

ASCH

2026

**ANNUAL SCIENTIFIC
MEETINGS & WORKSHOPS**

New Frontiers in Hypnosis:
Human Ingenuity, AI Innovation,
and Ethical Boundaries

 VIRTUAL

March 20–22, 2026

Dr LEMAIRE Brice - HYPNO ANESTHESIA-



- PhD Dental Surgeon
- Liberal practice since 1996
- Dental hypnosis since 2000
- Dental University Nice (France) : postgraduate dental hypnosis
- President French Society Dental Hypnosis
- Author, speaker, trainer in medical hypnosis
- Member ISH, ASCH, SCEH

Disclosures

ASCH and ASCH-ERF jointly provided this program.

No staff or committee members involved in the development, planning or execution of educational content have any financial relationships or conflicts of interest to disclose.

Dr LEMAIRE has no significant financial relationships or conflicts of interest to disclose.

Continuing Education & Accreditation Statement

This program has been approved by the American Society of Clinical Hypnosis Standards of Training Committee to be used toward Membership and Certification requirements.

The American Society of Clinical Hypnosis-Education and Research Foundation (ASCH-ERF) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The American Society of Clinical Hypnosis-Education and Research Foundation (ASCH-ERF) designates this live activity for a *maximum of 57 AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This program is Approved by the National Association of Social Workers (886386995-7390) for 57 continuing education contact hours.

This course is approved by the American Society of Clinical Hypnosis and as such is an approved continuing education course per Florida's AC-Rule 64B-4-6002 American Society of Clinical Hypnosis-ERF is designated as an Approved PACE Program Provider.



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American Group Psychotherapy Association (AGPA) is approved by the American Psychological Association to sponsor continuing education for psychologists and the American Society of Clinical Hypnosis (ASCH). American Group Psychotherapy Association (AGPA) is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists.

Learning Objectives

At the conclusion of this session, participants will be able to:

- **Identify at least three** hypnotic anesthesia techniques and describe how each can function as an adjunct to standard clinical pain management.
- **Demonstrate at least two** methods for inducing and stabilizing deep trance states suitable for procedural care.
- **Apply at least three** hypnotic strategies—such as rapid inductions, self-deepening procedures, or analytic reframing—to support patient comfort during painful procedures.

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HYPNO ANESTHESIA

Dr LEMAIRE Brice

March 2026



Hypno anesthesia (Implant surgery)

Dental hypnosis

Presentation

Dental hypnosis specificity

Topics

ASCH founders 1957 (5/7)



Definitions

Science : define what you observe.

Albert Camus (1944) « To misname is to add to the misfortune of this world. »



Hypnosis

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

**Advancing research and practice: the revised APA
Division 30 definition of hypnosis.**

IJCEH 2015

[Gary R Elkins](#), [Arreed F Barabasz](#), [James R Council](#), [David Spiegel](#)



Hypnosis

« Hypnosis is a naturally occurring state of highly focused attention that prioritizes experience over evaluation.

This intensity of focus is accomplished with the help of dissociation—putting potential distractions outside of conscious awareness. Another component is cognitive flexibility the capacity to see old, familiar situations from a new point of view.

This mental state creates a superb opportunity for therapeutic change. »



Tranceformation: Digital dissemination of hypnosis.

Neuron 2024

David Spiegel

Hypnosis

Historical definition

« This word hypnosis is based on the ancient greek etymology : « υπνος» (hýpnos) and « ἐνύπνιον» (enýpnion) which mean dream during sleep or reveri during somnolence »

Le Magnétisme éclairé (1820)

670 words based on greek etymology : hypnologie, hypnocritique, hypnopole, hypnocratie, hypnomancie, etc...

Le magnétisme animal retrouvé dans l'antiquité (1821)

French imaginationnist

Hypnosis : activate dreaming bra, onirotherapy

Dreaming, Mind-Wandering, and Hypnotic Dreams
Frontiers in Neurology 2020

Peter Fazekas and Georgina Nemeth

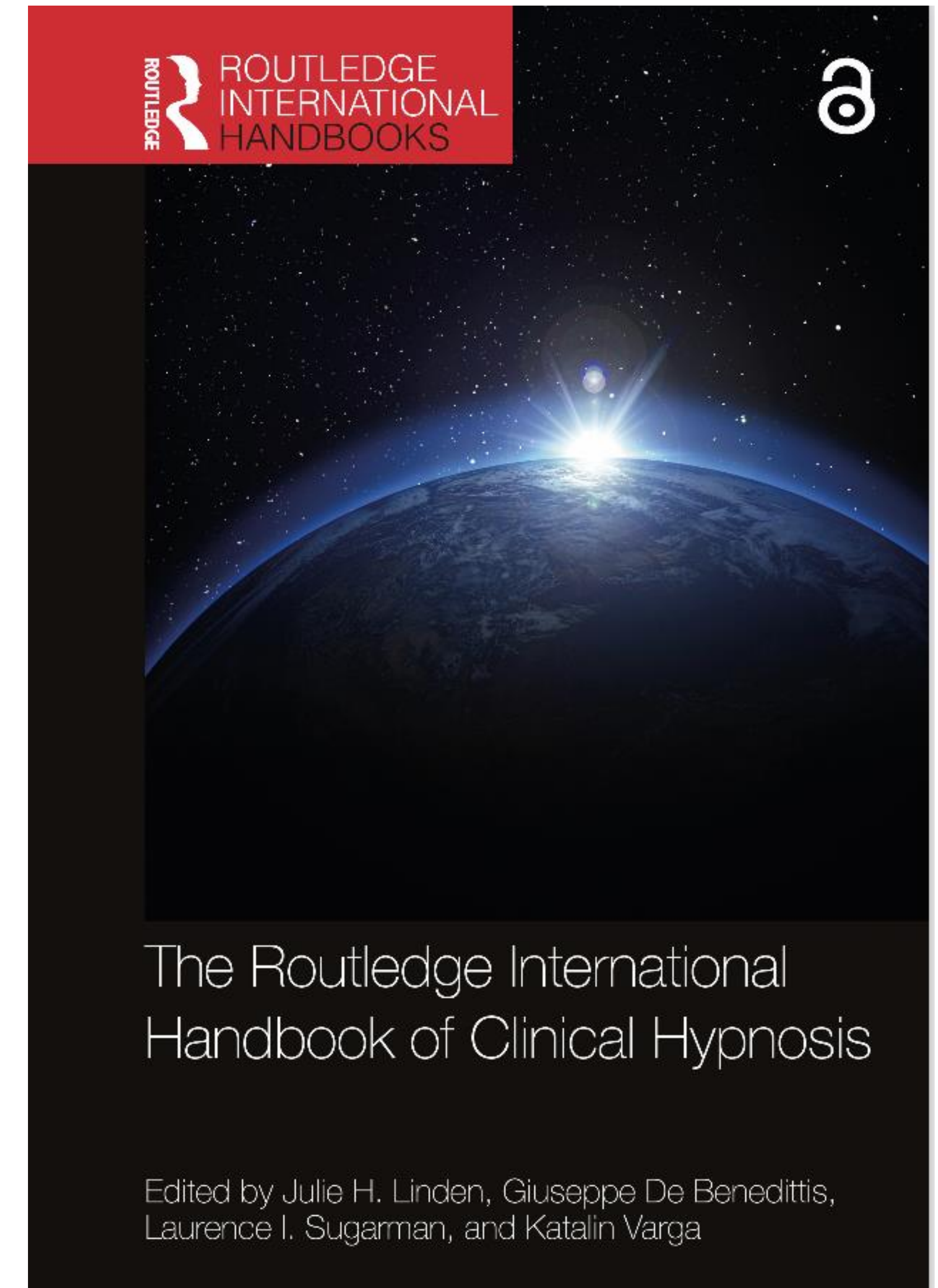


Dental hypnosis

Hypnodontics is defined in The Dictionary of Hypnosis as, “a new variety of dentistry which uses hypnosis” (Winn, 1965)

Aaron Moss coined the term « hypnodontics » in 1948

Chapter 38 HYPNODONTICS
The Routledge International Handbook of Clinical Hypnosis 2024
Gabor Filo



Hypnodontics

Mind:

- Dental fear, anxiety, phobia management
- Pain (accuse, procedural, chronic)

Body:

- Pain amelioration, analgesia, anesthesia
- Bleeding management/ control
- Salivation control and management
- Gagging control and management

Responses:

- Stress management
- Recurrent aphthous ulcer management

Behaviors:

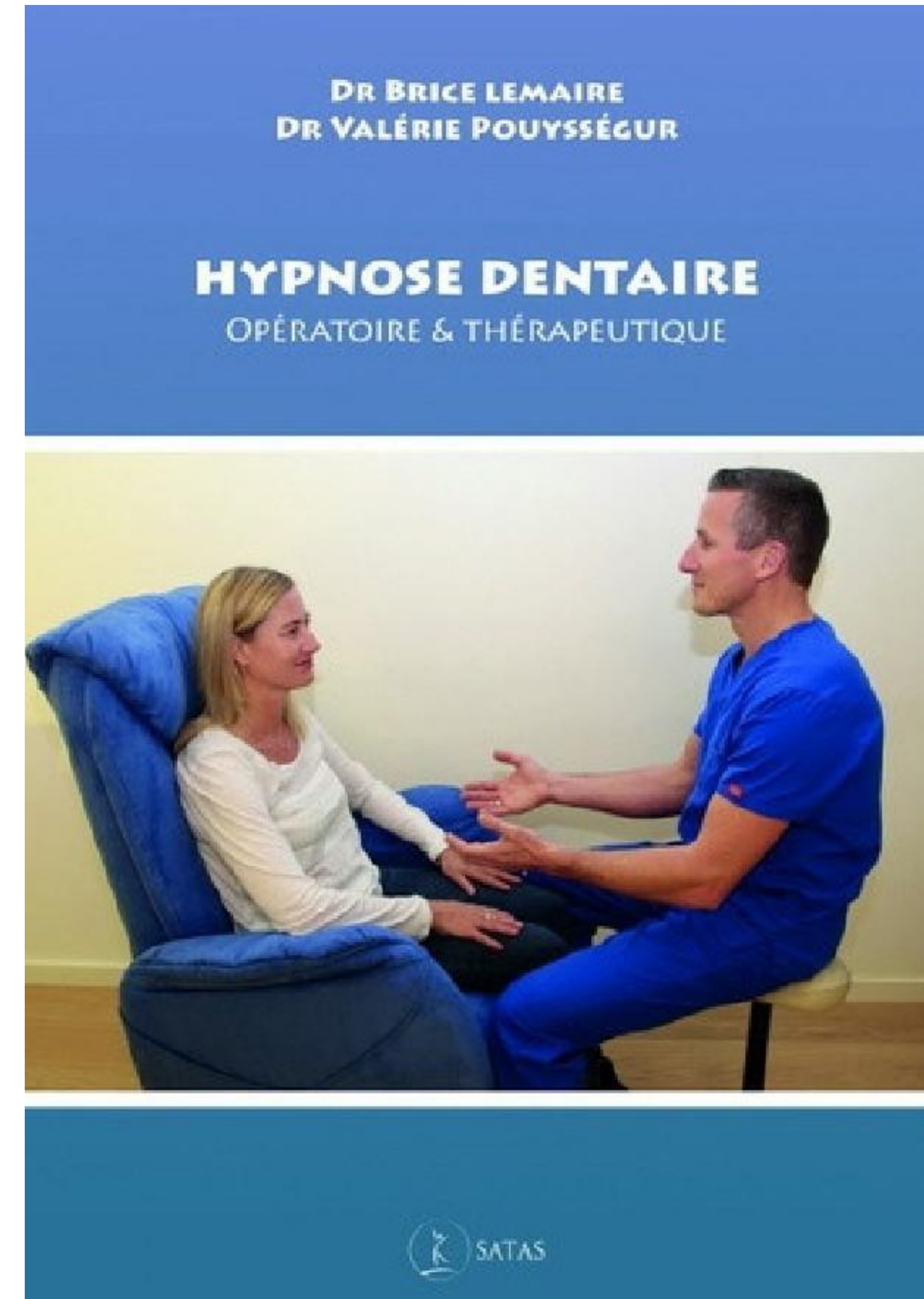
- Smoking cessation
- Habit control e.g., digit sucking, tongue thrusting
- Bruxism

Hypno anesthesia is one specific ingredient in procedural pain

Chapter 38 HYPNODONTICS

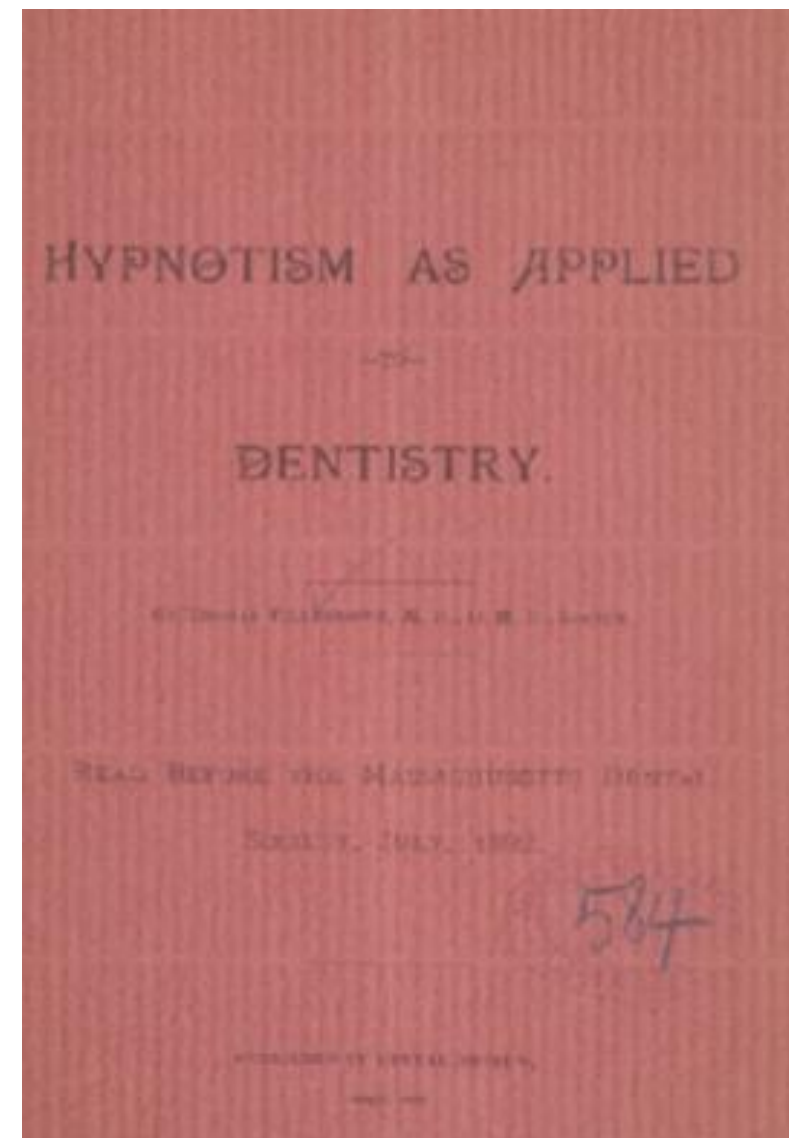
The Routledge International Handbook of Clinical Hypnosis 2024

Gabor Filo



History of hypno anesthesia

- Description of use of Magnetism for Dental Pain (Histoire Critique du Magnétisme Animal by Deleuze, FR, 1813)
- First historical dental extraction with magnetism Dr Oudet FR, 14/11/1836
- Dr Elliotson The Zoist, UK, 1843-1856 (12 reports)
- Dr Esdaile, IND, (Mesmerism in India, 1851)
- Drs Ribault & Kiario (Poitiers, FR, 1847): Jaw tumor under hypnosis
- Drs Carter & Turner (Leeds, UK, 1890): Multiple teeth extraction
- Dr Fillebrown (1892) : « Hypnotism as applied to dentistry »



Dave Elman
HYPNOSIS
Institute France
Dr Brice Lemaire

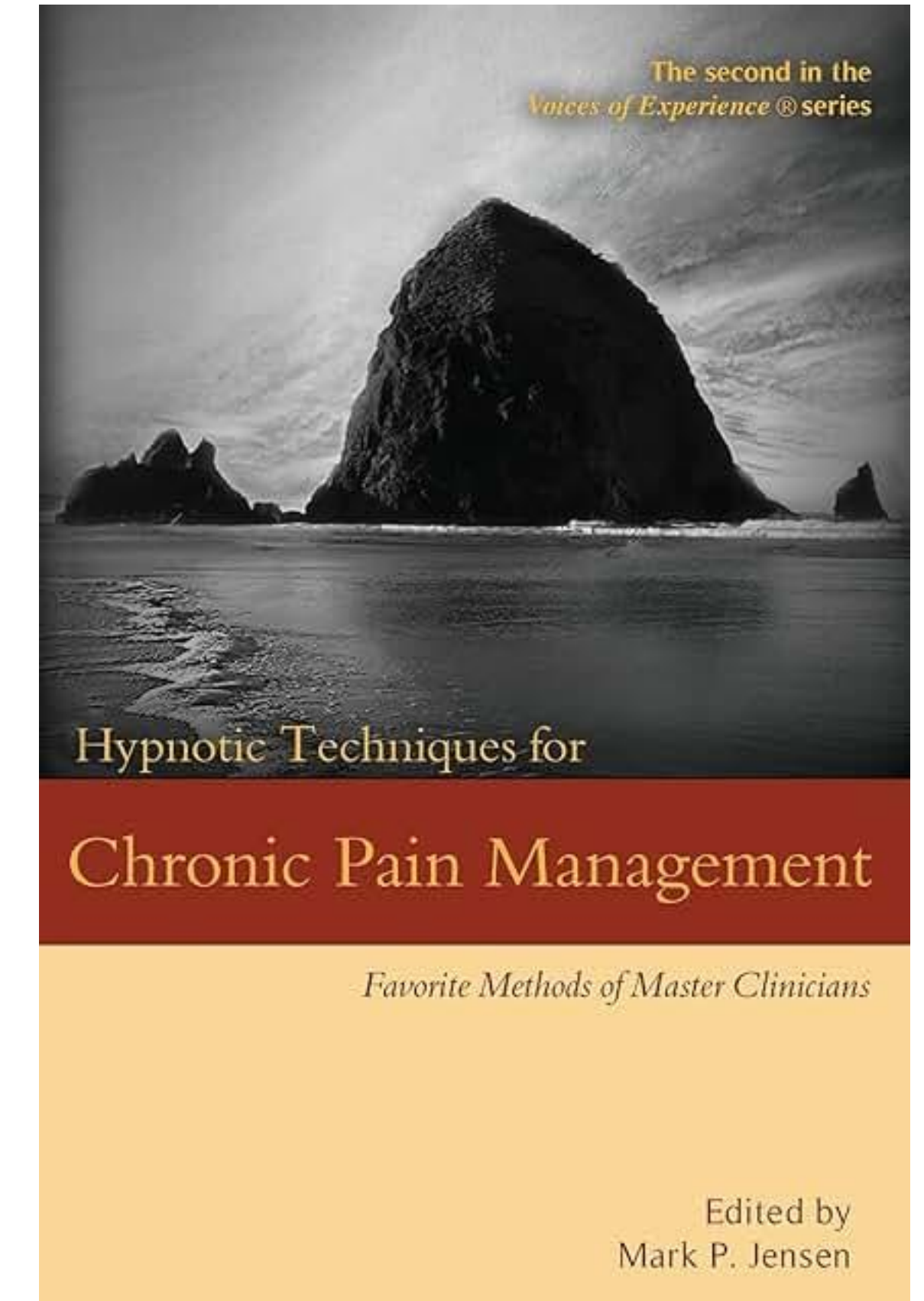
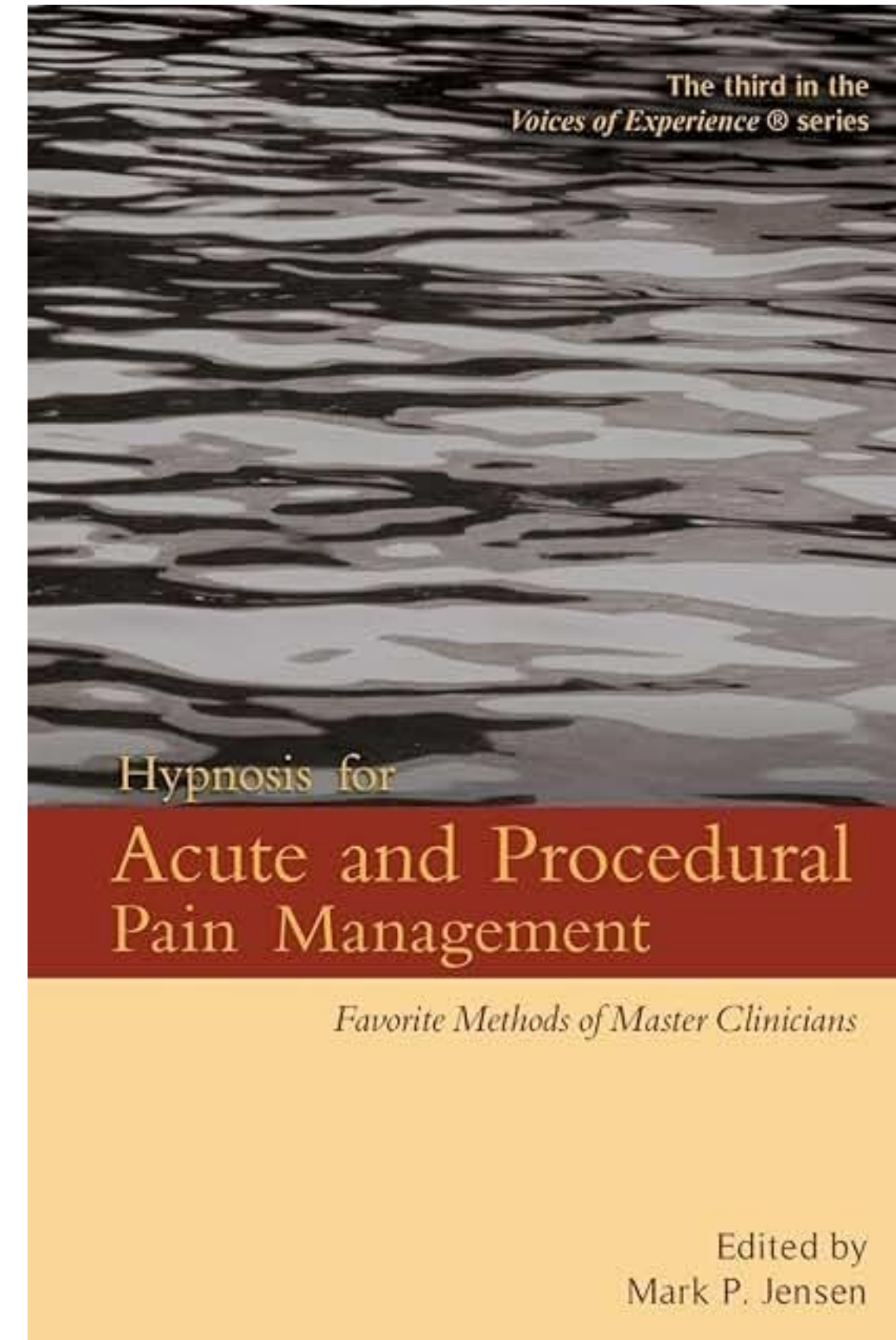


Hypno anesthesia (kids)

Pain classification

Acute Pain
Procedural pain
Chronic pain

Favorite Methods of Master Clinicians Vol. 2 & 3
Mark Jensen



Pain neuromatrix

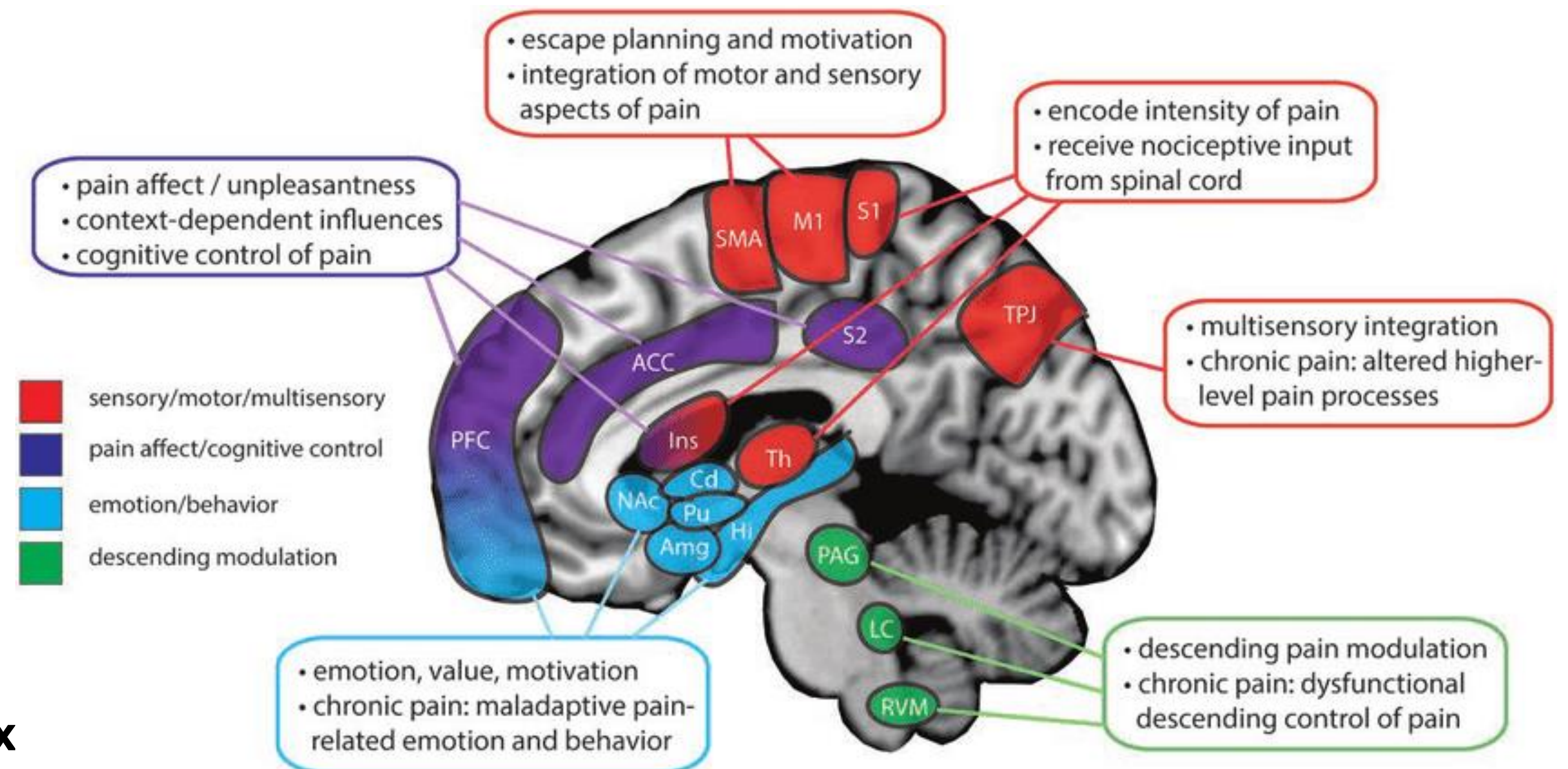
Pain is not an input, pain is an output

Suffering = Pain X Worry

Phantom limbs and the concept of a neuromatrix

[Trends in Neurosciences](#) 1990.

Melzack Ronald



Pain neuromatrix



Hypnosis in Pain Management

Hypnosis creates new associations

Cognitive flexibility / Neuroplasticity

Targetting suggestion

Hypnosis for Pain Management

DGZH Berlin 2025

Mark Jensen

Implications from brain activity research

Make suggestions that address each of the many pain systems involved:

Periphery →	Site-specific comfort and healing
STT →	Filtering in comfortable sensations
S1 and S2 →	↓ Intensity, Δ quality
Insula →	Physical safety and health
ACC →	↓ Bothersomeness, ↑ Acceptance
PFC →	Meaning of pain (adaptive thoughts)
Activation →	Global calm
Connectivity →	Association/Dissociation
Plasticity →	“Back to normal”

About suggestions

Language has a creative power

Every word has a physiologic & a psychologic effect

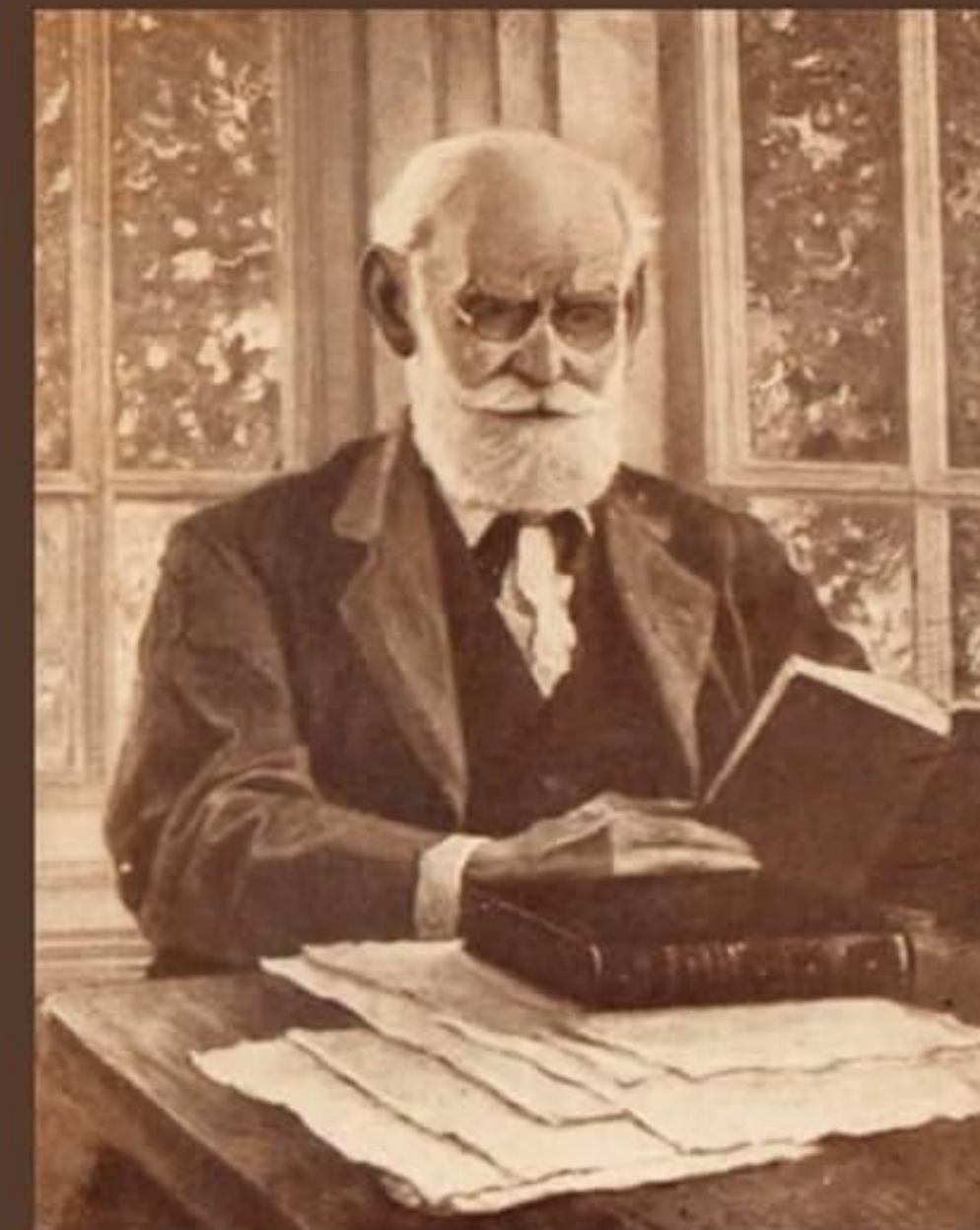
Trance is an amplifier & a catalyser

Exorcism vs adorcism

The Word As a Physiological and Therapeutic Factor
K Platonov 1959

The Word as a Physiological and Therapeutic Factor

The Theory and Practice of Psychotherapy
According to I. P. Pavlov



K. I. Platonov

About suggestions

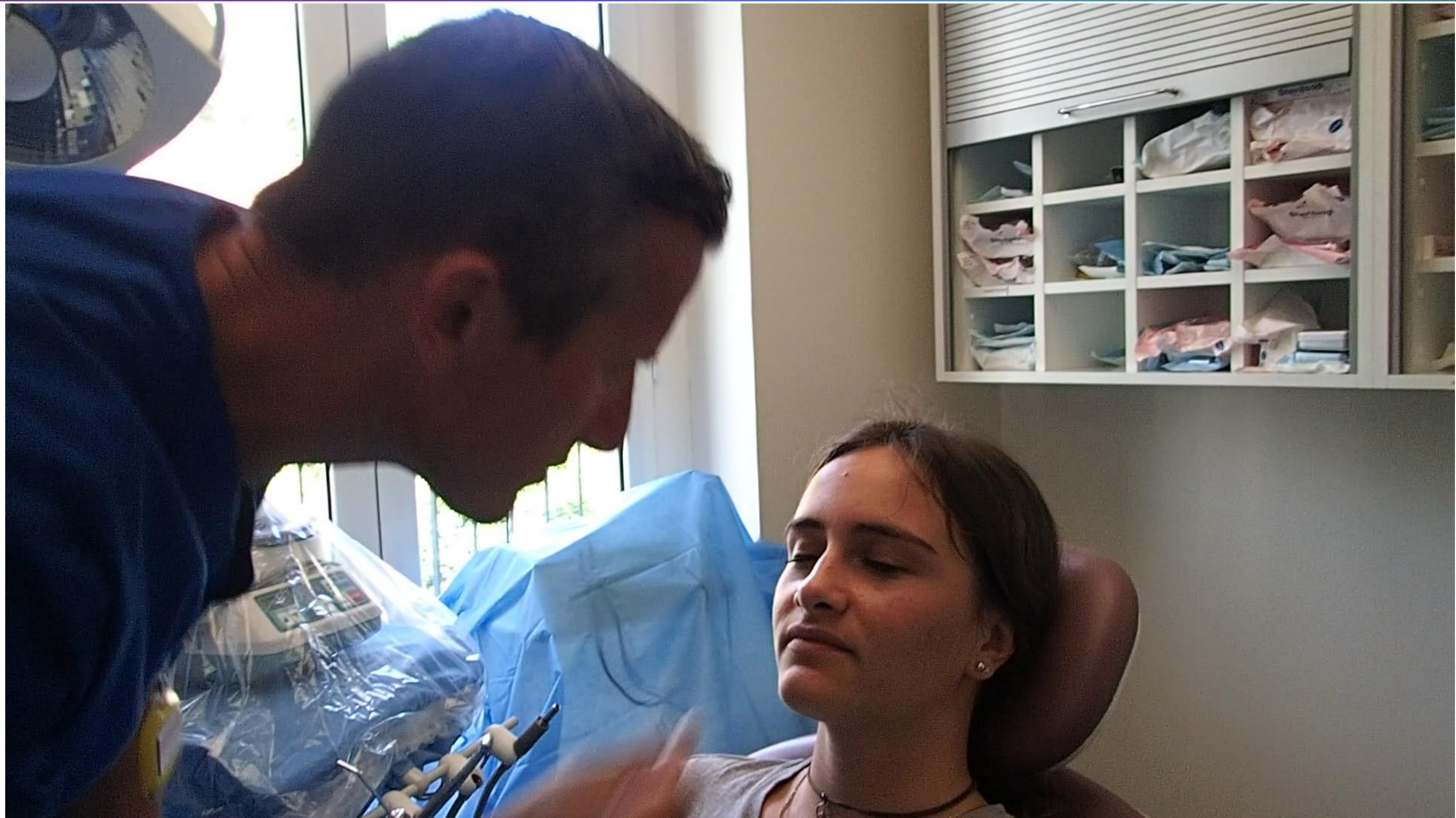
S.P.I.D.E.R.S : simple, positive, image, direct, emotion, repetition, sensation

Direct suggestion but indirect technique

Activation of a suggestion :
repetition, « think of.. », etc...

Monoideism Braid (1843)





Hypno anesthesia (Periodontal surgery)

Workshop 1

Levitation induction with fractionation

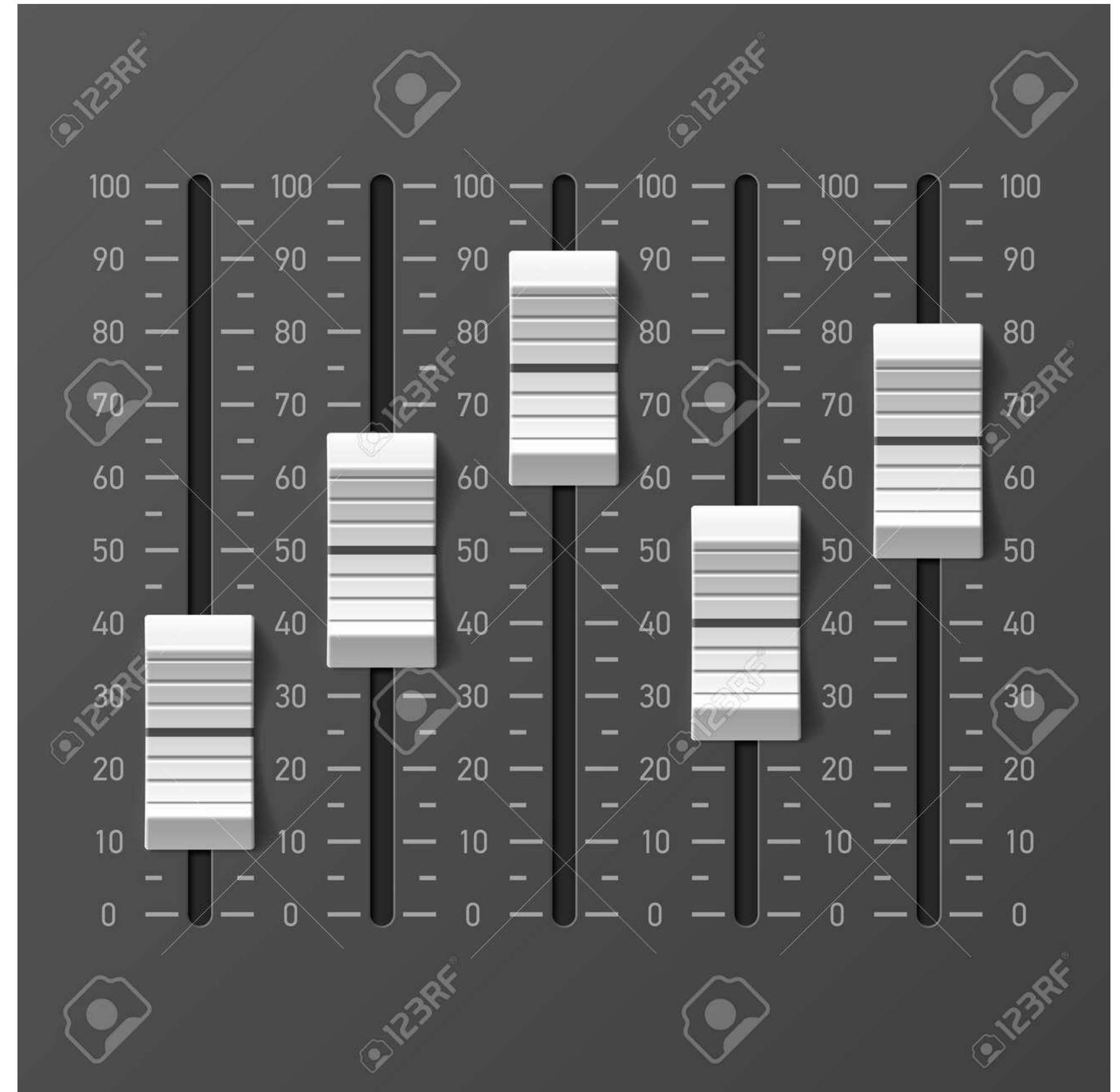


Definitions

Hypno sedation

Hypno analgesia/anesthesia

Qualitative / quantitative difference



Hypnotizability

“An individual’s ability to experience suggested alterations in physiology, sensations, emotions, thoughts, or behavior during hypnosis.”

Scale of evaluation (Stanford, HIP, Elkins)

Bio psycho social approach

Increases with learning (H.Bernheim)

**Hypnotic relaxation therapy
Gary Elkins 2014.**

EHS: Elkins Hypnotizability Scale



SCEHResources ElkinsHypnotizabilityScaleEHS 2014



Hypno anesthesia (High hypnotizability)

Deep trance management

Two kind of deep trance

Relaxation : deep stuporous trance, esdaile state, hypnotic coma hypnotique, hypno sedation, lethargic trance, etc..

Activation : deep somnambolic trance, Somnambulism, oniric trance, hallucinatory trance, etc...

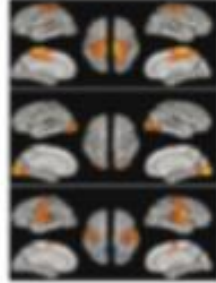
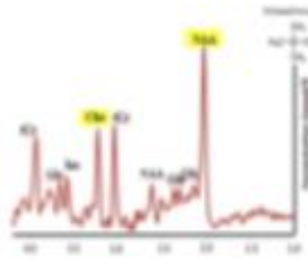




Qualitative difference not quantitative

Investigating functional brain connectivity patterns associated with two hypnotic states

Frontiers in Human Neuroscience 2023

Mike Bruegger

Projet „HypnoScience“

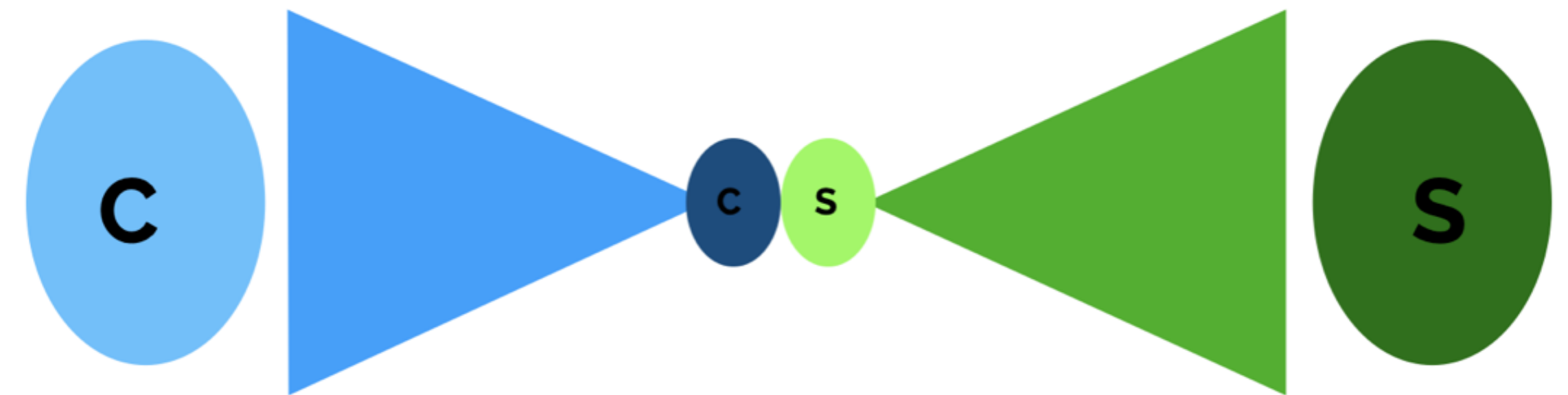
Principaux défis	HypnoScience approach		
Unimodalité des méthodes utilisés (EEG, fMRI, PET)	Étape 1 (actuelle)  Connectivité et réseaux	Étape 2  Neurochimie	Étape 3  EEG
Taille de l'échantillon (min. 30)	50 sujets	50 sujets	50 sujets
Différents niveaux de compétence des thérapeutes	   Méthode standardisée et procédurale permet de réduire l'importance de la compétence individuelle		

Deep trance management

OXO (c)

Pedagogic metaphor

3 strategies for deep trance

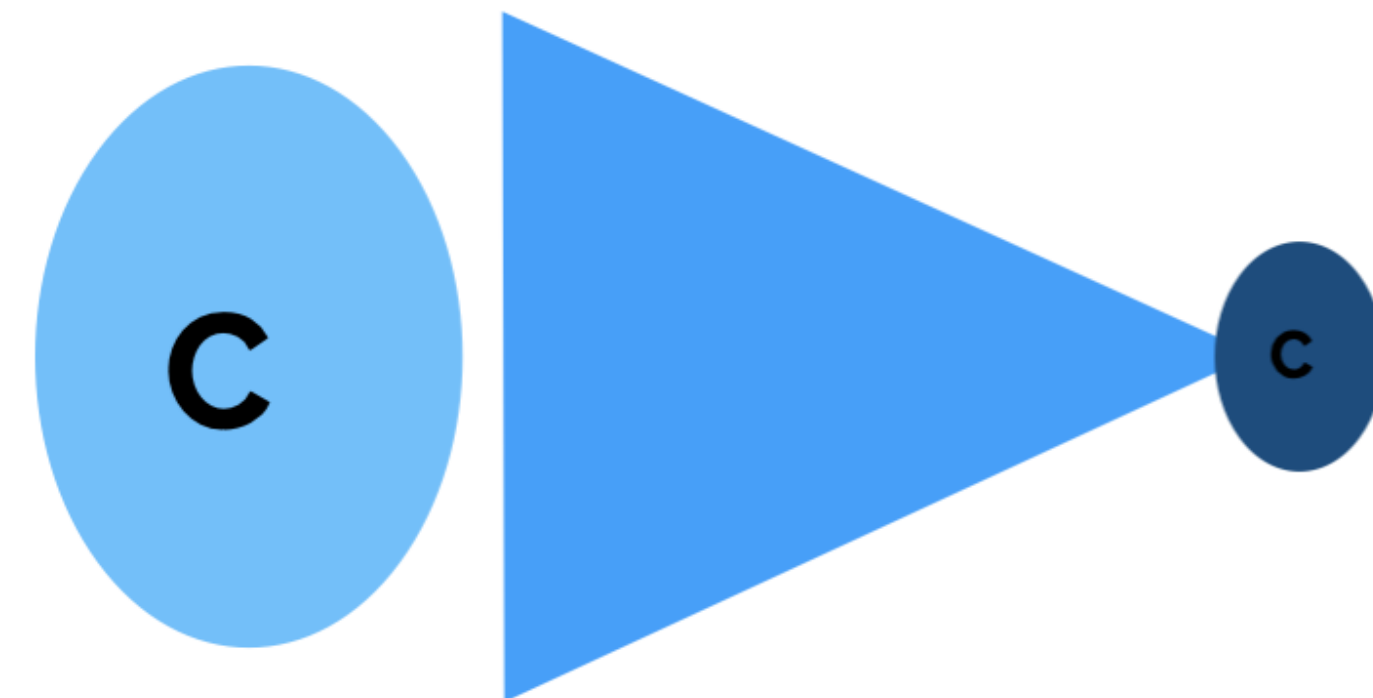


Trance of relaxation

Slow down physiological & psychological activity

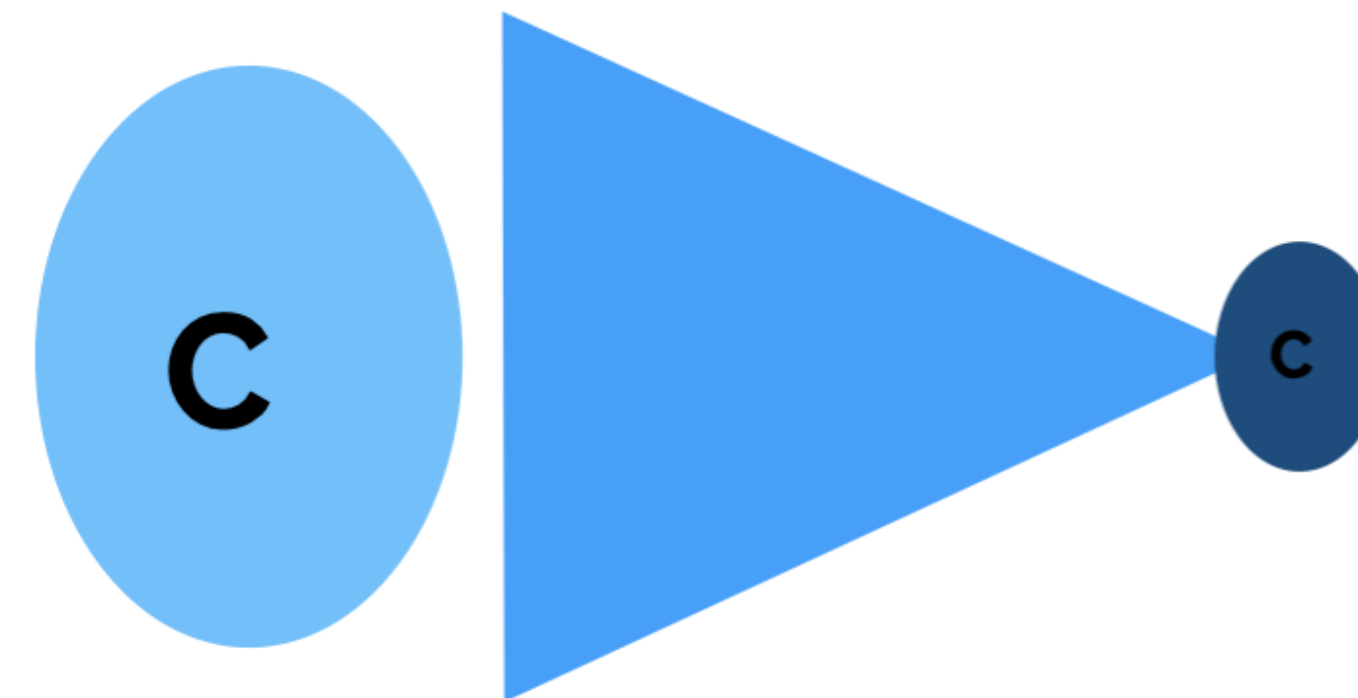
Diminish consciousness : mind & body

**Relaxation : deep stuporous trance, esdaile state, hypnotic coma
hypnotique, hypno sedation, lethargic
trance, etc..**



Trance of relaxation

Rapport
Pretalk
Pretests
Induction
Deepening
Suggestions

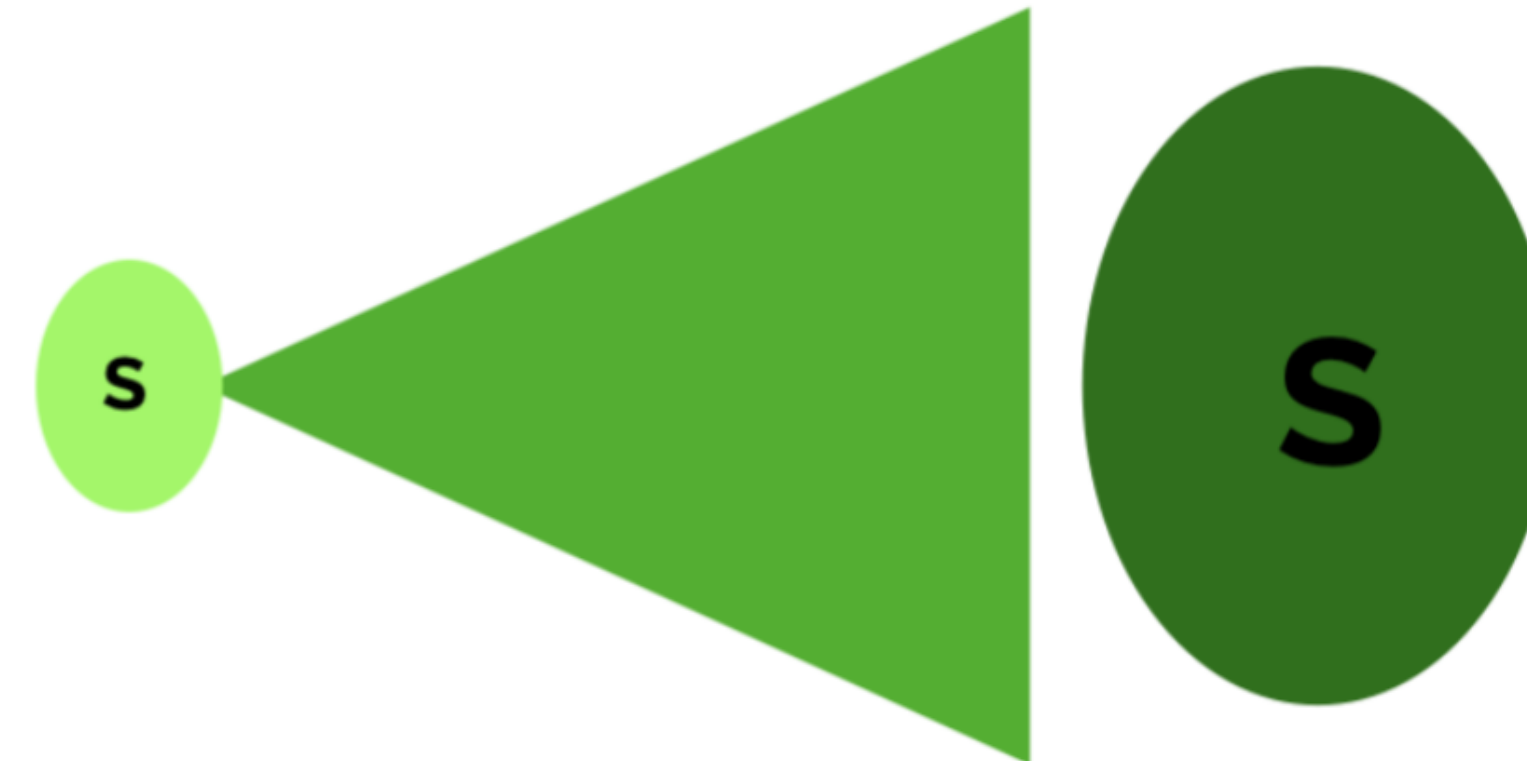


Trance of activation

Amplify subconscious activity in mind & body

Automatic, involuntary, effortless answer to suggestion

Activation : deep somnambolic trance, Somnambulism, oniric trance, hallucinatory trance, etc...



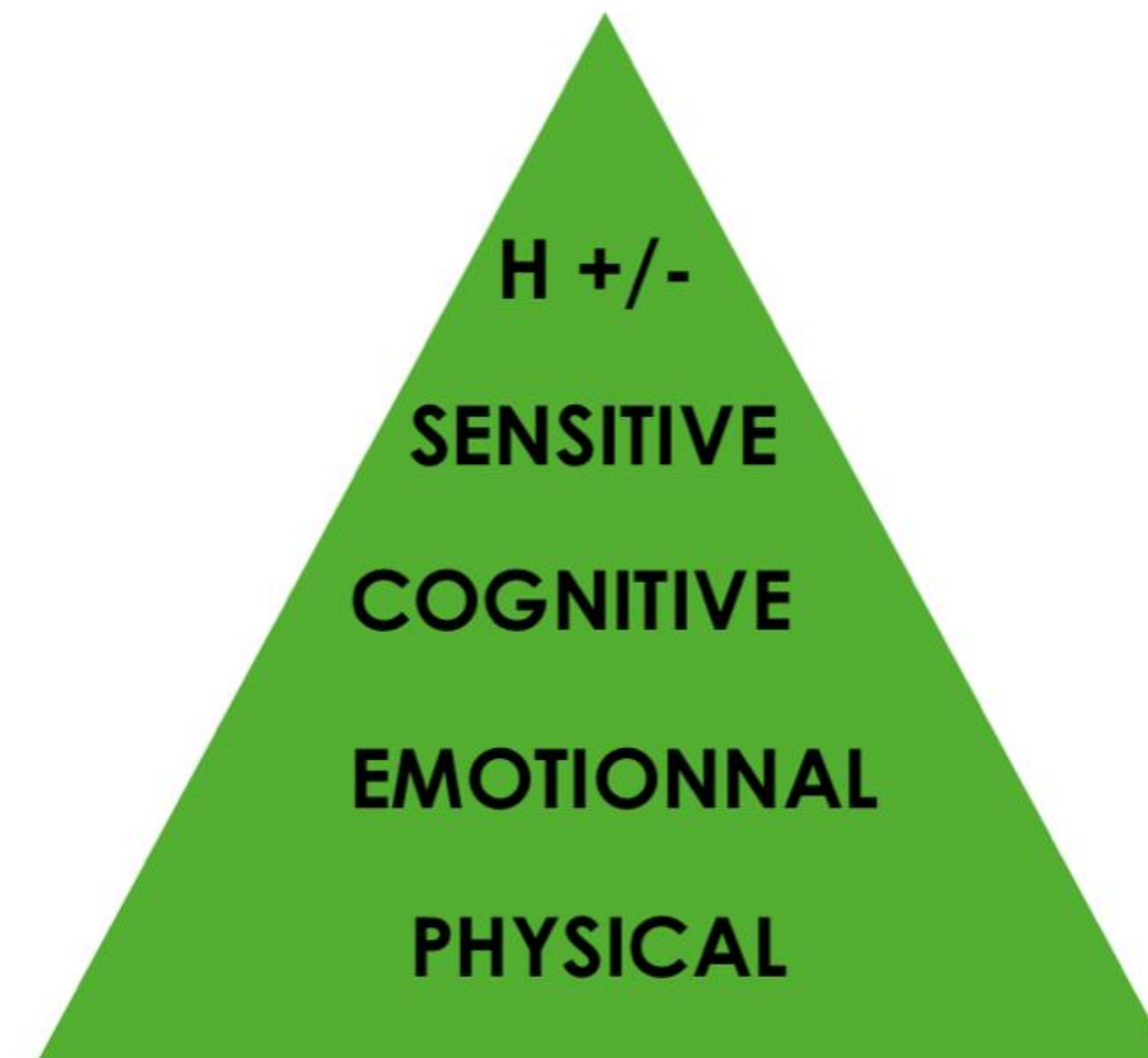
Deep trance of activation

Gradual and progressive

Hypnotic phenomena intensify the trance

Test for level of trance : test, convincer, intensify trance

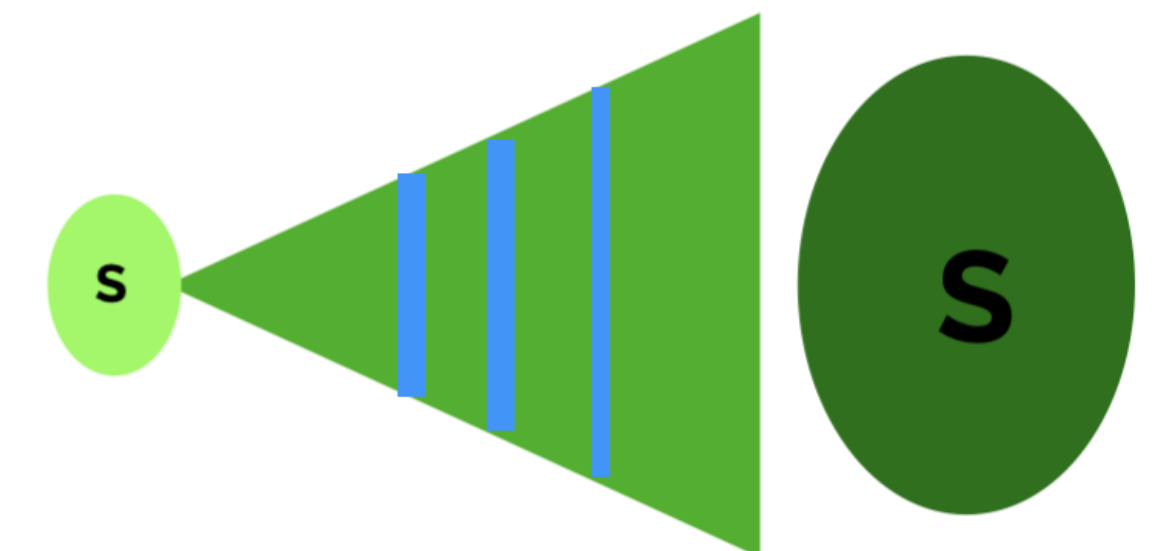
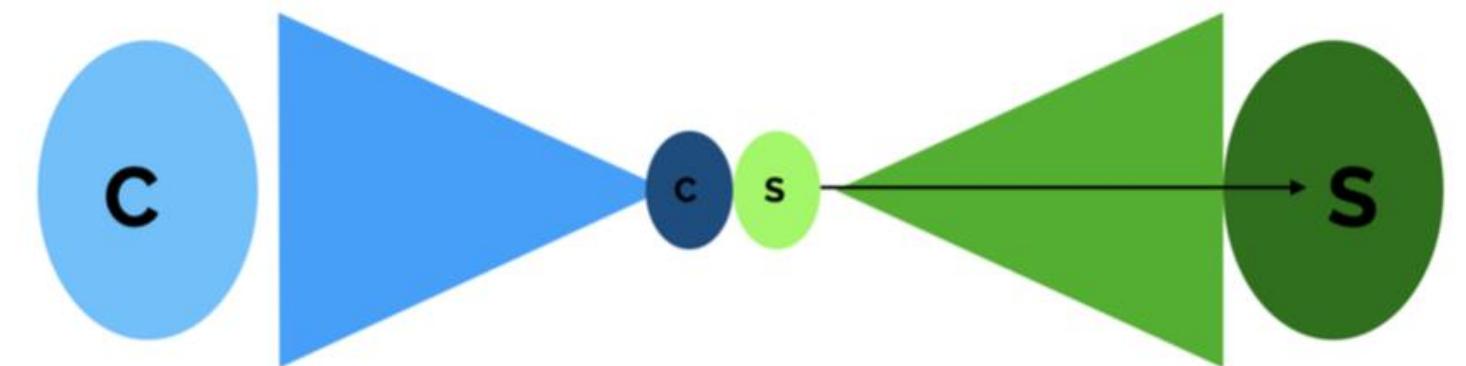
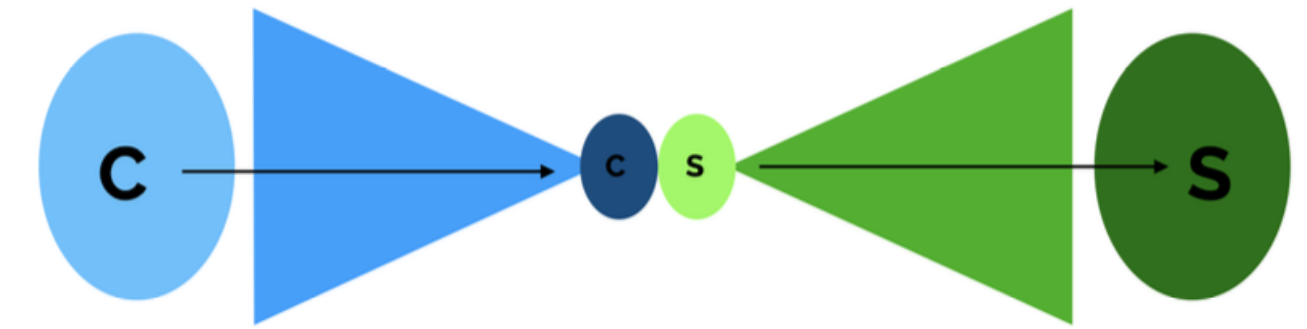
« Start working when subconscious is the boss » M.Preston



Deep trance management

3 strategies for deep trance

Historical, classical, modern



Deep trance intensification

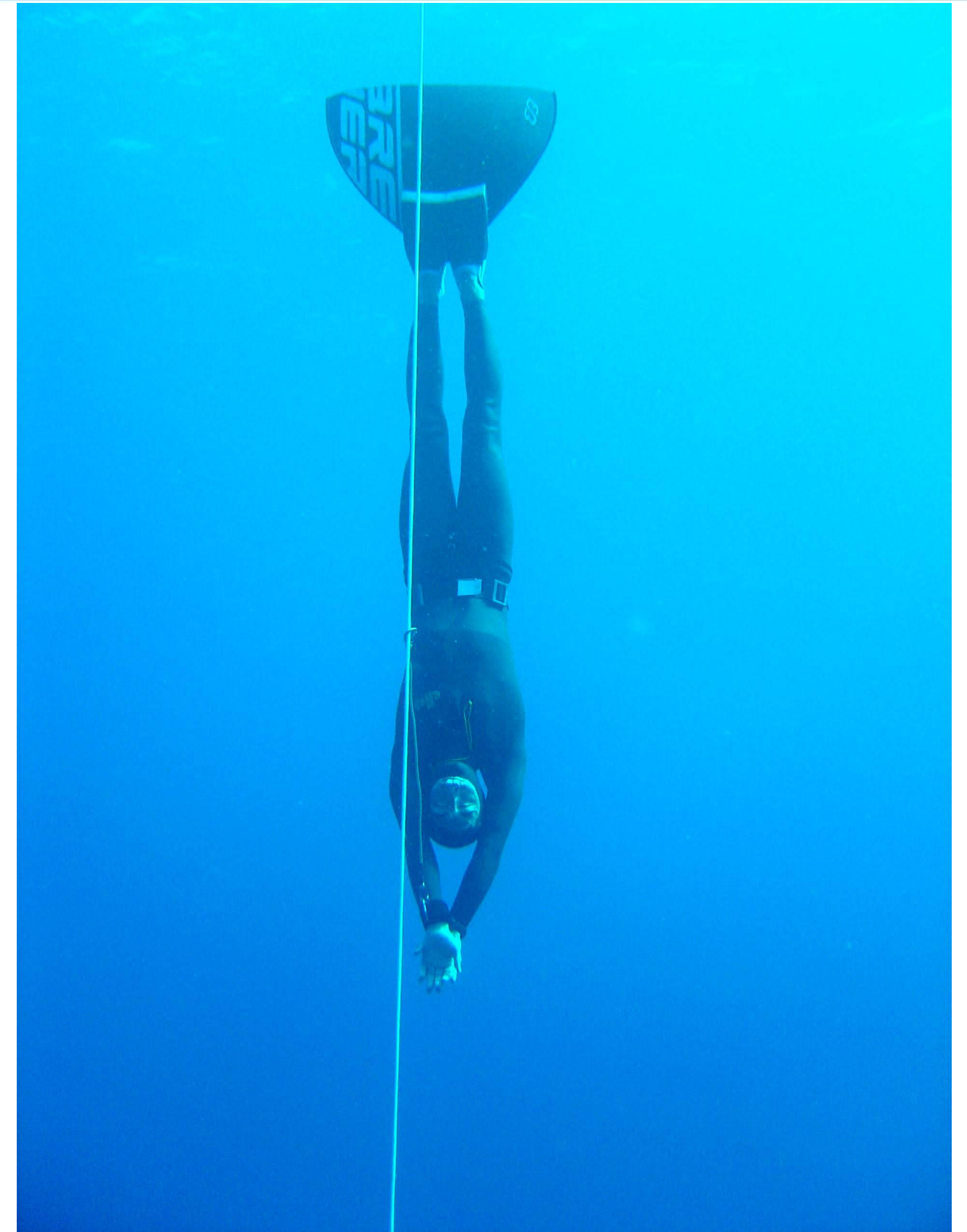
The fastest, the deepest trance to have various hypnotic phenomenas

Automatic, involuntary, effortless answer to suggestion

**No suggestions during surgery only operative instructions
Hypnosis operator/dental surgeon**

Brain loop (compounding technic)

Self deepening technic for patient



Workshop 2

Self deepening technique
(Fractionnation, breathing,
anchor, etc..)



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Hypno anesthesia (Wisdom teeth)

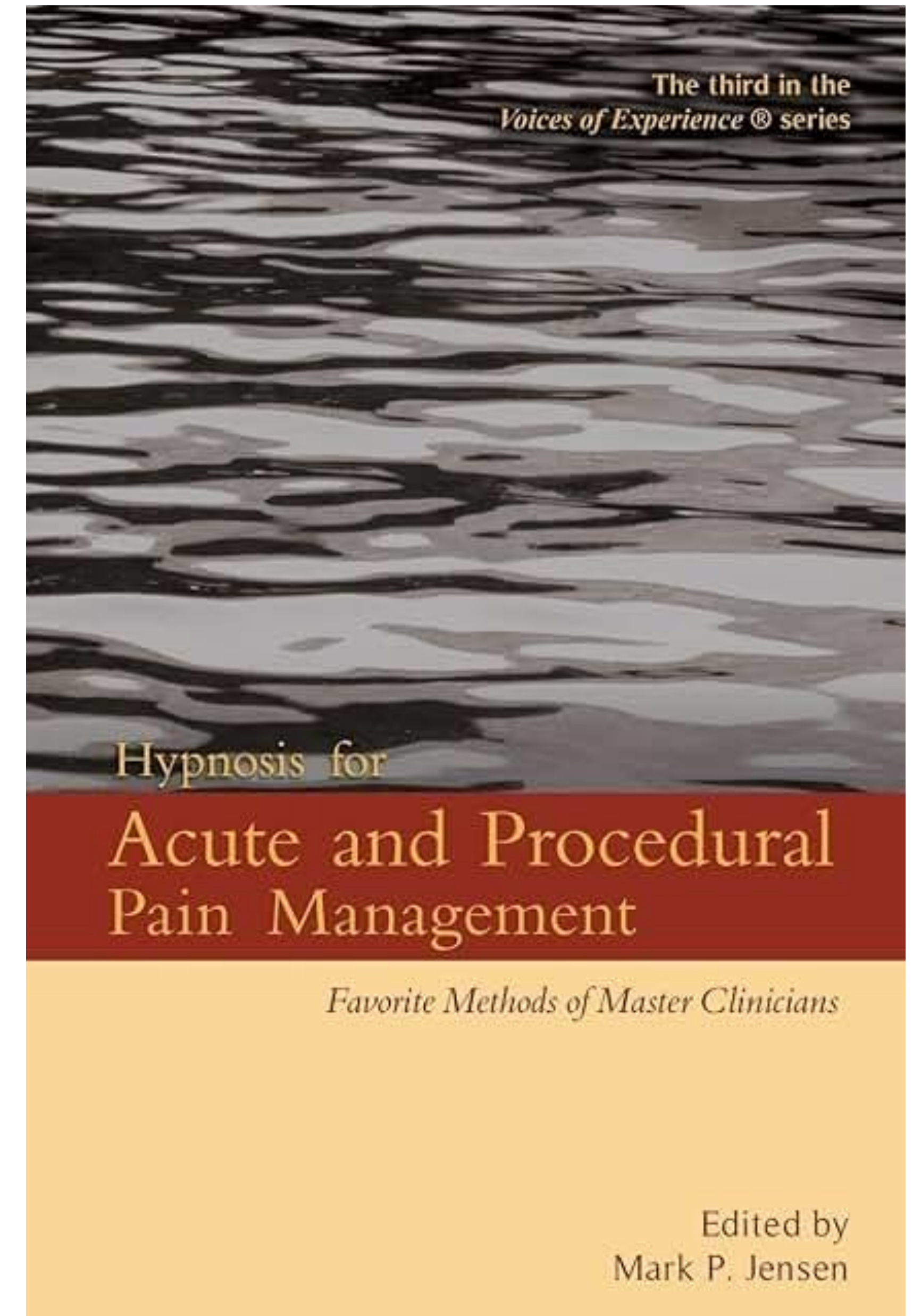
Procedural pain

Techniques tailored for each patient

Depend on hypnotic answer to suggestion

The more techniques... the more freedom

**Favorite Methods of Master Clinicians Vol. 3
Mark Jensen**



Procedural pain

Many types of suggestions

- general suggestions
- distraction filters
- hypno sedation
- time distortion
- spatial distorsion
- dissociation
- neglect
- hypno analgesia/anesthesia
- self control
- amnesia
- healing suggestion



Hypno anesthesia

Direct suggestion (compounding)

Metaphor (wood, stone, ice, plastic, invisible)

Dissociation (mind-body, dismorphogenese)

Glove anesthesia (many techniques)

Sensation (rigidity, relaxation, numbness, cold, warm, local anesthesia)

Control room (cursor, number, colors)

Interruptor technic

Hypno sedation

Mesmerism



Hypno anesthesia transfert

By the patient

Levitation of the hand

Hand goes down

By the operator

Touch, massage, compress by the operator





Hypno anesthesia (Periodontal surgery)

Workshop 3

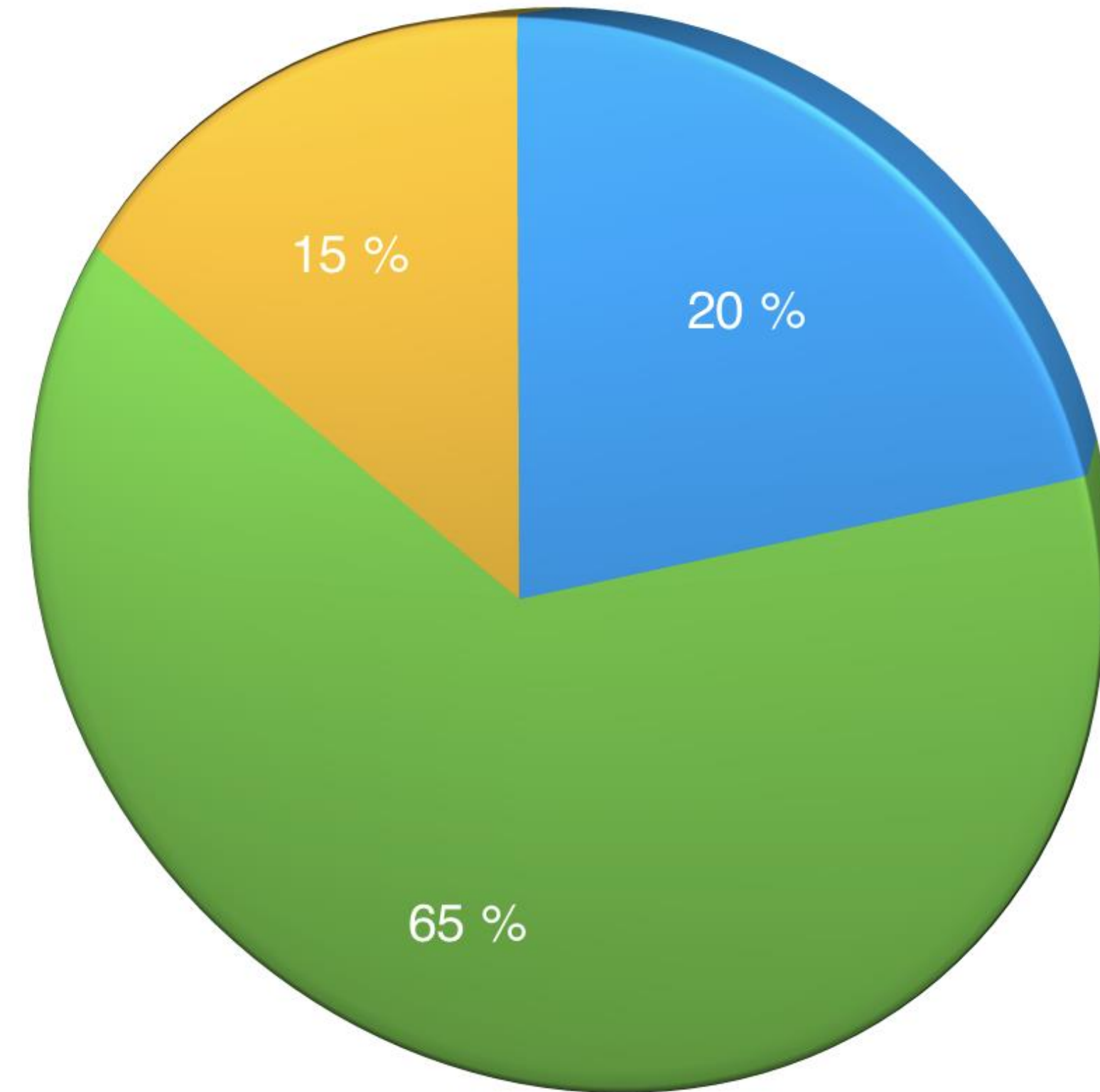
Hypno anesthesia
by direct suggestions and
compounding technique



● Hypno sedation ● Hypno analgesia ● Hypno anesthesia

Hypno anesthesia in Dental hypnosis

Epidemiology
Database 20.000 videos
15%

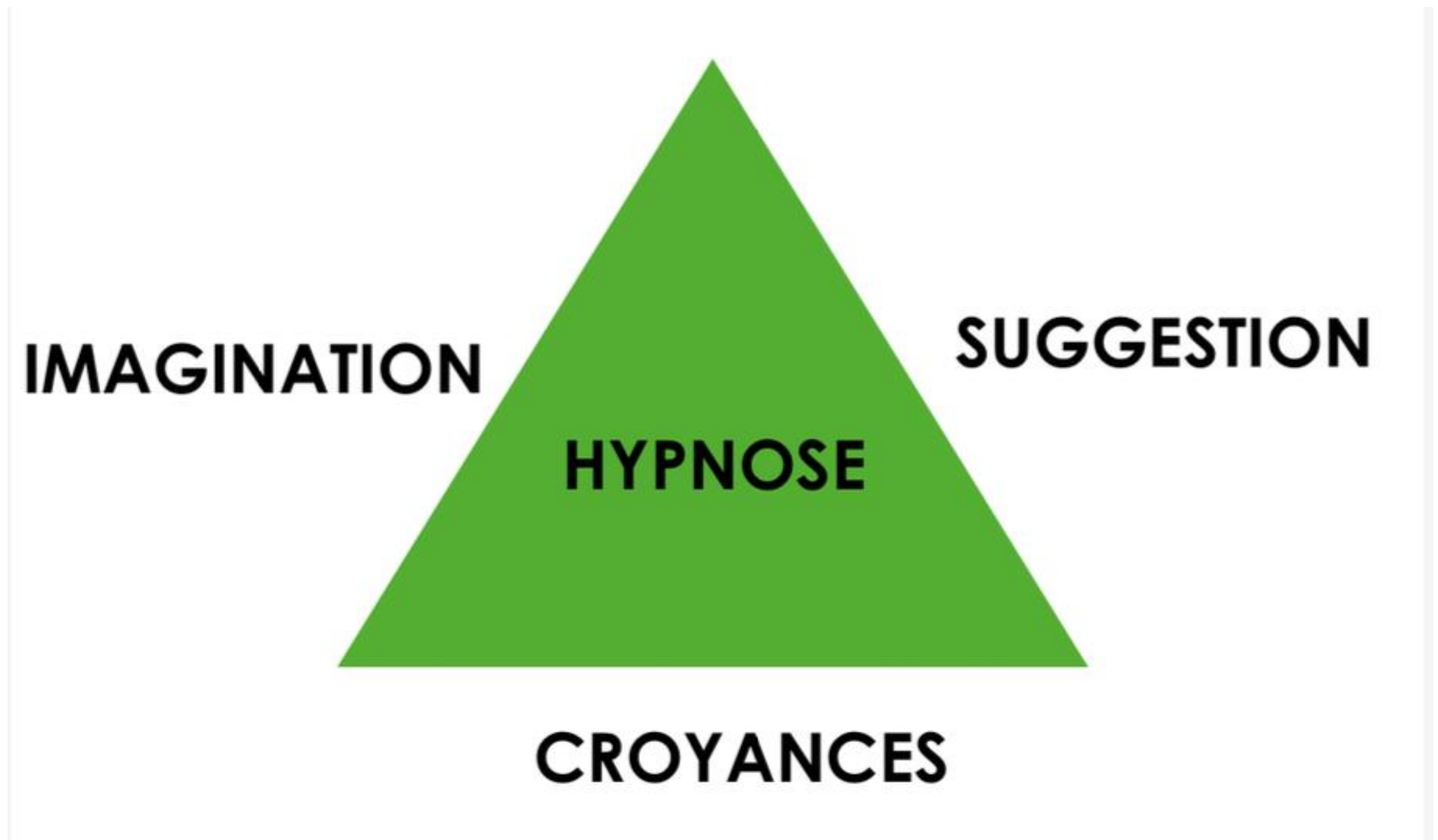


Why Hypnoanesthesia ?

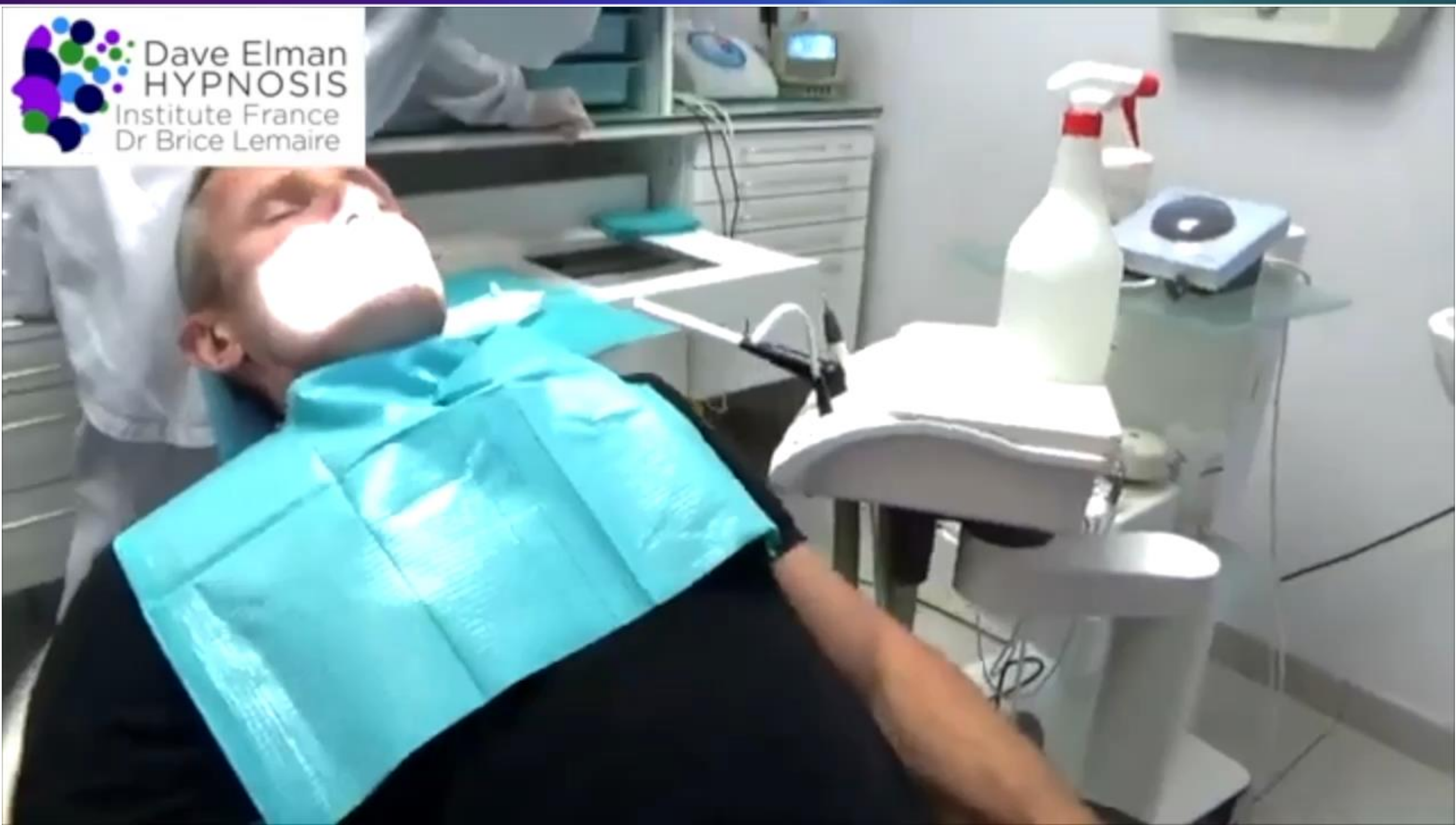
Learning deep transe hypnosis

Learning pain management

Patient self control



 Dave Elman
HYPNOSIS
Institute France
Dr Brice Lemaire



Hypno anesthesia (self hypnosis)

Conclusions

Motivation

Cooperation

Selection

Training

Confidence



Q & A

Contact Information

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**Thank you for
your attention...**



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