

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)

- **Doctoral dissertation: “The Influence of the Stars and Planets on Curative Powers”**
- **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:

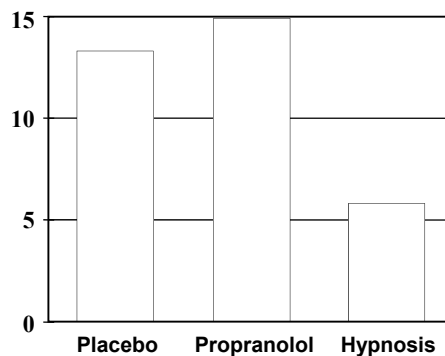
- **1955 by the British Medical Society**
- **1958 by the American Medical Association – rescinded in 1982**

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 \uparrow heart rate, \downarrow 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

Hypnosis vs. Propranolol for Migraine

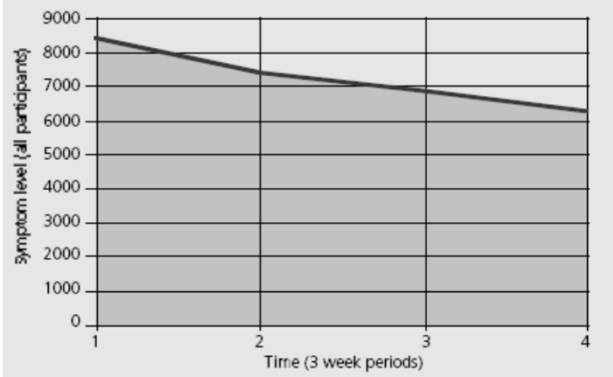


- Prospective, randomized, crossover study
- N=28, 6-12 yrs.
- 3 mos. drug or placebo then 3 mos crossover
- 3 mos. hypnosis
- Hypnosis vs. drug/placebo, $p = .045$

Olness, et al. *Pediatrics* 79:593-597, 1987

Headache Research

Fig. 1. The progressive reduction of overall symptoms while the tape was being used daily

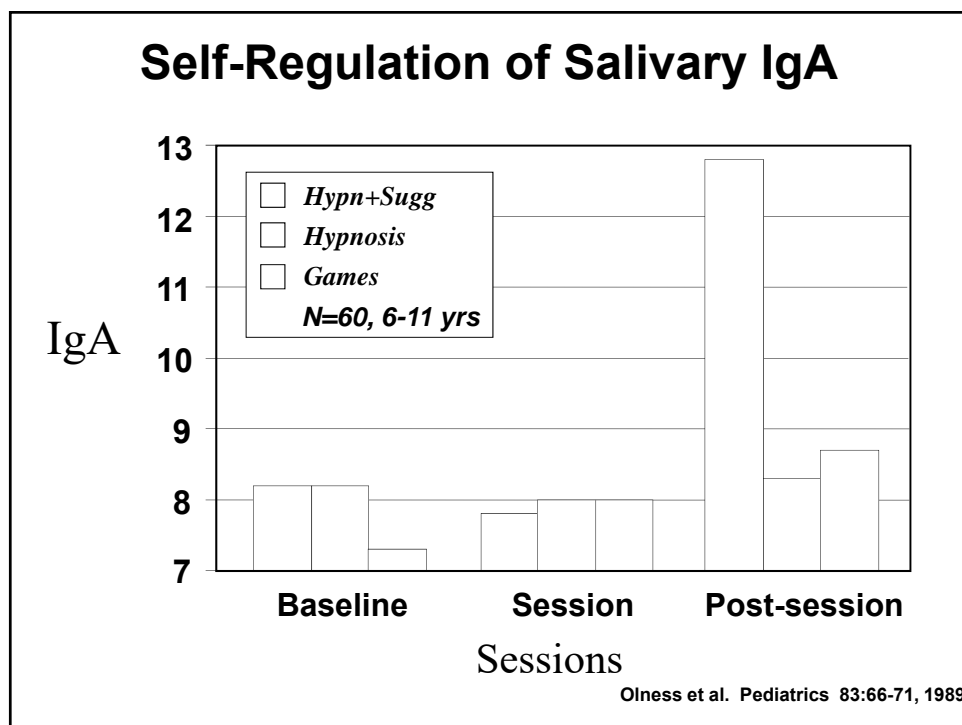
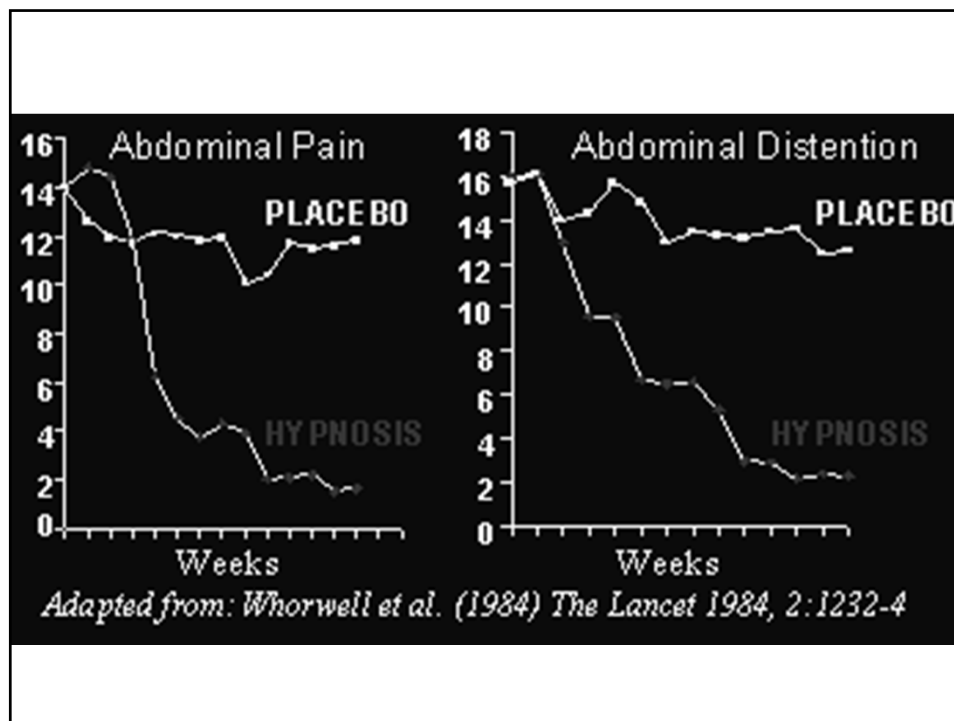


Matthews, Flatt. Nursing Standard 14,: 33-36, 1999.

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

Lambert *J Dev Behav Pediatr* 17:307-310, 1996



Hypnosis for Childhood Asthma

- **N=28, ages 7-12 yrs., randomized groups:**
 1. Standard;
 2. Attention-placebo;
 3. Waking suggestion;
 4. Hypnosis
- **Hypnosis significantly reduced (p<0.05-0.001) :**
 - symptom severity
 - school absence
 - emergency visits
- **5 patients with greater improvements in FEF₂₅₋₇₅ naturally learned self-hypnosis.**

Kohen. Hypnos 22:132-144, 1995

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

- **Anbar RD (ed). Functional Symptoms in Pediatric Disease: A Clinical Guide. New York, NY: Springer, 2014.**
- **Kohen DP, Olness N. Hypnosis and Hypnotherapy with Children, 4th ed. New York, NY: Routledge, 2011.**

