Review of the International Literature

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Alladin, A. (2010). Evidence-based hypnotherapy for depression. International Journal Clinical and Experimental Hypnosis, 58(2):165-185. The author presents an integration of hypnosis and cognitive behavioral therapy which he refers to as cognitive hypnotherapy. The author describes the major components of cognitive hypnotherapy and discusses its application to depression and other psychological difficulties. The author discusses the current state of research in this area and presents ideas for future research. Email address for reprints: assen.alladin@albertahealthservices.ca.

Barabasz, A., Higley, L., Christensen, C., & Barabasz, M. (2010). Efficacy of hypnosis in the treatment of human papillomavirus (HPV) in women: Rural and urban samples. International Journal Clinical and Experimental Hypnosis, 58(2):165-185. This is a significant research report of the uses of hypnosis to help patients with the human papillomavirus (HPV) which is commonly known as genital warts. HPV is a condition that can cause a significant amount of discomfort and emotional distress to its sufferers in terms of their acceptance of their sexuality. HPV is also known to be linked to other medical disorders including forms of cancer. The patients were treated with either traditional medical methods or with hypnosis only. The authors report that both hypnosis and traditional medical methods were successful in helping alleviating the symptoms of HPV in their research subjects. However, the authors also state that hypnosis was fivefold more successful in creating a complete clear-up of symptoms at 12 weeks follow-up. These findings are very exciting given the frequency of recurrence typically seen with HPV and with the suffering and distress that this causes these patients. Address for reprints: Dr. Arreed Barabasz, Washington State University, Pullman, WA 99163. Email: arreed_barabasz@wsu.edu.

Carleton, R.N., Abrams, M. P., & Asmundson, G. J. (2010). The Attentional Resource Allocation Scale (ARAS): Psychometric properties of a composite measure for dissociation and absorption. Depression and Anxiety. [Epub ahead of publication]. This article presents the publication of a new scale which attempts to assess for dissociation and absorption. The authors drew upon the well known body of research on the relationship between dissociation and absorption in creating...
their instrument which they have named the Attentional Resource Allocation Scale (ARAS). A number of factor analytic studies of measures of dissociation and absorption have previously suggested that absorption is an important component of dissociation as measured by Dissociative Experiences Survey (DES). The authors describe how they created their scale after an extensive factor analysis study. The authors describe the theoretical implications of their findings as well as the utility of the ARAS instrument. Address for reprints: Dr. R. N. Carleton, Anxiety and Illness Behaviours Laboratory, University of Regina, Regina, Saskatchewan, Canada.

Damaser, E., Whitehouse, W. G., Orne, M. T., Orne, E. C., & Dinges, D. F. (2010). Behavioral persistence in carrying out a posthypnotic suggestion beyond the hypnotic context: a consideration of the role of perceived demand characteristics. *International Journal Clinical and Experimental Hypnosis, 58*(1):1-20. This is a paper on the nature of posthypnotic suggestions and their durability outside of hypnosis after they have been established in hypnosis. The participants in this study were instructed to perform a target behavior outside of hypnosis when cued via either a posthypnotic suggestion given during hypnosis, without hypnosis, or from both. The participants were all screened to possess either average or high levels hypnotic ability. The authors of this study wished to examine how long the posthypnotic suggestion would persist and how frequently it could be elicited after it was established. The authors reported that the results varied somewhat among participants with medium vs. high hypnotic ability. A waking request was sufficient to produce a high level of compliance among medium hypnotizable and some highly hypnotizable participants. The authors discuss how the demand characteristics of the experimental context may have significantly impacted how the participants responded to the posthypnotic suggestions. Address for reprints: Dr. Damaser, Private practice, and Unit for Experimental Psychiatry, University of Pennsylvania School of Medicine, Philadelphia, PA 19104-6021.

Loriedo, C., & Torti, C. (2010). Systemic hypnosis with depressed individuals and their families. *International Journal Clinical and Experimental Hypnosis, 58*(2):222-246. The authors of this paper report a novel use of hypnosis with depressed patients and their families. Their methods are designed to affect the depressed patient’s interpersonal relationships as well as their intra-psychic factors (e.g.: cognitive distortions). The authors discuss the potential clinical utility of their systemic hypnotic intervention for patients with depression and their families. Email: Address for reprints: c.loriedo@agora.it.

Lynn S.J, Barnes, S., Deming, A., & Accardi, M. (2010). Hypnosis, rumination, and depression: catalyzing attention and mindfulness-based treatments. *International Journal Clinical and Experimental Hypnosis, 58*(2):202-221. This article discusses the uses of hypnosis and mindfulness in treating patients with depression. The authors describe what they consider to be a unique cognitive behavioral approach to treating depression utilizing hypnosis to enhance the efficacy of mindfulness. The authors describe their clinical viewpoint on the nature of how hypnotic interventions may potentially enrich the effect of mindfulness in helping patients with depression. Address for reprints: Dr. Steven Lynn, Psychology Department, Binghampton University, State University of New York, P.O. Box 6000, Binghamton, NY. 13902-6000.
Mackey EF. (2010). Effects of hypnosis as an adjunct to intravenous sedation for third molar extraction: A randomized, blind, controlled study. *International Journal Clinical and Experimental Hypnosis, 58*(1):21-38. This paper presents a randomized controlled study on the uses of hypnosis to help patients undergoing dental surgeries with analgesia, relaxation, and management of affective distress. The patients/participants in this study were all having a third molar extraction within an outpatient medical setting. The participants (n=100) were randomly assigned to either a treatment (n = 46) or control (n = 54) group. Both groups received standard medical care including intravenous sedation during the extraction. The hypnosis was administered to the treatment group via headphones continuously throughout the entire surgical procedure along with a standard sedation dose of intravenous anesthetic. The author reports that participants in the hypnosis group were lower on measures of intraoperative propofol utilization, postoperative pain ratings, and postoperative prescription pain drug utilization. These results are consistent with many other studies on the effects of hypnosis to help participants undergoing inpatient surgical procedures to better manage their pain and affective distress. The “outpatient” participants in this study who received hypnosis needed less medication and medical interventions than the participants in the study who did not receive a hypnotic intervention. Therefore, it is also very likely that using hypnosis in this kind of outpatient dental setting might reduce the overall cost of the procedure just as has been found in several studies done in other “inpatient” medical contexts. This is very encouraging since the intervention was reported to be easily integrated into the standardized procedure and did not really require much alteration in the way it was normally performed. Address for reprints: Department of Nursing, West Chester, University of Pennsylvania, 855 S. New Street, West Chester, PA 19348. Email: emackey@wcupa.edu.

McCann B.S., & Landes, S.J. (2010). Hypnosis in the treatment of depression: considerations in research design and methods. *International Journal Clinical and Experimental Hypnosis, 58*(2):147-164. This article reviews some of the critical research issues involved in investigating the effects of hypnosis on depressed participants. The authors discuss the benefits and limitations of randomized control trial designs for investigating the uses of hypnosis with depression. The authors discuss randomized control studies as being a gold standard for demonstrating the value of hypnosis but that these studies often leave out information which could be gained with other research methods. The authors also cover approaches to single case study designs which they see as being useful for studying phenomena like hypnosis in a clinical context. Address for reprints: Dr. Barbara S. McCann, Ph.D., Department of Psychiatry, University of Washington School of Medicine, Seattle 98195. Email: mccann@u.washington.edu.

Oakley, D. A., & Halligan, P. W. (2010). Using hypnosis to gain insights into healthy and pathological cognitive functioning. *Consciousness & Cognition [Epub ahead of publication]*. This paper reviews some the fascinating new studies on hypnosis done within the disciplines of cognitive and affective neuroscience. The authors review many new studies which have utilized measures of functional magnetic resonance imaging to give us more precise ideas about the stages of processing involved in how cognitive and affective processes like attention and memory occur. The authors discuss how hypnosis can provide an experimental analogue in healthy persons for processes that usually are only seen in various pathological conditions. Address for reprints: Dr. David Oakley, Division of Psychology and Language Sciences, University College London, Gower Street, London WC1E 6BT, UK; School of Psychology, Cardiff University, Tower Building, Park Place, Cardiff CF10 3AT, UK.
Simons L.E., Logan, D.E., Chastain, L., & Cerullo, M. (2010). Engagement in multidisciplinary interventions for pediatric chronic pain: parental expectations, barriers, and child outcomes. *Clinical Journal of Pain, 26*(4):291-299. This study examines the topic of treatment adherence in a pediatric pain clinic. Treatment adherence is often highly correlated with clinical outcome in both hypnotic and non-hypnotic interventions in medicine and psychotherapy. Thus, this topic is of great importance to our clinical understanding of how we can best encourage our clients and patients to be compliant with the medical and psychological interventions that we administer to them. The authors enrolled 120 children with chronic and recurrent pain problems and their parents in the study. The participants and their parents were administered a variety of measures at their initial assessment session and then 3 months later to assess “satisfaction with initial evaluation, adherence to multidisciplinary recommendations, pain ratings, somatic symptoms, functional limitations, and school attendance” (p. 291). There were a number of findings that are of relevance to clinical practitioners of hypnosis as well as to adherents of the social cognitive model of hypnosis. The authors reported finding that the participants’ (the patient and their family) previous familiarity with hypnosis and biofeedback was associated with positive expectations about psychological treatment and overall engagement with treatment. This finding, of course, highlights the critical importance of establishing positive therapeutic expectancies with patients and clients before engaging in treatment with them. Most clinicians have a variety of methods for introducing hypnosis when they arrive for treatment. The purpose of this kind of intervention is to facilitate the adoption of a positive expectancy about hypnosis as well as to address any negative expectations or misconceptions that patients or clients may have about hypnosis. We have less control over the expectancies that patients or clients form about hypnosis prior to their first session and so it is necessary to address them with each before beginning any kind of clinical work with hypnosis. Findings like these (and others by Dr. Irving Kirsch and his colleagues) demonstrate that expectancies about hypnosis can be of critical importance to the treatment and care of clinical participants. Address for reprints: Dr. Laura Simons, Division of Pain Medicine, Department of Anesthesiology, Perioperative and Pain Medicine, Children’s Hospital Boston, and Department of Psychiatry, Harvard Medical School, Boston, MA. Email: Laura.Simons@childrens.harvard.edu.

Snow A., & Warbet R. (2010). Hypnosis: Exploring the benefits for the role of the hospital social worker. *Social Work in Health Care, 49*(3):245-262. This article reviews the practice of clinical hypnosis in a hospital setting for social workers. The authors discuss what they define as an Ericksonian based approach to helping oncology participants with analgesia, depression, and stress management interventions. Address for reprints: The Mount Sinai Medical Center, One Gustave L. Levy Place, New York, NY 10029. Email: Alison.Snow@mountsinai.org.

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pain. The authors report that significant reductions in pain and distress were seen in their participants. However, they also report that there was evidence that these benefits may not have been well maintained in some participants after the study was completed. The authors discuss the implications of their findings for future studies of how hypnosis may assist chronic low back pain sufferers with analgesia, relaxation, and affective distress management. Address for reprints: Dr. Gabriel Tan, Anesthesiology Pain Program, Michael E. DeBakey VA Medical Center, 2002 Holcombe Blvd., Houston, TX 77030. Email: TAN.GABRIEL@va.gov.

VandeVusse L., Hanson, L., Berner, M. A., & White Winters, J. M. (2010). Impact of self-hypnosis in women on select physiologic and psychological parameters. *Journal of Obstetric, Gynecologic, and Neonatal Nursing, 39*(2):159-168. The authors of this study wished to examine the psychological and psychophysiological effects of hypnosis on 30 healthy non-pregnant women. The participants in the experiment were administered a 30-minute recording of “relaxing, affirming hypnotic suggestions.” The authors also administered the participants’ baseline measures of hypnotic ability and trait anxiety. The participants were asked to rate their tension and anxiety at a baseline session and then following the prescribed hypnotic treatment. The study employed a variety of psychophysiological measures such as heart rate, respiration, and heart rate variability throughout the baseline and experimental conditions. The authors reported finding significant reductions in the participants’ baseline experience of anxiety and in their heart rates as a result of hypnosis. They also reported finding significant changes in heart rate variability similar to those seen in studies by Dr. Steven Porges and others. Address for reprints: Dr. Leona VandeVusse, Marquette University Nurse-Midwifery Program, P. O. Box 1881, Clark Hall, Milwaukee, WI 53201-1881. Email: leona.vandevusse@mu.edu.

Yapko, M. D. (2010). Hypnotically catalyzing experiential learning across treatments for depression: Actions can speak louder than moods. *International Journal Clinical and Experimental Hypnosis, 58*(2):186-201. This article discusses the uses of hypnosis, cognitive behavior therapy, interpersonal therapy, and other methods to help reduce depression. The author discusses the importance of using techniques such as hypnosis to activate an experiential learning component of the therapy process. Email address for reprints: michaelyapko@roadrunner.com.

Yaster, M. (2010). Multimodal analgesia in children. *European Journal of Anesthesiology* [Epub ahead of publication]. This article contains a review of many practice guidelines which anesthesiologists may employ for helping to manage acute and chronic pain in children. The author discusses a multimodal model of analgesia that includes non-pharmacological methods such as hypnosis. The guidelines provide what may be considered a complete model of treatment which integrates a variety of traditional and emerging medical methods with alternative and complementary approaches such as hypnosis. Address for reprints: Departments of Anesthesiology, Critical Care Medicine and Pediatrics, The Johns Hopkins University, Baltimore, Maryland.