



Introduction to Clinical Hypnosis

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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.
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- This session is approved by the American Society of Clinical Hypnosis and as such is an approved continuing education course.

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.
- Eric K. Willmarth has no significant financial relationships or conflicts of interest to disclose.

Learning Objectives

At the conclusion of this session the participant will be able to:

- Explain 3 to 4 clinical hypnosis terms and how they apply to the clinical hypnosis experience
- Identify three definitions of clinical hypnosis, and explain the contributions of 2 historical figures or studies that have modern day applications in clinical hypnosis
- Define two commonly held misconceptions concerning hypnosis and give an accurate rebuttal for each

Two Parts to Hypnosis Education

Learning

- Learning “about” hypnosis

Learning

- Learning how to “do” hypnosis

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What is Hypnosis?



Defining Music.....

- State,
- Trait or
- Social Construct?





Music

- “How to define music has long been the subject of debate: philosophers, musicians, and, more recently, various social and natural scientists have argued about what constitutes music. The definition has varied through history, in different regions, and within societies.”

•

Wikipedia

Music

- Post-modern and other theories argue that , like all art, music is defined primarily by social context. According to this view, music is what people call music, whether it is a period of silence, found sounds, or performance.
- Music : “organized sound”
- Edgard Varese
- Musical Aptitude/Musical Talent: The potential or capacity for
musical achievement.
- Edwin Gordon



The Willmarth twin study: 1954-1984

- The Cognitive Trumpeter
- The Intuitive Bassoonist



A Statement of the Problem....



The Interview Sample

- The current study includes:
 - 126 Individuals
 - from
 - 26 different Countries
- 33 (26%) Female
-

The Interview Sample

- The sample includes individuals who have served as the President of the following hypnosis Societies:
 - APA Division 30
 - ASCH
 - SCEH
 - ISH
 - EHS
 - SKHS
 - AHS

Participants
using the
term:

- Altered State - 71%

Participants using the term:

- Social Interaction/Relationship - 16%
- Dissociation - 16%



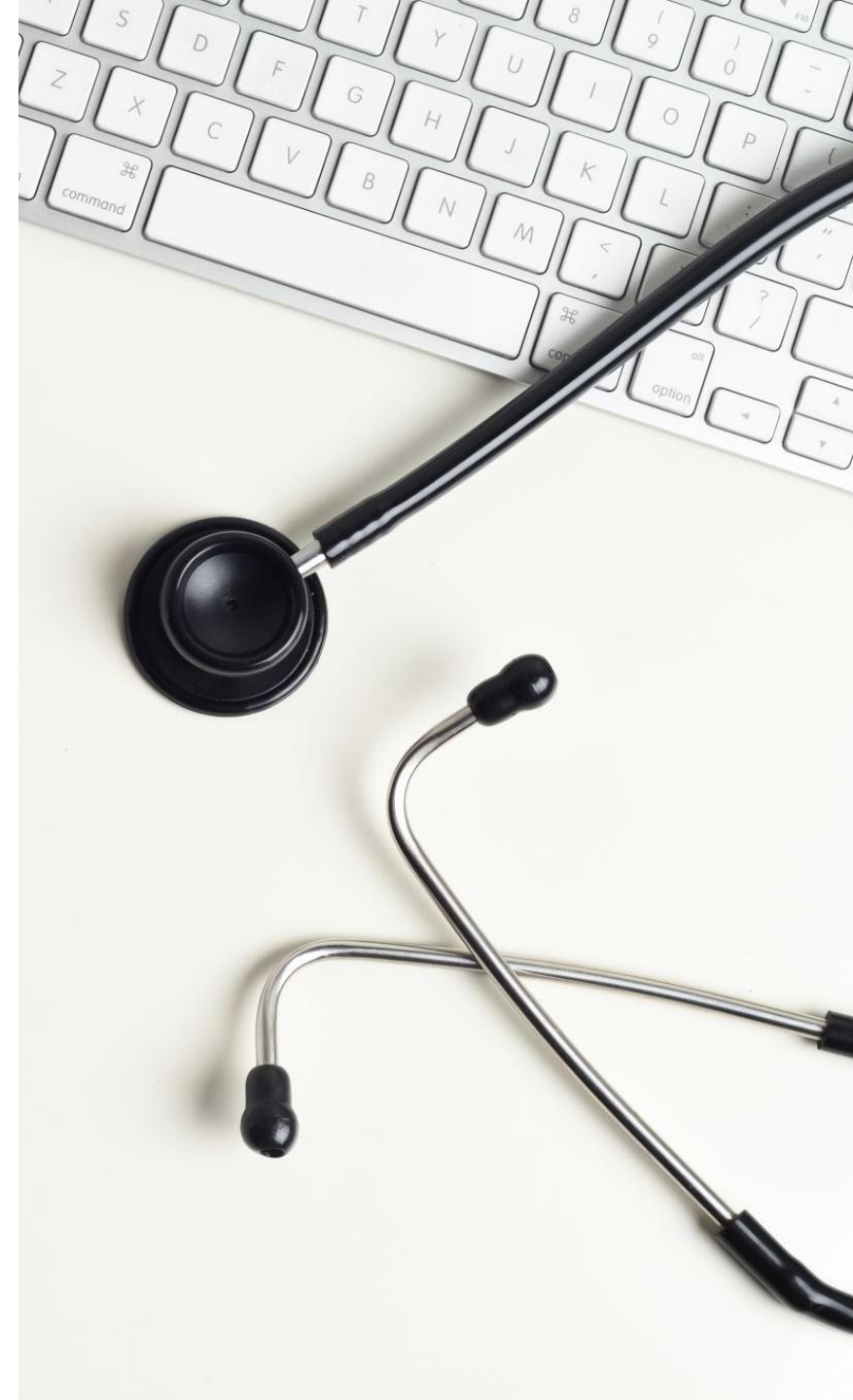
Participants
using the
term:

- “Focused Attention” – 26%



Participants using the term:

- “Suggestibility” - 13%
- “Absorption” - 10%



Participants using the term:

- Ability/Skill - 12%
- Neurological Change - 11%



Participants using the term:

“Unconscious”
- 9%

“Trance” -
7%

Participants using the term:

“Expectancy” -
5%

“Demand
Characteristics”
- 2%



Participants using
the term:

- “Involuntariness” - 5.5%
- “Imagination” - 5.5%

Participants who report:

“No
Definition” -
3%

“Definition
has changed”
- 3%

Defining Hypnosis:

- Clinical Hypnosis is the intentional application of an individual's hypnotic abilities for therapeutic change.

• Willmarth (2011)





Defining Hypnosis

- An individual's hypnotic abilities may be primarily cognitive or intuitive, learned or enhanced, and altered by environmental context.
- Willmarth, 2011

Hypnosis

- Hypnosis: A state of focused attention, heightened suggestibility, and deep relaxation, often induced by a hypnotist to help individuals make positive changes in their behavior or thought patterns.
- ChatGPT 11/26/23



APA Division 30 2014 Definition of Hypnosis:

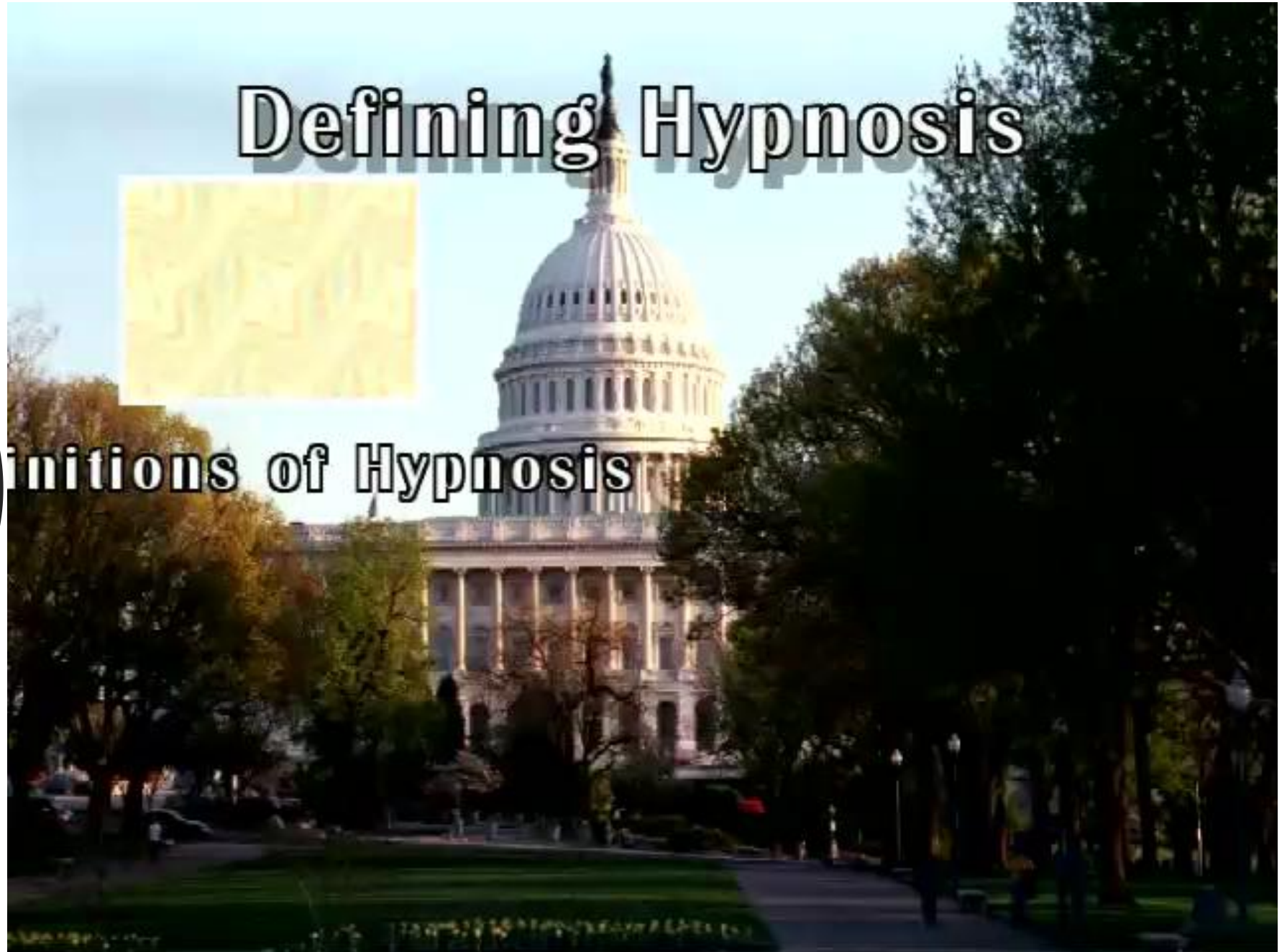
- ▶ **Hypnosis: A state of consciousness involving focused attention and reduced peripheral awareness characterized by an enhanced capacity for response to suggestion.**

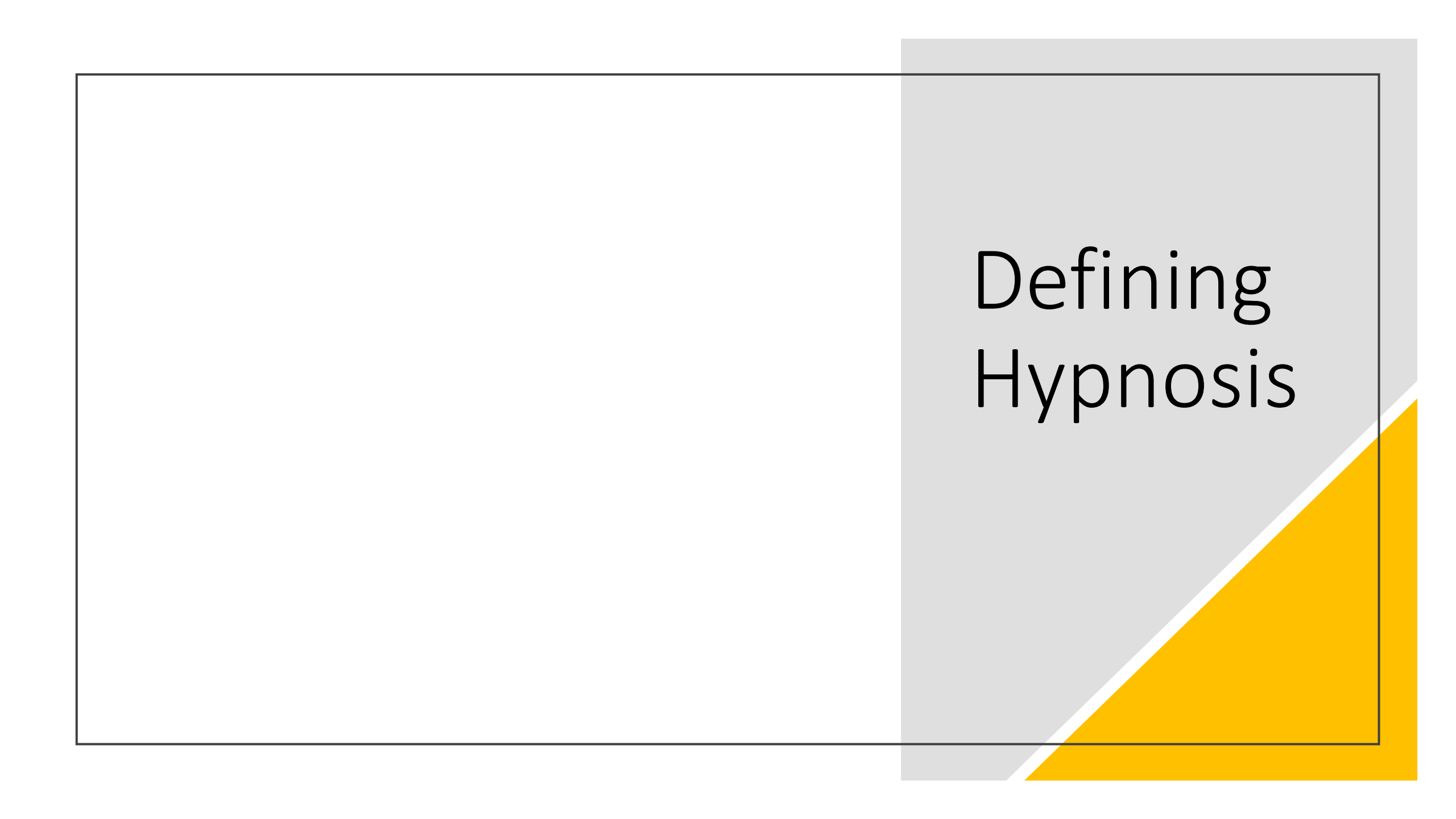


Defining
Hypnosis

Defining Hypnosis

Definitions of Hypnosis





Defining Hypnosis

General Agreement...

Narrowed, focused attention

Inner absorption

Dissociation

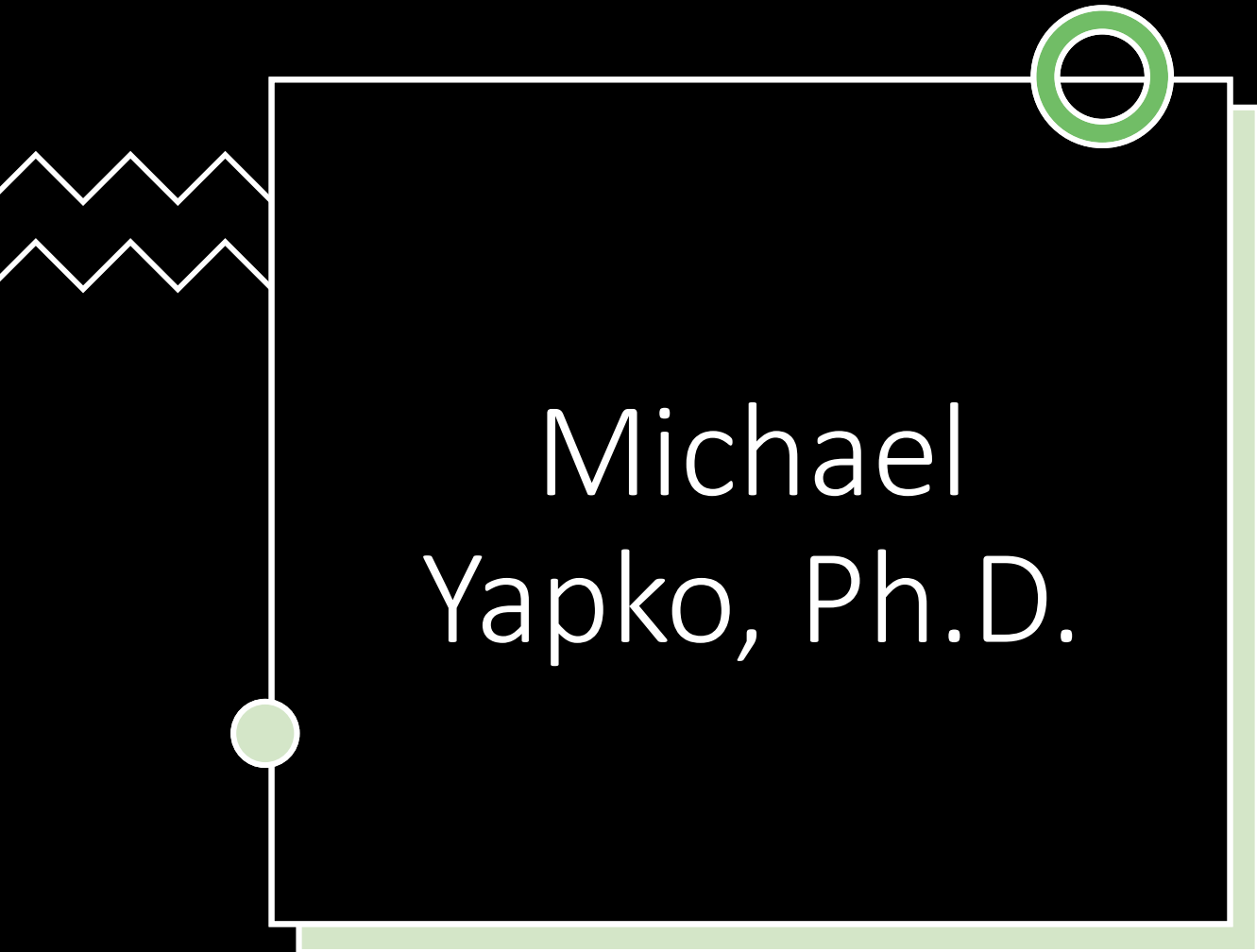
Suggestibility, openness to change

A sense of “involuntariness”

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Why Learn Hypnosis?





Michael
Yapko, Ph.D.



Michael Yapko, Ph.D.

Some Important Terms

- **Suggestibility:** The degree to which a person is receptive to suggestions given during hypnosis.
- **Induction/Facilitation:** The process of guiding someone into a hypnotic trance, typically through relaxation techniques, visualization, or verbal suggestions.

Important Terms

- Trance: A hypnotic state characterized by a deep level of relaxation and heightened focus, often used as a precursor to suggestion.
- Hypnotic Regression/Progression: A hypnotic technique that involves guiding the individual back or forward in time to revisit past memories or future experiences.

Important Terms

- Hypnotic rapport: The establishment of a positive and trusting relationship between the hypnotist and the subject, which can enhance the effectiveness of hypnosis.
- Fractionation: A hypnotic technique involving repeatedly moving a person in and out of hypnosis or inducing different levels of trance within the same session to deepen the hypnotic state and enhance suggestibility.

Important Terms

- Deepening/Intensification techniques: Methods used by hypnotists to deepen the trance state and increase suggestibility during hypnosis.
- Ideomotor response: Involuntary movements or responses made by a person under hypnosis, often used to communicate with the subconscious mind.
- Re-Alerting/Re-orienting: the process of facilitation of individual's transition from state of hypnotic trance to the pre-trance or non-trance state with full ambient awareness, natural sensation and function; movement from an altered state of consciousness to a state of full conscious awareness

Myths and Misperceptions: What People Say...



“What if I don’t wake up?”



“I don’t want to do anything to embarrass myself”



“I heard everything you said, I must not have been in trance.”



“What if I don’t want to do something you tell me to do?”



“Am I going to remember something forgotten from my past?”

Myths and Misperceptions: What People Say...

“The Hypnotist has complete control of your mind”

“Only weak-minded or dull people can be hypnotized”

“A hypnotist needs to have a powerful and dominate personality”

“Hypnotic power lies in the hypnotist”

“The hypnotist can make you do, say or feel anything”



Fears related to:

Loss of Control

Privacy

Amnesia

Sleep/loss of consciousness

Awareness of surroundings

A priori weak-mindedness

Having “mind weakened”

Being found “gullible”.

Questions



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