructive behaviors while improving her self-esteem through the use of cognitive behavioral therapy paired with hypnosis. Address for reprints: Janet Rogers, PO Box 1097, Caboolture, QLD, Australia, 4510.

Scoboria, A., Mazzoni, G., Kirsch, I.J. (2006). Effects of misleading questions and hypnotic memory suggestion on memory reports: A signal detection analysis. *International Journal of Clinical and Experimental Hypnosis, 54*(3), 340-359. This study attempted to replicate earlier findings the authors had demonstrated on the effect of misleading questions and hypnosis on human memory recall. In an earlier study, the authors had discovered that misleading questions and hypnosis both reduced the accuracy of memory reporting while inflating the participants’ confidence in their recall (decreased don’t know responding). The effects of misleading questions and hypnosis were additive although the effect for misleading questions was much stronger than that demonstrated for hypnosis. The present study employed 194 college students and was undertaken to further examine the issues raised in the first study involving the relative contribution of asking misleading questions and hypnosis in producing distortions of memory. The results replicated the earlier findings that indicated that misleading questions can alter memory reporting accuracy and enhance confidence in recall. However, the authors did not replicate their earlier findings that hypnosis can do this independently of asking misleading questions or contexts. Hypnosis by itself did not influence the accuracy or confidence (don’t know responses) measures employed in this study. The authors interpreted their findings to indicate that the effects of asking misleading questions upon memory distortions are much greater than that seen with hypnosis. Address for reprints: Alan Scoboria, Ph.D., Department of Psychology, 173 Chrysler Hall South, 401 Sunset Ave., Windsor, ON N9B 3P4, Canada. Email address: scoboria@uwindsor.ca.