

Hypnotic Susceptibility and Deepening

Linda Thomson, APRN, ABMH
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Objectives

- Name 3 methods for deepening hypnotic involvement.
- Demonstrate an awareness of the advantages and disadvantages of using formal measures of hypnotic responsivity.

Hypnotic susceptibility is substantially related to absorption: the ability to set aside reality and become totally absorbed in the imaginative experience.

Reality needs way more
imagination

- John Lennon

Correlates of Hypnotic

- Absorption
- Perceptual alterations
- Vividness of imagery
- Fantasy Proneness

Standardized Tests of Hypnotizability

- Stanford Hypnotic Susceptibility Scale
- Harvard Group Scale of Hypnotic Susceptibility
- Hypnotic Induction Profile

Stanford Hypnotic Susceptibility Scales

- Devised in 1950s
- Series of 12 tasks
- Score is total number of tasks performed
- Tasks
 - Motor
 - Perceptual/Cognitive
 - Persistent or Post-hypnotic Effects

**Scales of Hypnotizability only
predict responses to hypnosis
50% of the time**

- Hilgard (1979)

Informal Tests of Hypnotic Responsivity

- Age regression
- Hand/arm Magnets
- Hands locked together
- Post-hypnotic suggestion
- Post-hypnotic amnesia
- Positive hallucination

Why do formal or informal assessments?

- Utilize patient's talents to optimize suggestions
- Modify techniques based on patient's talents
- Treatment planning
 - sensory modality strengths
 - use techniques to enhance ratification
 - select techniques to maximize success

Deepening:

- The process of increasing the focus and concentration of attention by the patient

**Depth not always related
to a more positive
outcome.**

Success of Hypnosis

R - Rapport

A - Aptitude

H - History

T - Trust

E - Expectation

A - Active Participation

M - Motivation

Greater perceived depth
may serve a trance
ratification function, altering
expectancies, and increasing
responsiveness

Patient may determine the
depth of involvement
deemed necessary for
hypnotic work

“I really don’t know how deep you need to go to accomplish what you want to accomplish, but your unconscious mind knows. So continue to allow each breath to take you deeper into comfort until you are as deep as you need to be.”

Depth of Trance

- Light
 - Slow, deep breathing
 - Observable relaxation
 - Catalepsy
- Medium
 - Partial anesthesia, amnesia, age regression and time distortion
 - Dream-like experience

Depth of Trance

- Deep / Somnambulistic
 - Perceptual distortions & body dissociation
 - Anesthesia, amnesia, hallucinations
 - Revivification
 - Very responsive to posthypnotic suggestions
- Stuporous
 - No awareness of physical body or identity
 - Significant decrease in respiration and pulse
 - 2 – 4 % of subjects

Hypnotic responsiveness
and capacity for depth in
part related to genetic
factors and early
childhood experiences

Deepening may directly follow induction or may be given from time to time throughout the session

As you continue to relax deeper and deeper, notice how effortlessly you can hear and heed my words in your place of comfort, listening with a renewed sense of clarity and purpose.

Deepening

- A second induction
- **Down . . . , Deeper** with inflection
- Stairway, Escalator, Elevator, Mountain, Diving, Slide, Wading, Driving, Flying
- Bringing in more senses: visual, auditory, kinesthetic, olfactory, gustatory

Deepening

- Contingent Suggestions
 - “With every sound of my voice, you can drift deeper and deeper...”
 - “With every breath your relaxation increases more and more...”
- Motivation
 - “You are relaxing deeper and deeper

Deepening

- Counting
- Direct Suggestion
- Silence
- Fractionation
- Confusion Technique & Metaphor

Deepening

- Ratification deepens trance
- An ideomotor or ideosensory experience that convinces the patient that something different is taking place
 - Examples:
 - Arm catalepsy
 - Lid paralysis

Deepening

- Utilizing Breathing
- Imagining Internal Relaxation
- Progressive Muscle Relaxation
- Rapid fractionation – rapid alternating of deepening and lightening creates confusion
- Background distractions
- Dual Tasks / Graduated Tasks

And so when you know that you know everything that you need to know, even though some of it you didn't really know you knew, but now that you know that you don't really need to know whether you knew it, you can let yourself know everything that you need to know in order to do this anytime you know you need it.

Kohen