

INTRODUCTION TO CLINICAL HYPNOSIS: HISTORY, DEFINITIONS, COMMON MISCONCEPTIONS

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Learning Objectives

Provide at least one commonly accepted definition of clinical hypnosis

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Learning Objectives

Explain four hypnosis terms and how they apply to the clinical hypnosis experience

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Learning Objectives

Define at least two commonly held misperceptions concerning hypnosis and give an accurate rebuttal for each



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Hypnosis- An Evolving definition



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APA Div 30 (Society of Psychological Hypnosis)

Hypnosis: A state of consciousness involving focused attention and reduced peripheral awareness characterized by an enhanced capacity for response to suggestion.

Hypnotherapy: The use of hypnosis in the treatment of a medical or psychological disorder or concern

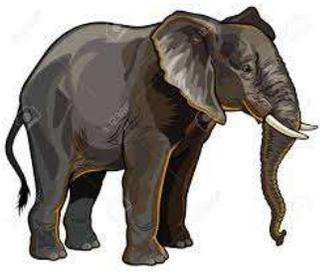
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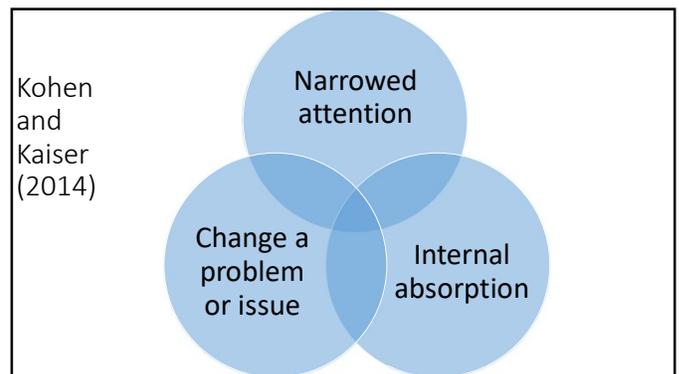
Hypnosis is a state of inner absorption, concentration and focused attention...when our minds are concentrated and focused, we are able to use our minds more powerfully

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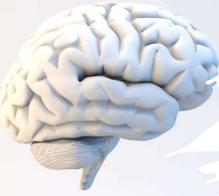
“It is a **focused** experience of **attentional absorption** that invites people to respond experientially on multiple levels to amplify and **utilize their personal resources** in a goal directed fashion” – Michael Yapko



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- Using focus or absorption, on purpose, to help you pay attention to things you want to pay attention to, not pay attention to things you don't want to pay attention to, and help you be a better boss of your brain and body.

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A. MESMER

Fronz Anton Mesmer (1734-1815)

- Began modern hypnosis
- Has theory of "animal magnetism"
- Came as an extension of magnetic forces being studied by astronomers and physicists at the time
- Theory that we are all connected by a magnetic fluid and disruption in it's balance causes disease

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Franklin Commission

-  In 1784, King Louis XVI commissioned a study of mesmerism.
-  President of the Commission was Ben Franklin, ambassador to France.
-  The commission agreed mesmerism was effective but questioned the underlying theory. They felt **imagination** was the true cause of the effects rather than magnetism.

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James Braid (1795-1860)

- Started investigation as skeptic
- Saw that cataplexy and analgesia were real but leaned toward imagination.
- Thinking trance phenomena was some sort of nervous sleep he **coined the term "hypnosis"** from the Greek word for sleep "hypnos"



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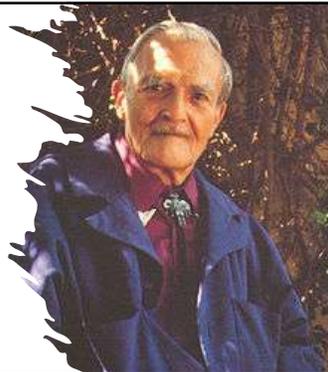
Hypnotherapy in America

- 1st publication was in *Science* in 1891
- Lightner Witmer: Coined the term "Clinical Psychology". He was a sharp critic.
 - Published a paper in *Pediatrics* in 1897- "Hypnosis weakens the will and fosters impulsivity. Mental tonic is what such persons need, not mental perversion as hypnotism is"
- R.O. Mason was a contemporary that replied in *Pediatrics* with cases of beneficial effects of hypnotherapy
- Hypnosis fell out of favor with little done 1900-1950 in both America and Europe. Until it re-emerged based on WWII battle field experiences.

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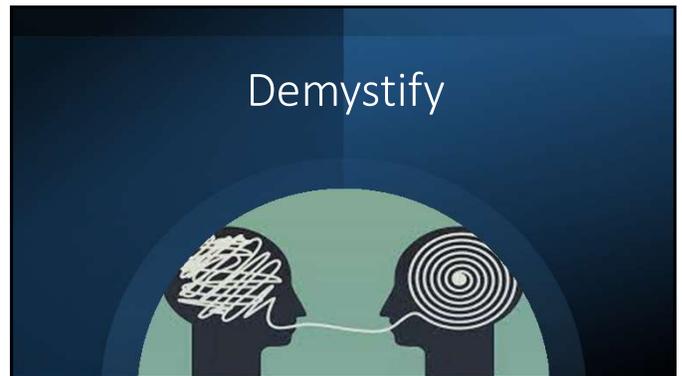
Milton Erickson (1901-1980)

- Began research in 1950-1960's
- He felt trance was an everyday experience and that children's natural desire for mastery and for understanding of and participation in the environment was directly related to their responsiveness to hypnosis.
- Shaped our modern understanding of hypnosis.



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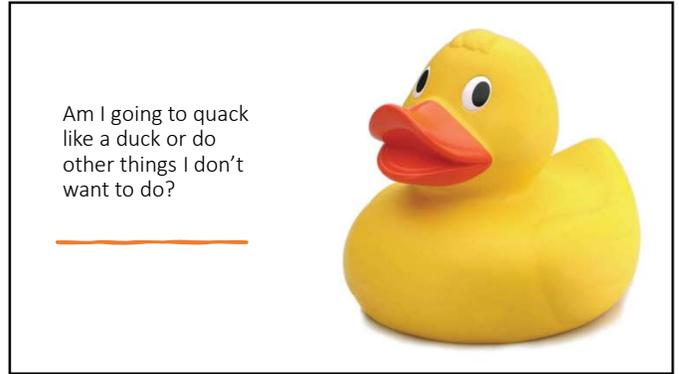
Demystify



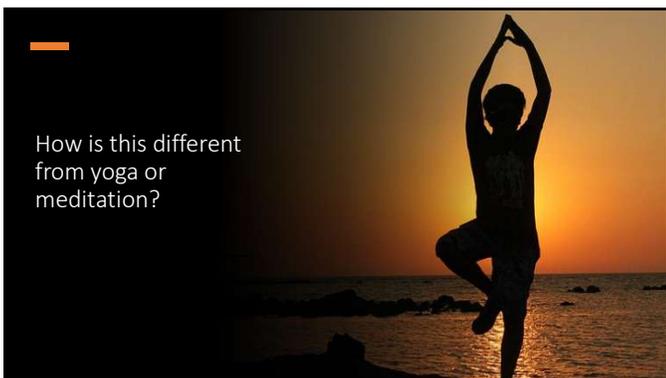
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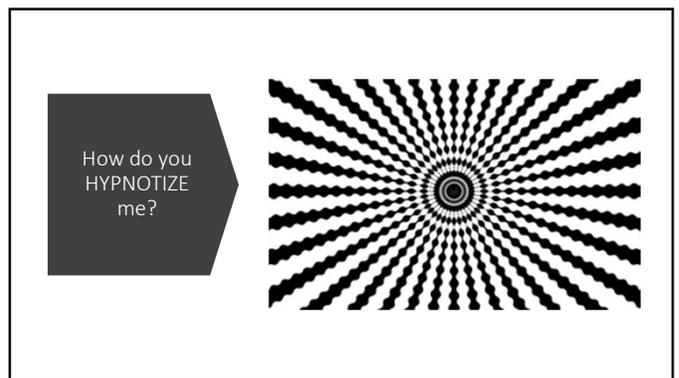
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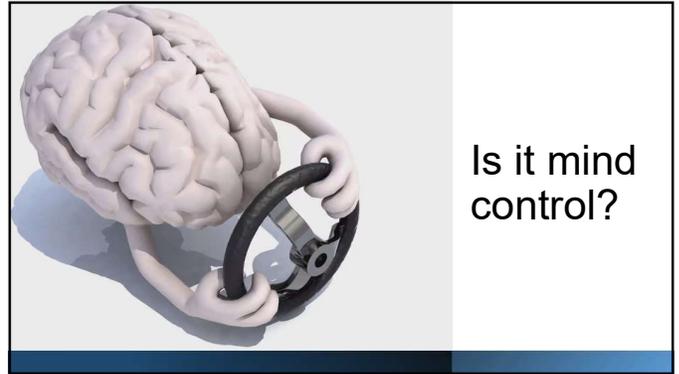
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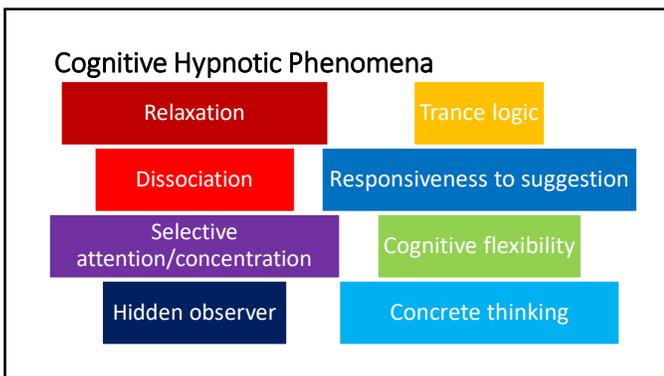
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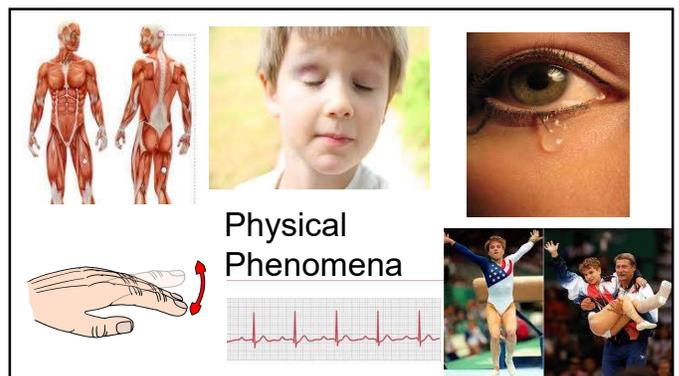
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“Kiss it and make it better”

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Clinical Applications

Pain	Anxiety	Chronic Illness
<ul style="list-style-type: none"> • Acute • Chronic • Recurrent 	<ul style="list-style-type: none"> • Performance anxiety • PTSD • OCD • Phobia • Insomnia 	<ul style="list-style-type: none"> • Cancer • Hemophilia • JRA • Transplant • IBD

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Clinical Applications

Habit Problems	Behavioral Problems	Psychophysiologic Problems
<ul style="list-style-type: none"> • Thumb sucking • Nail biting • Hair pulling • Enuresis • Encopresis 	<ul style="list-style-type: none"> • Anger • Adjustment disorder • Self-regulation • Adjunct to counseling 	<ul style="list-style-type: none"> • Asthma • Migraine • Tourette Syndrome • IBS • Warts

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A child will choose adaptive behavior over maladaptive when given the skill



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Language transforms

You will → You may

Pain → Bother

Try → Do

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Key Themes to listen for.

Rapport, Rapport, Rapport, History, History, History

Language Matters- The words you choose, those you don't and how you say them.

In most circumstances, permissive language is preferred to authoritarian language.

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Key Themes to listen.

Therapeutic interventions are best individualized to the needs/ resources/ interests of the child.

The more you practice, the better you get.

The goal almost always includes building autonomy and self-regulation of the child

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Save the Date

**Annual NPHTI Workshops
October 15-17, 2026!**

Exciting, BIG NEWS!

- NEW Destination retreat setting outside of Chicago area
- NEW Mini-Intensives
- NEW Panel Discussions
- NEW Networking Opportunities
- Exceptional training continued

Helping Children Help Themselves

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