Batty, M.J., Bonnington, S., Tang, B., Hawken, M.B, & Gruzelier, J.H. (2006). Relaxation strategies and enhancement of hypnotic susceptibility: EEG neurofeedback, progressive muscle relaxation and self-hypnosis. *Brain Research Bulletin, 71* (1-3), 83-90. This is a recent study which revisited earlier research done by Perry London, Ian Wickramasekera I, and others who have found it possible to temporarily increase hypnotic susceptibility (hypnotic ability) using relaxation skills training and biofeedback training. The authors predicted that an EEG based biofeedback procedure using theta frequency training would increase hypnotic susceptibility higher than two other relaxation skills training procedures. All three procedures were able to demonstrate increases in hypnotic susceptibility. The results for EEG biofeedback training using theta as the target were not significantly higher than the other training methods. The authors were surprised with these findings given their prediction that theta training might produce a more robust enhancement of hypnotic susceptibility than progressive muscle relaxation or self hypnosis training. However, these findings are not surprising given the general pattern of results one sees in biofeedback and applied psychophysiology. The magnitude of physiological change observed in biofeedback training rarely correlates or predicts the degree of behavioral change seen in most of these studies. Address for reprints: John Gruzelier, Ph.D., Division of Neuroscience & Psychological Medicine, Imperial College London, St. Dunstan’s Road, London, W6 8RP, United Kingdom. E-mail: j.gruzelier@imperial.ac.uk.

Brown, R.J. (2006). Different types of “dissociation” have different psychological mechanisms. *Journal of Trauma & Dissociation, 7* (4), 7-28. This article presents evidence for a new theory of dissociation and hypnosis. The author describes a bipartite model of dissociation with separate mechanisms of “detachment” and “compartmentalization” underlying the phenomenological experience of dissociation. The author relates his model to a variety of important clinical and experimental phenomena such as conversion disorder and somatization, dissociative amnesia, dissociative identity disorder, and hypnosis. Email address for reprints: richard.james.brown@manchester.ac.uk.

This paper presents an exciting look at six cases where hypnosis was used in the rehabilitation of patients who had previously suffered cerebral vascular injuries due to stroke. The authors hypothesized that hypnosis could help improve these patients rehabilitation efforts when it was added to the standard of care. All six patients had previously undergone rehabilitation efforts for stroke recovery and had developed a condition called “learned nonuse” which is thought to contribute to impaired motor function of the paretic upper limb in chronic stroke patients.” The authors hypothesized that hypnosis might be able to increase these patients neuromuscular connectivity using hypnotic suggestions to remember previous motor learning in trance, to practice the motor learning in an alert hypnotic state, and finally to practice in the non-hypnotic alert state. All six cases demonstrated improvements in measures such as range of motion, increased grip strength, reduced spasticity of the paretic upper limb, improved outlook, increased motivation, greater neuromuscular awareness of their limb, and decreased effort to perform motor tasks with the paretic limb. This seems like an especially important case study that points out the need and legitimacy of further future research efforts into the whole area of how hypnosis can aid the cognitive rehabilitation of people affected by stroke and other brain injuries or disorders. Address for reprints: Dr. Solomon Gilbert Diamond, Harvard University, Division of Engineering and Applied Sciences, Cambridge, MA. Email: sdiamond@nmr.mgh.harvard.edu.

Ferrell, M.D., Beach, R.L., Szeverenyi, N.M., Krch, M., & Fernhall, B. (2006). An fMRI analysis of neural activity during perceived zone-state performance. *Journal of Sport & Exercise Psychology, 28 (4)*, 421-433. This study examines the area of how hypnosis can be utilized to enhance the performance of athletes. The authors utilized hypnosis with eight athletes to facilitate their recall and access to a memory of a time when their mental performance was optimal compared to a normal performance memory. The authors employed eight accomplished archers who were all considered to be experts and who were performing at competitive levels overall. The authors reported finding significant differences in the fMRI neural processing data between the two hypnotically assisted recall/access tasks. The authors conclude that further research into this area is necessary and hypothesize that someday it may be possible to utilize fMRI to validate the value of mental performance training programs in terms of their psychophysiological and mind/body effects. Address for reprints: Michael D. Ferrell, 820 Comstock Avenue, Room 201, Syracuse University, Syracuse, NY.

Gay, M. (2007). Effectiveness of hypnosis in reducing mild essential hypertension: A one-year follow-up. *International Journal of Clinical and Experimental Hypnosis, 55(1)*, 67-83. The author presents a study documenting the long-term benefits of hypnosis in reducing mild hypertension. Thirty participants were randomized into a control group or into a treatment group with hypnosis. The hypnosis group received instruction in self-hypnosis which was standardized into an eight session training regimen to address their hypertension. The authors report that the results indicate that hypnosis was effective in reducing the severity of the symptoms of hypertension in the immediate, short, medium, and long-term treatment ranges. The authors found no relationships between a variety of individual difference measures involving personality, outcome variables, and practice measures of self-hypnosis. The authors discuss their findings in terms of the utility of employing self-hypnosis instruction
Guzman-Hosta L., Martinez-Taboas A., Rodriguez-Gomez J. (2007). A Spanish version of the Barber Suggestibility Scale for the Puerto Rican population. *International Journal of Clinical and Experimental Hypnosis, 55*(1), 59-66. The authors of this study provide us with a report on their efforts to translate the Barber Suggestibility Scale into Puerto Rican Spanish. The authors saw the need to translate a measure of hypnotic ability into Puerto Rican Spanish since previously no other measure of hypnotic ability or susceptibility had been translated from English into the Spanish language variant spoken by many Puerto Ricans. The authors carried out a translation process in which they began with the English of the Barber Suggestibility Scale and arrived at a Puerto Rican Spanish version which they refer to as the ESB. The ESB is reported to have adequate internal consistency with significant correlations among the scale items and total scores. The authors conclude that the ESB is an adequate instrument to measure hypnotic ability and suggestibility with Puerto Rican people. Address for reprints: Behavioral Sciences Research Institute and Department of Graduate Studies in Education, University of Puerto Rico, San Juan, Puerto Rico. Email address for reprints: amtaboas@coqui.net.

Holmes, E.A.; Oakley, D.A.; Stuart, A.D. P.; Brewin, C.R.. (2006). Investigating pen-traumatic dissociation using hypnosis during a traumatic film. *Journal of Trauma & Dissociation, 7* (4), 91-111. This study looks at a phenomena related to emotionally induced numbing. The authors hypothesized that administering dissociative suggestions to participants watching a traumatic film might actually be attended with an increased rate of intrusive memories and reminiscences of the film during the week following their exposure to the traumatic material. The participants were hypnotized and asked to dissociate during one part of the film and then to watch the film normally during the other part. The traumatic material and order of dissociation/no-dissociation were counterbalanced. Explicit instructions to dissociate were attended with a greater experience of dissociation. However, the authors did not find evidence that there were increased intrusive memories in the explicit dissociation group for the traumatic material compared to the other conditions. Address for repints: Emily A. Holmes, Sub-Department of Clinical Health Psychology, University College, Gower Street, London, UK. Email: emily.holmes@psych.ox.ac.uk.

Hutchinson-Phillips S, Gow K, & Jamieson G.A. (2007). Hypnotizability, eating behaviors, attitudes, and concerns: A literature survey. *International Journal of Clinical and Experimental Hypnosis, 55*(1), 84-113. This article reviews the literature in hypnosis with regards to a possible connection between hypnotic ability and eating behaviors. Some previous studies in hypnosis have found that bulimics tend to be higher on measures of hypnotic ability for example. The authors review the literature and discuss important methodological and experimental criticisms of the previous work in this area. The authors discuss the implications of hypnotic ability and eating behavior research for the treatment of eating behaviors, attitudes, and concerns with hypnosis. Email address for reprints: k.gow@qut.edu.au.
Lang, E.V., Berbaum, K.S., Faintuch, S., Hatsiopoulou, O., Halsey, N., Li, X., Berbaum, M.L., Laser, E., & Baum, J. (2006). Adjunctive self-hypnotic relaxation for outpatient medical procedures: A prospective randomized trial with women undergoing large core breast biopsy. Pain, 126 (1-3), 155-164. This study is another important new study from Dr. Elvira Lang and her colleagues on the use of hypnosis during invasive medical procedures. In this study, the authors used hypnosis to help 236 women undergoing a large core breast biopsy with controlling their pain and anxiety during the surgical procedure. The women were randomly selected into one of three groups. In one group, the participants received the standard of care while in a second group the participants received the standard of care plus hypnosis. In the third group, the participants received the standard of care plus a condition of structured empathic attention throughout the procedure. All participants reported on their level of pain and anxiety on a 1-10 scale throughout the surgical procedure at 10 minute intervals. The participants in the hypnosis and empathy groups both did better in some ways than the control group on the pain and anxiety measures as has been seen in Dr. Lang’s previous research. The hypnosis group did better than the empathy group in terms of the degree of anxiety and pain reduction. The authors also noted that the procedures for the empathy and hypnosis groups did not cost significantly more than the control group’s procedures despite requiring a trained professional intervention. Address for reprints: Dr. Elvira V. Lang, Beth Israel Deaconess Medical Center/Harvard Medical School, Department of Radiology, Boston, MA. Email: elang@caregroup.harvard.edu.

Lee, J.S., Spiegel, D., Kim, S.B., Lee, J.H., Kim, S.I., Yang, B.H., Choi, J.H., Kho, Y.C., & Nam, J. H. (2007). Fractal analysis of EEG in hypnosis and its relationship with hypnotizability. International Journal of Clinical and Experimental Hypnosis, 55(1), 14-31. The authors of this study employ some interesting new mathematical methods of analysis employing non-linear dynamics (fractal analysis) for the study of electroencephalographic (EEG) correlates of the phenomenological experience of hypnosis. The participants were 19 outpatient psychiatric patients who volunteered to complete a measure of hypnotic ability and a psychophysiological screening during hypnosis. The authors employed the hypnotic induction profile (HIP) as a measure of hypnotic ability. Fifty-four sets of EEG data were recorded from the participants and they were analyzed with detrended fluctuation analysis (DFA) which is an established fractal analysis technique. The authors report that they find EEG differences between the hypnotic and waking condition using DFA. They also discuss the results of their DFA analysis providing a look at a relationship between the eye-roll sign of the HIP and EEG activity. The authors conclude that their study has “found that the application of the fractal analysis technique can demonstrate the electrophysiological correlations with hypnotic influence on cerebral activity.” Address for reprints: David Spiegel, M.D., Jack, Lulu & Sam Willson, Professor in the School of Medicine, Associate Chair, Department of Psychiatry and Behavioral Sciences, Stanford University, 401 Quarry Road, Stanford, CA 94305-5718. E-mail: dspiegel@leland.stanford.edu.

Marc, I., Rainville, P., Verreault, R., Vaillancourt, L., Masse, B., & Dodin, S. (2007). The use of hypnosis to improve pain management during voluntary interruption of pregnancy: An open randomized preliminary study. Contraception, 75 (1), 52-58. This article reports on a study of women undergoing first trimester abortion to see if hypnosis can assist them with pain during the procedure. Thirty women were randomized into two groups of 15
participants each. One group received the standard of care and the other group received the standard of care plus hypnotic suggestions for hypnotic analgesia. The hypnotic suggestions began 20 minutes before the procedure started and continued throughout the surgery. All participants were told that they could receive as much nitrous oxide administered through a mask as they wanted to control their pain. The hypnosis group requested significantly less use of nitrous oxide than the control group although the participants did not differ on any other variable. Address for reprints: Département d’Obstétrique et de Gynécologie, Hôpital St-François d’Assise, CHUQ, Université Laval, Quebec City, PQ, Canada G1L 3L5. Email: sylvie.dodin@ogy.ulaval.ca.

Oakley D.A., Deelely Q., & Halligan P. W. (2007). Hypnotic depth and response to suggestion under standardized conditions and during fMRI scanning. *International Journal of Clinical and Experimental Hypnosis, 55*(1), 32-58. This is another recent study in the area of the neurophysiology of hypnosis and research methods which utilize functional magnetic resonance imaging (fMRI). fMRI has the advantage of being able to demonstrate the temporal resolution that we see in event related potential (ERP) studies while simultaneously giving the spatial resolution of conventional magnetic resonance imaging (MRI) procedures. The authors employ fMRI to study hypnosis but previously there had been some concern that the restrictive and noisy environment of fMRI associated technologies might alter the normal patterns of hypnotic depth and hypnotic responsiveness that one would normally possess in a more comfortable context. The authors examined the responses of subjects in terms of hypnotic responsiveness and hypnotic depth within the context of fMRI and a non-fMRI context. The authors did not discover any significant differences in the pattern of responses using within-subject comparisons. These results seem consistent with the general pattern of results one finds in utilizing environmental and context manipulations to modify hypnotic ability. The authors conclude that hypnosis can be utilized reliably within studies that wish to employ the technology of fMRI to yield neurophysiological data on the nature of hypnotic phenomena. Address for reprints: Dr. David Oakley, Hypnosis Unit, Department of Psychology, University College London, Gower Street, London, WC1E 6BT, United Kingdom. Email: hypnosisunit@ucl.ac.uk.

Sebastiani, L., D’Alessandro, L., Menicucci, D., Ghelarducci, B., & Santarcangelo, E. L. (2007). Role of relaxation and specific suggestions in hypnotic emotional numbing. *International Journal of Psychophysiology, 63*(1), 125-132. This study examined psychophysiological correlates in the autonomic nervous system of hypnotically induced emotional numbing. The authors measured skin conductance, heart rate and heart rate variability, respiration, and blood pressure in subjects undergoing hypnosis in response to fear provoking suggestions which were sometimes followed with suggestions for hypnotically induced emotional numbing. The author reported that the suggestions for emotional numbing were effective in reducing the autonomic psychophysiological correlates of fear as well as the phenomenological experience of fear. The authors also report that there was a dissociation between the phenomenological experience of fear and the psychophysiological correlates of fear in one condition which appeared to induce psychophysiological incongruence. Address for Reprints: Dr. Sebastiani, Department of Physiology and Biochemistry, University of Pisa, Via San Zeno 31, 56127 Pisa, Italy. Email: lauseba@dfb.unipi.it.
Sood, A., Ebbert, J.O., Sood, R., & Stevens, S.R.. (2006). Complementary treatments for tobacco cessation: A survey. *Nicotine & Tobacco Research, 8* (6), 767-771. This paper presents the results of a survey designed to assess patient’s use of complementary medical techniques to try and quit smoking. The authors administered 1,175 anonymous surveys to patients who were seeking treatment for tobacco related complaints. The survey asked participants to disclose their usage patterns with complementary medical treatment methods like self-hypnosis, acupuncture, massage therapy, relaxation, and herbal remedies. Hypnosis was listed as one of the most commonly used complementary procedures alongside meditation, relaxation, and acupuncture. Hypnosis was also listed as one of the procedures that participants expressed the most interest in utilizing again in the future. Overall, 27% of the respondents endorsed having used some form of complementary medical treatment to achieve abstinence from smoking in the past. Women were more likely than men to endorse using complementary medical treatments. The authors concluded that their results warrant further research into the use of complementary medical treatment methods for smoking cessation given the public’s interest in it. Address for reprints: Amit Sood, Mayo Clinic, College of Medicine, 200 First St. S.W., Rochester, MN 55905. Email: sood.amit@mayo.edu.

Varga, K., Józsa, E., Bányai, É.I., Gősi-Greguss, & A.C. A new way of characterizing hypnotic interactions: Dyadic Interactional Harmony (DIH) questionnaire. *Contemporary Hypnosis, 23* (4), 151-166. This is a very interesting article on interpersonal aspects of the hypnotic relationship. The authors wished to validate a new measure of the interpersonal relationship during hypnosis called the Dyadic Interactional Harmony (DIH) questionnaire. The DIH measures a participants experience of their relationship with their hypnotist in terms of four subscales; 1) Playfulness, 2) Intimacy, 3) Communion, and 4) Tension. The participants were given measures of hypnotic ability, the DIH, transference (the archaic involvement measure; AIM), and the Phenomenology of Consciousness Inventory of Dr. Ronald Pekala and Dr. Krishna Kumar. The Intimacy subscale of the DIH was found to have the most explanatory value amongst the four subscales. Subscales of the DIH were found to correlate moderately with measures of hypnotic ability (the Stanford Form A and Waterloo-Stanford Form C). I found this study to be another important recent study which has highlighted the value of the empathic relationship between the hypnotist and the hypnotic subject. Address for reprints: Katalin Varga, Center for Affective Psychology, Eötvös Loránd Universit, Budapest, Hungary. Email: vkata@vnet.hu.

Younger J.W., Rossetti G.C., Borckardt J.J., Smith A.R., Tasso A.F., & Nash M.R. (2007). Hypnotizability and somatic complaints: A gender-specific phenomenon. *International Journal of Clinical and Experimental Hypnosis, 55*(1), 1-13. The authors present an important recent study which revisits the relationship between hypnotic ability and psychosomatic illness and psychophysiological dysregulation. A number of authors throughout the history of hypnosis have proposed a relationship between hypnotic ability and psychosomatic illness including Abbe’ Faria, Daniel Tuke, Jean Martin Charcot, Hippolyte Bernheim, Sigmund Freud, and more recently Ian Wickramasekera I with his High Risk Model of Threat Perception (HRMTP). The participants were 45 college students who completed the Waterloo-Stanford Group C Scale (WSGC) as a measure of hypnotic ability. A week later the participants completed a somatic-complaint checklist and measures of psychopathology in a separate testing context. The authors report finding a positive correlation between hypnotizability and somatic illness. The authors also report finding that this relationship
was stronger for the female participants than in the male participants. The authors state that their data are inconsistent with the quadratic model proposed by the HRMTP as the current data demonstrated a simple linear relationship between hypnotizability and somatic complaints. However, the participants in this experiment were not identified patients and therefore may not possess the full spectrum of personality and mind/body characteristics one observes in actual patients. The authors also report that further analyses demonstrated that somatic complaints were associated with the perceptual-cognitive factor items on WSGC which were identified in Woody, Barnier, and McConkey’s (2005) factor analysis of the Stanford Hypnotic Susceptibility Scale, Form C. The authors conclude that the results “call into question some claims that high hypnotizability is an adaptive and healthy trait.” Overall, this recent study is important for anyone who treats patients with chronic pain, IBS, and other psychosomatic/psychophysiological disorders. It reveals another reason why anyone treating these patients needs to employ hypnotic assessment tools (such as the Phenomenology of Consciousness Inventory - Hypnotic Assessment Procedure by Ron Pekala and Krishna Kumar) in their regular assessment battery since there are now many different models and empirical studies demonstrating that hypnotic ability is an important risk factor predicting the development of psychosomatic illness. Address for reprints: Dr. J.W. Younger, Stanford University School of Medicine, Department of Anesthesia, Pain Research, MC 5747, 780 Welch Rd., Suite 208, Palo Alto, CA 94304. Email: jyounger@stanford.edu.

Yu, C. (2006). Defense mechanisms and suggestibility. Contemporary Hypnosis, 23 (4), 167-172. This study attempted to examine the relationship between the tendency to utilize psychodynamic defense mechanisms and hypnotic susceptibility (hypnotic ability). The author administered hypnotic suggestions and a measure of psychodynamic defenses to 90 Chinese participants. The author reports that only the tendency to utilize idealization was related to hypnotic responsiveness. The author discusses the results in terms of the cultural context in which the research took place and also in terms of psychodynamic theory. This study appears related to the work of Dr. Michael Nash on the archaic involvement measure (AIM) of hypnosis which also taps the phenomena of idealization in hypnosis. I found this study interesting in terms of its wider interpretation in regards to the cultural applicability of Western theories of psychopathology such as psychodynamic theory. Address for reprints: Calvin Kai-Ching Yu, Shue Yan College, Hong Kong Department of Counseling and Psychology, Hong Kong, China. Email: calyu2000@hotmail.com.