HISTORY OF HYPNOSIS

HISTORY OF TRANCE

- **Early Trance Uses**
  - Prehistoric / Indigenous Peoples:
    - Shamans, Medicine Men, Mystics
  - Egyptians: Sleep Temples
  - Greeks: Delphic Oracle, Aesculapian rituals
- Pre-Mesmer Religious Healers
  - Father Kircher
  - Father Hell
  - Abbé Faria

The more recent history of hypnosis begins with Franz Anton Mesmer who theorized that disease was caused by imbalances of a physical force, called animal magnetism.

Mesmer also believed that cures could be achieved by redistributing this magnetic fluid -- a procedure that typically resulted in pseudo-epileptic seizures known as "crises".

Mesmer was socially connected with Mozart, Marie Antoinette and the rich and famous of his time.

SEARCH FOR A SCIENTIFIC BASIS

Franz Anton Mesmer (1734-1815)

Universal Fluid

Magnetic energy from doctor to patient

"Animal Magnetism"

Importance of rapport

Royal Commission (Chair: Benjamin Franklin) discredited Mesmer's theories

concluded cures were due to mere imagination

MESMER

(1734-1815)

Marquis de Puységur (1751-1825)

Observed spontaneous amnesia

(as seen in sleep walking)

"Artificial Somnambulism"

Clairvoyance in some of his patients

First to use post-hypnotic suggestion

Abbé Faria (1746 - 1819),

Abbé Faria, (1746 - 1819), an Indo-Portuguese priest, introduced oriental hypnosis to Paris in the early 19th century. Faria came from India and gave exhibitions in 1814 and 1815 without manipulations or the use of Mesmer's baquet.

Unlike Mesmer, Faria claimed that it "*generated from within the mind*" by the power of expectancy and cooperation of the patient. Faria's theoretical position, and the subsequent experiences of those in the Nancy School made significant contributions to the later autosuggestion techniques of Émile Coué and the autogenic training techniques of Johannes Heinrich Schultz.

John Elliotson (1791-1868)

London surgeon

Published first mesmeric journal, *ZOIST,* (1842 to 1856,13 vols.)

Gave the Harveian-Lecture on Mesmerism.

Resigned from London University Hospital when mesmerism was banned there.

Good friends with Charles Dickens

James Esdaile (1808-1859)

British surgeon in India

Hypnoanesthesia

Mesmeric passes by hypno-technicians

Over 300 major, many minor surgeries

Infection rate reduced from 50% to 5%

Before sterile technique

MESMERISM IN INDIA,

AND ITS

PRACTICAL APPLICATION IN SURGERY AND MEDICINE.

BY

JAMES ESDAILE, M.D.,

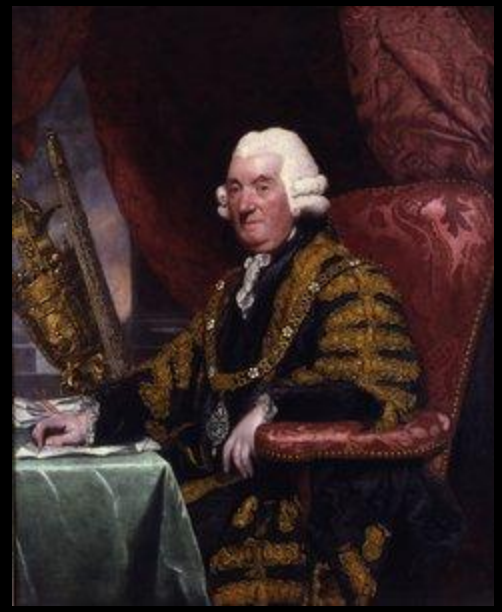
CIVIL ASSISTANT SURGEON, H. C. S., BENGAL.

"I rather choose to endure the wounds of those darts which envy casteth at novelty, than to go on safely and sleepily in the easy ways of ancient mistakings."—RALEIGH.

HARTFORD:

SILAS ANDRUS AND SON.

1851.



Later in the 19th century, John Elliotson (1791-1868) and James Esdaile (1805-1859) reported the successful use of mesmeric somnambulism as an anesthetic for surgery.

James Braid (1795-1860)

Scottish surgeon, given credit by many for

Coining the term "Hypnosis" ("nervous sleep", Neuro- Hypnosis) - not "mesmerism"

Book NEURYPNOLOGY

First to use eye fixation

Hypnotic phenomena due to monoideism, suggestion.

JAMES BRAID

(1795-1860)

James Braid, a British physician, speculated that somnambulism was caused by the paralysis of nerve centers induced by fixation of the eyes on an object. In order to eliminate the taint of mesmerism, Braid renamed the state "neurhypnotism" (nervous sleep); a term later shortened to hypnosis. Later, **he concluded that hypnosis was due to the subject's concentration** on a single thought (monoideism) rather than physiological fatigue.

Auguste Ambroise Liébeault

(1823-1904)

French family physician, founded School of Nancy
Father of modern hypnotism
Opposed theories of Charcot
Described deepening by fractionation
Adhered to Braid's theory

Ambroise-Auguste Liébeault (1864-1904)

Ambroise-Auguste Liébeault (1864-1904), is universally acknowledged as the founder of the famous school that became known as the "Nancy School", or the "Suggestion School", and he is considered by many to be the father of modern hypnotherapy.

He was the first who wrote of the necessity for **cooperation and rapport** between the hypnotizer and the participant. He emphasized the importance of suggestibility.

Hippolyte Bernheim (1837-1919)

- Professor of Internal Medicine at School of Nancy
- Learned hypnosis from Liébeault
- Suggestion as sole agent of hypnosis, "Suggestive Therapeutics" (case studies)

Hippolyte Bernheim (1837-1919)

Hippolyte Bernheim (1837-1919), a professor of medicine at the University of Nancy regarded hypnosis as a special form of sleeping where the subject's attention is focused upon the suggestions made by the hypnotist.

He emphasized the psychological nature of the process of hypnosis.

Emile Coué (1857-1926)

Pharmacist, student of Liébeault

Demonstrated efficacy of Self-Hypnosis

Laws of Dominant Effect

Reversed Effect

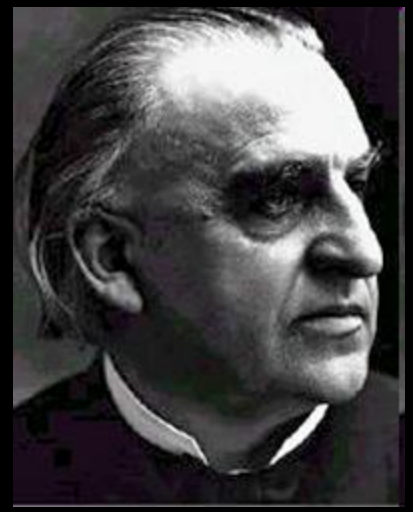
Concentrated Attention

"Everyday in every way I'm getting better and better".

Jean-Martin Charcot (1825-1893)

- Chief of Neurology, Salpêtrière, Paris
- Thought hypnosis was pathological, induced hysteria
- Opposed School of Nancy
- Paper in I882 at Académie des Sciences rehabilitated hypnosis as a subject for scientific study

Jean-Martin Charcot (1825-1893)



Jean-Martin Charcot (1825-1893), a leading neurologist of his day, used hypnosis to treat hysterics.
He concluded that hypnosis was an induced seizure when his hysteric patients showed epileptic-like symptoms when they were in a trance.
He endorsed hypnotism for the treatment of hysteria.

La méthode numérique ("The numerical method") led to a number of systematic experimental examinations of hypnosis in France, Germany, and Switzerland.
The process of post-hypnotic suggestion was first described in this period.
Extraordinary improvements in sensory acuity and memory were reported under hypnosis.

Pierre Janet (1859-1947)

- French Psychiatrist
- First to use hypnotic regression to uncover the traumatic origin of symptoms
- Produced cathartic cures antedating Freud's Psychoanalysis
- Studied neurotic "idées fixes" at Salpêtrière

One of first to discuss the unconscious.

Josef Breuer (1842-1925)

- Collaborated with and stimulated Freud in seeking the cause of neurosis
- Co- author of "Studies in Hysteria" with Freud (Case of Anna 0.)

Sigmund Freud (1856-1939)

Viennese Psychiatrist. Started with-hypnosis and abandoned it because he could not get good trances in many of his patients, and because his interest was in getting to the cause (he only used hypnosis for direct suggestion). His move to free association set back the acceptance of hypnosis by the psychiatric community.

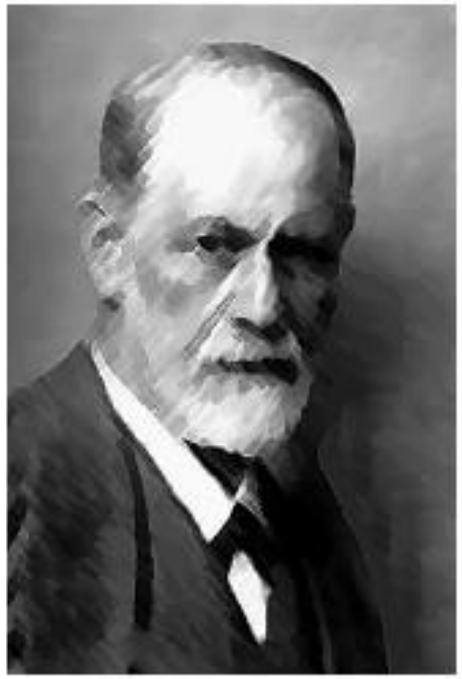
Milton Erickson (1902-1980)

In 1957 was founding President of the AMERICAN SOCIETY of CLINICAL HYPNOSIS (ASCH)

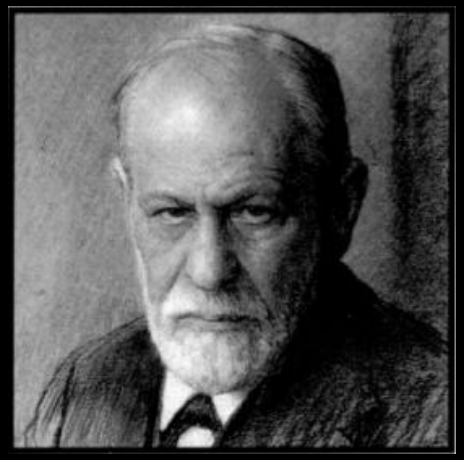
In 1958 the first Editor of the AMERICAN JOURNAL of CLINICAL HYPNOSIS (AJCH)

A PARADIGM SHIFT ON THE UNCONSCIOUS

- Erickson presented a new view of the unconscious at a time when Freudian views predominated



FREUD'S ESTABLISHED VIEW



- We are largely unconscious
- The unconscious is the source of disturbance, repressions, and problems
- Conscious reason is the road to healthy functioning
  - Make the unconscious conscious
  - "Where id was, there ego shall be"
  - "… As soon as the unconscious processes involved are made conscious, the symptom must vanish… The task of the psychoanalytic treatment can be summed up in this formula: Everything pathogenic in the unconscious must be transferred into consciousness."
    - (*Freud's Introductory Lectures*)

ERICKSON'S NEW VIEW: TRUST THE UNCONSCIOUS

- The conscious mind is the source of problems
  - It is filled with learned limitations
- Unconscious functioning is natural, healthy, and positive
  - Not necessary to make the unconscious conscious
  - Not negative repressions
  - Rather the source for potential and solutions to life's problems
- Erickson often said, "Your unconscious is a lot smarter than you are!"