Review of the International Literature

Ian Wickramasekera II
Associate Editor

Bonshtein, U., Shaar, I., Golan, G. (2005). Who wants to control the habit?: A multidimensional hypnotic model of smoking cessation. *Contemporary Hypnosis, 22*(4), 193-201. This article presents the authors’ model of how to employ hypnosis with other psychotherapeutic interventions to help patients achieve smoking cessation related goals. They provide an analysis of previous research and clinical theory in the application of hypnosis to smoking cessation. The authors offer their perspectives on elements of an effective intervention combining hypnosis and psychotherapeutic elements. The authors present their own interventional model which they describe as taking two or three interventional sessions along with one or two possible follow-up sessions to prevent relapse. The authors present a brief discussion of two case studies to illustrate their approach. Address for reprints: Dr. Udi Bonshtein, PO Box 269, Gilon, 20103, Israel. Email: udibon@openu.013.net.il.

Carli, G., Rendo, C., Sebastiani, L., & Santarcangelo, E. L. (2006). Suggestions of altered balance: Possible equivalence of imagery and perception. *International Journal of Clinical and Experimental Hypnosis, 54*(2), 206-223. The authors of this study examine the fascinating nature of the interdependent links between expectations, perception, and behavior which hypnosis often illustrates so well. The authors examined the influence of verbal suggestions for falling backwards upon high and low hypnotizables with and without a hypnotic induction. The suggestions for falling backwards were administered in both a direct explicit fashion as well as an indirect implicit manner. High hypnotizables responded to the implicit suggestion to fall backwards even when they did not receive a hypnotic induction prior to their exposure to the implicit suggestion. However, low hypnotizables did not respond to the implicit suggestion to fall backwards when the hypnotic induction was withheld. The authors discuss their findings in terms of the possible equivalency of imagery and perception which is apparent in many hypnotic phenomena. Address for reprints: Università di Siena - Via Banchi di Sotto, 55 – Siena, Siena, Italy. Email address for reprints: carlig@unisi.it.

Ginandes, C. (2006). Six players on the inner stage: Using ego state therapy with the medically ill. *International Journal of Clinical and Experimental Hypnosis, 54*(2), 113 - 129. The author presents a very useful and summary of her unique approach to applying principles of Ego State Therapy to patients with mind/body dysregulation and medical illnesses. The author identifies a number of special factors that can be explored to facilitate
the patients emotional and somatic healing using Ego State Therapy. The author also discusses the importance of using the therapeutic relationship and giving attention to phenomena from the transference/countertransference field to properly attune to the multi-layered issues that come up in cases involving medical illnesses and mind/body dysregulation. Address for reprints: Carol Ginandes, Ph.D., Department of Psychology, Harvard Medical School, McLean Hospital, 115 Mill Street Belmont, MA 02478, USA. Email Address: carol_ginandes@hms.harvard.edu.

Green, J. P., Lynn, S. J., and Montgomery, G. H. (2006). A meta-analysis of gender, smoking cessation, and hypnosis: A brief communication. *International Journal of Clinical and Experimental Hypnosis, 54*(2), 224-233. The authors of this meta-analysis discuss the unique difficulties that women may face when trying to quit smoking with or without hypnosis. The results of the authors’ meta-analysis of 12 studies which used hypnosis to help participants achieve smoking cessation reveal that men are 1.37 times more likely to report achieving smoking cessation than women. The authors discuss their findings as being consistent with the non-hypnotic literature in smoking cessation where women commonly also have more difficulty achieving smoking cessation than men. 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.

Gruzelier, J. H. (2006). Frontal functions, connectivity and neural efficiency underpinning hypnosis and hypnotic susceptibility. *Contemporary Hypnosis, 23*(1), 15-32. Dr. Gruzelier provides a useful review of recent studies which have examined the neurophysiology underlying experiences of hypnotic phenomena and patterns in hypnotic ability. He discusses these recent findings in terms of the various structures of the brain involved in hypnosis, the concept of cognitive flexibility, and practical considerations of the findings for psychotherapy and stage hypnosis. 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.

Hagenaars, M. A., Roelofs, K., Hoogduin, K., & Minnen, V. A. (2006). Motor and sensory dissociative phenomena associated with induced catalepsy: A brief communication. *International Journal of Clinical and Experimental Hypnosis, 54*(2), 234-244. This study examined the phenomena of tactile induced catalepsy and its relationship to hypnotic and dissociative phenomena. The authors reported finding a significant correlation between a person’s self-reported experience on the Stanford Hypnotic Susceptibility Scale with hypnotically induced catalepsy and their experience of tactile induced catalepsy. The authors suggest that the study of tactile induced catalepsy may prove useful in understanding the perceptual-motor issues inherent in dissociative phenomena. Address for reprints: Muriel A. Hagenaars, Ph.D., Department of Clinical Psychology, Radboud University Nijmegen, PO Box 9104, 6500 HE Nijmegen, The Netherlands. Email address for reprints: m.hagenaars@psych.ru.nl.
Hutchinson-Phillips, S., Jamieson, G. A., & Gow, K. (2005). Differing roles of imagination and hypnosis in self regulation of eating behavior. Contemporary Hypnosis, 22(4), 171-183. The authors of this study examined the relationship of the self regulation of eating behavior and body image to hypnotic phenomena such as fantasy proneness, hypnotic ability, and creative imagination. Hypnotic ability as measured by the Harvard Group Scale of Hypnotic Susceptibility: Form A (HGSHS:A) was found to be related to aspects of the participants’ self regulation of eating behavior. The participants’ phenomenological experience of hypnosis as measured by the Phenomenology of Consciousness Inventory (PCI) was also found to be related with the self-regulation of eating behavior as well as their perceptions of ideal body size. Some differences were observed between imaginal process measures and more directly related hypnotic measures in terms of the self regulation of eating behavior. Address for reprints: Dr. Kathryn Gow, School of Psychology and Counseling, Queensland University of Technology, L Block, Carseldine Campus, Beams Road, Carseldine, Q 4034, Australia, Email: k.gow@qut.edu.au.

Jensen M, & Patterson D. R. (2006). Hypnotic treatment of chronic pain. Journal of Behavioral Medicine, 29(1), 95–124. The authors review many different controlled studies that have attempted to help chronic pain patients with hypnosis and related techniques used in multidisciplinary clinics. The authors point out that the results of these studies generally indicate that hypnotic analgesia produces significantly greater decreases in pain relative to no-treatment and to some non-hypnotic interventions such as medication management, physical therapy, and education/advice with chronic pain patients. The authors also point out that the effects of hypnosis training for chronic pain tend to be similar to the effects seen when progressive muscle relaxation and autogenic training are used. However, the authors also suggest that the results of these studies indicate that labeling versus not labeling hypnosis treatment as hypnosis may have only a small impact on short-term outcome but with some long-term benefit. The results also seem to suggest that global hypnotic ability and the ability to experience vivid imagery is associated with treatment outcome in hypnosis, progressive relaxation, and autogenic training treatments. Address for reprints: Mark Jensen Ph.D., University of Washington Multidisciplinary Pain Center, Box 356044, University of Washington Medical Center, 1959 N.E. Pacific, Seattle, Washington 98195-6044, USA. Email address: mjensen@u.washington.edu.

Kraft, T., & Kraft, D. (2005). Covert sensitization revisited: Six case studies. Contemporary Hypnosis, 22(4), 202-209. The authors of this study review the previous history of using hypnosis to help patients extinguish unwanted behaviors by paring them with noxious and aversive sensations such as nausea. They contend that hypnosis can be a very good intervention to use in paring aversive stimuli with unwanted behaviors to be extinguished despite the general reduction in the overall popularity of covert sensitization with therapists and their patients. They briefly describe six case studies in which the patients sought treatment for issues of alcoholism, nail tearing, cigarette smoking, cannabis smoking, overeating, and chocolate addiction. The authors report that they believe that the best treatment strategy for covert sensitization should involve paring the aversive stimuli with the cravings to produce the unwanted behavior rather than with the actual performance of the behavior itself. Address for reprints: Dr. Tom Kraft, 80 Harley Street, London WIG 7HL, England. Email: drtom@kraft09.fsnet.co.uk.
Levitas E, Parmet A, Lunenfeld E, Bentov Y, Burstein E, Friger M, Potashnik G. (2006). Impact of hypnosis during embryo transfer on the outcome of in vitro fertilization-embryo transfer: A case-control study. *Fertility and Sterility*, Mar 25, [E-pub ahead of print]. The authors of this study wished to examine the potential impact of hypnosis for helping patients undergoing fertility treatments such as in vitro fertilization (IVF) with embryo transfer (ET). The study compared 98 cycles of IVF:ET trials performed with hypnosis to 96 cycles performed without hypnosis. About 53% of the time trials with hypnosis resulted in clinical pregnancies compared with a 30% success rate for trials performed without hypnosis. The authors discuss their findings as evidence that hypnosis may show promise in assisting infertile couples with hypnosis to increase their implantation and clinical pregnancy rates during IVF:ET. Address for reprints: Eliahu Levitas, M.D., IVF Unit, Department of Obstetrics and Gynecology, Soroka University Medical Center, P.O. Box 151, Beer Sheva, 84101, Israel (FAX: 972-8-640-3057).

Liossi, C. (2006). Hypnosis in cancer care. *Contemporary Hypnosis*, 23(1), 47-57. The author provides a nice review of the efficacy of hypnosis in helping cancer patients with hypnotic analgesia, anxiolysis, and other benefits. The author presents evidence from many studies and concludes that hypnosis can help adult and pediatric patients with cancer pain management as well as the management of other difficult cancer-related symptoms. The author laments the current under-utilization of hypnosis in most cancer treatment settings despite this strong evidence. The author also provides some recommendations for future research studies as well as practical implications for providers wishing to use hypnosis in the treatment of cancer patients. Address for reprints: Dr. Christina Liossi, Department of Psychology, University of Southampton, University Road, Southampton, SO17 1BJ, UK. Email: cliossi@soton.ac.uk.

Lynn, S. J., Lama Surya Das, Hallquest, and Willliams, J. (2006). Mindfulness, acceptance, and hypnosis: Cognitive and clinical perspectives. *International Journal of Clinical and Experimental Hypnosis*, 54(2), 143-166. This is a very stimulating and interesting paper which presents an integration of ideas within the Western sociocognitive tradition of hypnosis with Eastern ideas from the Tibetan Buddhist path of self-transformation. It turns out that the basis of the collaboration which produced this article comes from the long-term friendship of Dr. Lynn with Lama Surya Das, who is one of the best known American-born teachers of Tibetan Buddhism and Dzogchen practicing these days. I found this paper to be very interesting and a useful illustration of how sociocognitive theories can be interpreted to have some depth to them when not applied incorrectly in an overly concrete manner. I especially enjoyed the authors’ attention to discussing how aspects of response set theory can illustrate ideas found in Buddhism. Address for reprints: Steven Jay Lynn, Ph.D., Binghamton University, State University of New York, Psychology Department, P.O. Box 6000, Binghamton, NY 13902-6000, E-mail Address: slynn@binghamton.edu.

which can occur in hypnotically facilitated psychotherapy. Dr. Mende discusses the special way that hypnosis can satisfy and integrate a person’s basic emotional needs to feel autonomous, related, competent, and oriented. He discusses many theoretical considerations from multiple perspectives while providing case illustrations to buttress his model. The author also discusses practical applications of his model for hypnotically facilitated psychotherapy. Address for reprints: Matthias Mende, Ph.D., Kaiserstr. 14/13, 1070 Vienna, Austria.

Naish, P. (2006). Time to explain the nature of hypnosis? Contemporary Hypnosis, 23(1), 33-46. This paper explores the hypnotic phenomena of time distortion and its possible relationship to other forms of time-estimation difficulties seen outside of hypnotic contexts. In particular, the author hypothesizes that there may be a relationship between hypnotically produced time distortions and disorientations in time perception seen with patients who have Parkinson’s syndrome and schizophrenic disorders. He argues that the available evidence points to the likelihood that time disorientation is experienced in direct proportion to the degree that an alteration of an individual’s consciousness is experienced during hypnosis. Dr. Naish also discusses his contention that the depth of a person’s phenomenological experience of time distortion is positively related with their level of hypnotic ability. Address for reprints: Peter L. N. Naish, Ph.D., Dept. of Psychology, The Open University, Milton Keynes MK7 6AA, United Kingdom. E-mail: P.Naish@open.ac.uk.

Oakley, D. A. (2006). Hypnosis as a tool in research: Experimental psychopathology. Contemporary Hypnosis, 23(1), 3-14. The author reviews a number of recent studies that have employed hypnosis as a research tool in investigating psychopathology in experimental contexts. For instance, the author discusses studies involving conversion disorder, hypnotic paralysis, malingering, chronic pain, and disorders of volition and motor control. The author concludes that hypnosis “has a significant role to play in mainstream psychological, neuropsychological and clinically related research.” Address for reprints: David A. Oakley, Ph.D. Hypnosis Unit, Department of Psychology, University College London, Gower Street, London, WC1E 6BT.

Patterson, D., Wiechman, S., Jensen, M., & Sharar, S. (2006). Hypnosis delivered through immersive virtual reality for burn pain: A clinical case series. International Journal of Clinical and Experimental Hypnosis, 54(2), 130-142. This article details some of the very exciting work that Dr. Patterson and his colleagues have been doing to integrate hypnosis with virtual reality technologies. This small study documents the researchers’ attempts to harness the healing powers of hypnosis with an immersive virtual reality system that they hoped would help 13 burn patients to be more responsive to hypnotic analgesia using the technological methods of virtual reality systems. The authors also designed the virtual reality system’s hypnotic intervention to be automated so that an actual hypnotist is not needed to help the burn patient learn to produce self-hypnotic analgesia. The investigators focused in on the common difficulty these patients have with pain and anxiety when their burn wounds are being cared for by healthcare professionals as a target for their virtual hypnotic analgesia intervention. The authors noted that the intervention did reduce the patients’ experiences of pain and anxiety while reducing their need for analgesic medication.
Rainville, P., Bao, Q., & Chrétien, P. (2005). Pain-related emotions modulate experimental pain perception and autonomic responses. *Pain, 118*(3), 306-318. In this experiment the authors used hypnosis modulate and induce emotions with participants experiencing a painful experimental task involving having their hands immersed in hot water. Increases in pain perception were demonstrated when negative moods were induced using hypnosis. The authors also found that increases in pain were associated with increases in the desire to experience relief from pain, autonomic arousal, and negative affective valence. Increases in pain were also seen to decrease the expectation of being able to receive relief from pain and the perceived control subjects felt regarding their pain. The authors interpreted their findings to indicate that pain-related emotions can influence both the perception of pain as well as its psychophysiological correlates. Address for reprints: Pierre Rainville, Ph.D., Departement de Stomatologie, Faculte de medecine dentaire, Universite de Montreal, CP. 6128, Succ. Centre-ville, Montreal, Que., Canada H3C 1J7. Email address: pierre.rainville@umontreal.ca.

Raz A, Kirsch I, Pollard J, Nitkin-Kaner Y. (2006). Suggestion reduces the Stroop effect. *Psychological Science, 17*(2), 91-95. The authors of this study examined the effects of suggestion on Stroop interference in highly suggestible individuals. The participants in this experiment completed the Stroop task with and without suggestions to perceive Stroop words as meaningless symbols. The examiners employed hypnotic inductions in administering these suggestions with half of the experimental participants and without hypnosis for the remaining half. About 45% of the variance in Stroop responding could be attributed to suggestion regardless of whether a hypnotic induction had preceded the suggestion or not. These findings are very similar to other studies which have demonstrated that hypnotic suggestibility is not necessarily enhanced by reading an induction. The authors discuss their findings as evidence that suggestion can “at least partially overcome the automaticity associated with the Stroop effect.” Address for reprints: Amir Raz, Ph.D., Columbia University College of Physicians and Surgeons and New York State Psychiatric Institute, MRI Unit in the Department of Psychiatry, Division of Child and Adolescent Psychiatry, 1051 Riverside Dr., Unit 74, New York, NY 10032, e-mail: ar2241@columbia.edu.

Richardson J, Smith JE, McCall G, Pilkington K. (2006). Hypnosis for procedure-related pain and distress in pediatric cancer patients: A systematic review of effectiveness and methodology related to hypnosis interventions. *Journal of Pain and Symptom Management, 31*(1), 70-84. The authors systematically reviewed the published and unpublished literature for clinical trials of the efficacy of hypnosis to help pediatric cancer patients with procedure related pain and anxiety. The authors identified seven randomized controlled clinical trials and one controlled clinical trial to examine in their review. The authors conclude in their review that hypnosis is generally effective in reducing pediatric pain by 50%. The authors interpreted their findings to indicate that virtually mediated hypnotic interventions can be effective and that they warrant further study in the treatment of burn pain and other conditions. Address for reprints: David Patterson, PhD, ABPP, ABPH, Harborview Medical Center, Department of Rehabilitation Medicine, Box 359740, 325 9th Avenue, Seattle, WA 98104. Email Address: davepatt@u.washington.edu.
cancer patients’ pain and distress ratings during procedures in these studies although more research needs to be done to further demonstrate the effectiveness of hypnosis. Address for reprints: Janet Richardson, Ph.D., Faculty of Health and Social Work, Portland Square, University of Plymouth, Drake Circus, Plymouth, Devon PL4 8AA, United Kingdom. Email address: janet.richardson@plymouth.ac.uk.

Tallabs, F. A. (2005). Functional correlates of conversion and hypnotic paralysis: A neurophysiological hypothesis. *Contemporary Hypnosis, 22*(4), 184-192. The author presents a review of recent findings in neuroscience regarding hypnosis and discusses a hypothesis about the underlying neurophysiology which produces conversion and hypnotically suggested paralysis. The author proposes a hypothesis that disconnection and dysregulation of the links between a number of brain structures such as the anterior cingulate cortex (ACC) and orbito frontal cortex (OFC) may be involved with producing the functional symptoms of paralysis seen in conversion disorder and in experimental studies of hypnotically induced paralysis. Address for reprints: Dr. Felipe A. Tallabs, Jose Revueltas #2748, Col. Alta Vista sur, Monterrey NL, Mexico, Cp:64740. Email: felipetallabs@msn.com.

Winkel, J. D., Younger, J. W., Tomcik, N., Borkardt, J. J., & Nash, M. R. (2006). Anatomy of a hypnotic response: Self-Report estimates, actual behavior, and physiological response to the hypnotic suggestion for arm rigidity. *International Journal of Clinical and Experimental Hypnosis, 54*(2), 186-205. This study examines the phenomenological, behavioral, and physiological responses of participants who experienced the arm rigidity item form the Harvard Group Scale of Hypnotic Susceptibility: Form A (HGSHE:S:A). This item from the HGSHE:S:A suggests to participants that their arm is becoming very rigid, stiff, and impossible to bend “like a bar of iron”. The item later also challenges the person to test how stiff and rigid their arm has become and to experience how much like a bar of iron rigid it has become. The experimenters collected data from participants experiencing hypnotic suggestions for arm rigidity with self-report, behavioral, and psychophysiological measures. The psychophysiology of the participants’ responses was assessed by measuring the muscle activity from specific muscle groups on their forearms using electromyography (EMG). The study reveled that some participants’ experience of arm rigidity was associated with increased muscular activity as measured by EMG that may have inhibited their ability to bend their arm and which commonly also appears to cause the arm to tremble. These participants were described as tremblers and were contrasted with participants whose EMG did not increase (non-tremblers) but who also were able to pass the item and experience arm rigidity. The authors of this study discuss their findings in terms of the multiple cognitive, perceptual, behavioral, and psychophysiological strategies that are available for hypnotic participants to use to enact and experience hypnotic phenomena. Address for reprints: Michael Nash, Ph.D., Department of Psychology, Austin Peay Building, Knoxville, Tennessee 37996. Email address: mnash@utk.edu.