Introduction to Hypnosis

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Disclosure: Ran D. Anbar, MD, FAAP

- I am editor of two books related to use of hypnosis in pediatrics
- I am a past president of ASCH
- I am President and Founder of Center Point Medicine
Objectives

• At the conclusion of this presentation, participants will be able to:
  • Provide a definition of hypnosis
  • Identify children who might benefit from work with hypnosis
  • Explain when hypnosis is not an appropriate therapy

The story begins with a 17 year-old who suffered from an episode of anaphylaxis and then developed a pneumothorax...
How Do You Help a Patient Who:

• has migraine headaches?
• is terrified of phlebotomy?
• has irritable bowel syndrome?
• is non-compliant with medical therapy?
• has anticipatory nausea before chemotherapy?

Hypnosis Does Not Involve:

• an unusual condition
• sleep
• placing the subject under control of the “hypnotist”
A Working Definition of Hypnosis

Hypnosis is an altered state of consciousness, characterized by a heightened state of suggestibility

A Brief History of Hypnosis

“And the Lord God caused a deep sleep to fall upon Adam, and he slept; and He took one of his ribs...”

*Genesis 2:21-22*
A Brief History of Hypnosis

• Ancient Egyptian and Greek dream-incubation centers

Paracelsus (1493-1541)
  • believed stars influenced people through magnetic forces

Van Helmont (1577-1644)
  • developed concept of animal magnetism

A Brief History of Hypnosis

Friedrich Anton Mesmer (1734-1815)
  • Performed group therapy, wearing flowing lilac robes and using a wand
  • Debunked by a committee of the French Academy of Science, presided over by the American ambassador to France, Benjamin Franklin
A Brief History of Hypnosis

John Elliotson (1791-1868)
- one of the first to use a stethoscope
- also used mesmerism to perform painless surgery in England

James Esdaile (1808-1859)
- performed over 300 major surgeries in India with mesmerism

A Brief History of Hypnosis (cont.)

- Hypnosis lost favor as an anesthetic with the development of nitrous oxide in 1844, and ether in 1846
A Brief History of Hypnosis

James Braid (1795-1860)
• coined the term hypnosis
• unsuccessfully tried to rename it monoideism

Sigmund Freud (1856-1939)
• At first used hypnotherapy
• Then abandoned it and developed psychoanalysis

A Brief History of Hypnosis

Hypnosis was recognized as a legitimate medical tool in:
• 1955 by the British Medical Society
• 1958 by the American Medical Association – rescinded in 1982
**Effects of Mental Imagery on Autonomic Reactivity in Children**

- 76 children, ages 5-15 yrs., with no previous hypnosis nor biofeedback training.
- 120 seconds imagining: quiet, peaceful activity vs. exciting activity
- Significant ↑ heart rate, ↓ skin conductance during active vs. passive imagery
- All imagined activities raised skin temperature
- No age, sex differences in autonomic reactivity

*Lee & Olness J Dev Behav Pediatr 17:323-327, 1996*

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**Hypnosis vs. Propranolol for Migraine**

- Prospective, randomized, crossover study
- N=28, 6-12 yrs.
- 3 mos. drug or placebo then 3 mos crossover
- 3 mos. hypnosis
- Hypnosis vs. drug/placebo, p = .045

**Headache Research**


![Graph showing the progressive reduction of overall symptoms](image)

**Effects of Hypnosis/Guided Imagery on the Postoperative Course of Children**

- 52 children, ages 7-19 yrs., scheduled for elective inpatient surgical procedures
- Randomized to preoperative hypnosis or control
- Hypnosis group:
  - shorter postoperative hospital stays
  - less postoperative state anxiety (controls increased)
  - less subjective pain ratings
  - used skills for sleep, pain, voiding

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Self-Regulation of Salivary IgA

Hypnosis for Childhood Asthma

- N=28, ages 7-12 yrs., randomized groups:
- Hypnosis significantly reduced (p<0.05-0.001):
  • symptom severity
  • school absence
  • emergency visits
- 5 patients with greater improvements in FEF$_{25-75}$ naturally learned self-hypnosis.


Use of Hypnosis in Clinical Practice

- Pre-hypnotic Interview
- Induction
- Intensification
- Hypnotic Suggestions
- Trance Termination
Use of Hypnosis in Clinical Practice

- Pre-hypnotic Interview
  - explain the utility of hypnosis
  - answer questions about hypnosis
  - establish the patient’s preferences
- Induction
- Intensification
- Hypnotic Suggestions
- Trance Termination

Use of Hypnosis in Clinical Practice

- Pre-hypnotic Interview
- Induction
  - arm levitation
  - Braidism
  - cognitive
  - progressive relaxation
- Deepening
- Hypnotic Suggestions
- Trance Termination
Use of Hypnosis in Clinical Practice

- Pre-hypnotic Interview
- Induction
- Deepening
  - similar to induction techniques
  - counting backwards or forwards
  - Fractionation
- Hypnotic Suggestions
- Trance Termination
Use of Hypnosis in Clinical Practice

- Pre-hypnotic Interview
- Induction
- Deepening
- Hypnotic Suggestions
  - Analgesia
  - Post-hypnotic suggestions
- Trance Termination

Use of Hypnosis in Clinical Practice

- Pre-hypnotic Interview
- Induction
- Intensification
- Hypnotic Suggestions
- Trance Termination
  - “Open your eyes when you are ready”
  - “Tell yourself some good things”
Introducing Hypnosis to Patients

- Using your imagination to help yourself
- You are in control
- Can be used with words and imagery

Hypnosis should not be done:

- by someone who has not been trained to do hypnosis
- when a patient is not interested
- to treat a condition which the practitioner usually does not treat
- instead of medical therapy
Hypnosis Resources

• American Society of Clinical Hypnosis – www.asch.net (630) 980-4740
• National Pediatric Hypnosis Training Institute – www.nphti.org (800) 776-8636
• Society for Clinical and Experimental Hypnosis – www.sceh.us (617) 469-1981
• Ran D. Anbar, MD – ran.anbar@centerpointmedicine.com (858) 201-4001

References
