

# HYPNOSIS

- ✧ All hypnosis is self-hypnosis
- ✧ always voluntary
- ✧ It takes concentration
- ✧ It takes relaxation
- ✧ It takes relaxation AND concentration
- ✧ Everyone has been hypnotized
- ✧ Hypnotist is a coach
- ✧ Hypnosis is a skill
  - ✧ Some are naturally talented (**virtuoso**)
  - ✧ It can be improved



## Changes during hypnosis

1. Reduced motivation
2. **Alpha waves**=active
3. Ignore stimulation... except voice of hypnotist
4. increased ability to fantasize
  - childlike unconcern w/ opinion of others
5. Role taking
6. Reduced reality taking – literal

Isn't it easier to have the teacher tell you what to write rather than have to decide.

Isn't it easier to follow another's lead?

Thinking is work. That is why so many people enjoy hypnosis – it is like a little vacation.



**Franz Mesmer**- 1743-1815 believed that illness was caused by an imbalance of bodily fluids / **animal magnetism**. He would wave a magnetic wand over the affected part of a patient's body. They would go into a trance and wake up feeling better. Exposed as a quack by Ben Franklin

**Sigmund Freud** tried to use hypnosis as a tool to get to his patients' unconscious. But he was too direct. He was telling the patients what was wrong and what to do. – bad hypnotist

**Milton Erickson** was an intuitive genius as far as reading people and helping them find what was wrong.

- Was color blind, tone deaf, and dyslexic
- Had polio as a child – spent his time in bed studying people
  - We are communicating machines – we cannot not communicate
- he brought effective hypnotherapy to the mainstream
- his intuitive genius has been systematized into **NLP** (neuro-linguistic programming)
- Lost horse Story – show's hypnosis should be non-directive

**Dissociation** – people disconnect with their everyday life

**Dissociative identity disorder** = multiple personality disorder

**Induction** – process of putting people under / going under

**Reframing** – thinking of the problem differently – what color is pain

## IS HYPNOSIS REAL?

**I. Role theory** – hypnosis allows people to act in a certain way or comply with social pressures – when someone in a white coat says get naked – we do it

- People do behaviors outside of hypnosis – age regression or goofy
- With motivation, can get conscious people to duplicate hypnotic acts
- **Irving Kirsh**

✦ A no evidence was found that hypnosis is real

✦ Anything, pain reduction, silliness that can be done with hypnosis can be done without hypnosis

**Social-cognitive theorists** believe hypnosis comes from social influence of doctor, group or advertisers.

Actors who get caught up in their role

**II. State Theory** – hypnosis is an altered state

- EEG shows alpha wave in people who are hypnotized
- **Ernest Hilgard**
- **Milton Erickson** – pretty much a Jedi
- **Hidden Observer** – part of your mind...
  - But...
- Imagined perception –

**III. Dissociation theory** - blend of both – dividing consciousness

1. part of mind can be controlled separately
2. implicit agreement between therapists and patient to share control

**Induction** – not magic spell – process of focusing/ not focusing attention

- Mind/body interaction
- Positioning
- Breathing
- Muscle control

**Stage 2 suggestion** – test to see if person is under

**Stage 3 suggestion** - offer the idea that might help the client

**Post-hypnotic suggestions** – not like the movies or a magic spell does have some benefit in conjunction with other treatments

**“reframing” Erikson’s idea**

*Hypnotic analgesia - pain reduction*

**Post-hypnotic amnesia** can be recalled with a prearranged signal

**hypernesia / Age regression** pseudo- psychology

- memory is reconstructive
- Remembering or imagining?
- roots in Freud’s therapy – untrue!!!!
- people can not usually remember anything earlier than age 5

EEG shows **alpha** wave in people who are hypnotized

**Hidden Observer** – at least one level of consciousness is aware of what is going on during hypnosis

**Automatic writing** – type of **dissociation** - subject writes or draws what in subconscious while not being aware of it.

Highway hypnosis –

Self-hypnosis –

SELF-INDUCED PROCESS OF RELAXATION PROVIDING  
HEIGHTEN AWARENESS AND OPPORTUNITIES FOR INTERNAL  
REFLECTION

Meditation does not have the suggestive component that hypnosis  
does

What is the difference between meditation and hypnosis?



## Drugs, medicine and consciousness

Changing conscious states is normal necessary and mostly pleasurable.

The feelings a person gets when they are very excited, very relaxed, or very happy are rare and hard to achieve. So, some people take shortcuts to get these feelings. Aside from the psychological effects which we will study, we need to realize that medicines do not simply affect a certain part of us. They affect every part of us.

### So why do we study it in psychology?

- A. How does it affect our consciousness? And... if our consciousness is our self, then do drugs change us?
- B. What happens when we want the drugs more than other things?
  - Rats in a skinner box given access to cocaine
  - Moms who neglect their kids
- C. Why do people use drugs? Why do people start using drugs?
  - Why do people not use drugs?

Illicit drug use is strongly correlated with mental illness

47% of people with schizophrenia

56% of people with Bipolar

21 % of major depression

use illicit drugs  
or “self-  
medicate”

**Co-Morbidity =**

The more powerful the drug, the more possible side effects there are.

### Vocabulary:

**Dopamine Pathway** - midbrain

Physical dependence

- to maintain homeostasis, the body needs a substance

- Withdraw
- DT's **Delirium tremors**
- Mesolimbic pathway in the brain is a dopamine circuit.

## Psychological dependence

- Lifestyle & values, habit, ritual or a person to be happy or complete, a behavior or substance has to accompany a situation

Withdraw

Tolerance

Expectancy -

Placebo

**Agonist** – mimics a neural transmitter

**Antagonist** - fits in receptor and blocks natural transmitters

Expectation & social factors - alcohol

## **Major categories of drugs:**

**Depressants** – slows down nervous system - Very addictive!

- **Barbiturates** – sleep aid
- **Benzodiazepines** – used to treat anxiety, schizophrenia, mania – valium, Xanax
- **Alcohol** – inhibits the part that recognizes you're tired. Expensive, fattening, addictive, wasteful – but woven into "our" culture
  - **Alcohol Myopia** – short sightedness

**Stimulants** – increase nervous system functioning. Bad side effects, addiction, paranoia, insomnia

**Caffeine** – mild stimulant, barely addicting

**Nicotine** – mild rush, very addicting, bad withdraw symptoms

**MDMA** (ecstasy) – emotional hallucinogen, increases empathy with other people – closeness, sexuality and party feelings

**Crystal Meth** – extreme pleasure **Fastest addiction!**

**Cocaine** – euphoria and pleasure. Seriously addicting

**Crack** – more refined and powerful than Cocaine

**Narcotics** – good for pain reduction, **strongly** addictive in all forms! – **agonist** for endorphines

Opium, Heroin, Morphine, Methodone, Codeine

Oxycontin, Demerol – prescription drugs

**Hallucinogens** - intense changes in perception and cognition – not very addictive and not always pleasant. -about as effective as all hippie endeavors.

LSD -

Mescaline – peyote cactus

PCP – really, really bad

Psilocybin – mushrooms

**Marijuana** – THC – not as addicting as other drugs, little tolerance, little withdraw –

- ✓ Medicinal – dosage - reduces nausea,
- ✓ Bad effects – lung, STM memory
  - Correlated to lack of motivation
- ✓ Hard to study

Learned expectations when peoples of Indonesia were first introduced to alcohol by European sailors of the 1700's they reacted as they did when drinking their natural *java* drink – to be calm. After observing European sailors get drunk and fight, they took on that behavior.

## Psychoactive

– any foreign substance that affects brain functioning



## The effects of drugs

SUBSTANCE	IMMEDIATE EFFECTS	CONTINUED HEAVY / REGULAR USE	WAYS OF TAKING
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## Hypnosis and Drugs

<p><b><u>Tobacco</u></b> <b>nicotene</b></p>	<p>Lasts ¼ - 2 hours. Increased heart &amp; pulse rate Can be as addictive as crack!</p>	<p>Heart &amp; lung disease, cancer, high blood pressure, bronchitis &amp; breathing difficulties, cancer</p>	<p>Inhaling, oral absorbtion</p>
<p><b><u>Caffeine</u></b></p>	<p>Lasts 2 - 4 hours. Increased alertness. Large doses can delay sleep.</p>	<p>Restlessness, upset stomach. Can be harmful for people with heart problems.</p>	<p>Oral,inhaled</p>
<p><b><u>Amphetamine</u></b> Speed <b>methamphetamine</b></p>	<p>Lasts 4 - 8 hours. Highly stimulating. Excitement, increased activity &amp; decreased appetite. Larger doses delay sleep. <b>Fastest addiction!</b></p>	<p>Inability to sleep, restlessness, headaches, aggression. Can cause severe mental or emotional disturbances, paranoia, major personality change.</p>	<p>Snorting Injecting Anally Oral</p>
<p><b><u>Cocaine /Crack</u></b></p>	<p>Can last up to 4 hours. Feeling of self confidence &amp; power, increased energy &amp; decreased appetite. Blocks reuptake of dopamine &amp; serotonin</p>	<p>Loss of concentration &amp; motivation. Dizziness, aggression &amp; mental disturbances. Can cause psychiatric complications. Snorting can lead to tearing of the nasal wall.</p>	<p>Snorting Injecting Oral Anally</p>
<p><b><u>MDMA</u></b> Ecstasy</p>	<p>Can last up to 6 hours. Increased blood pressure, confidence &amp; a feeling of closeness with others. Sensation of floating, anxiety, nausea &amp; paranoia can occur.</p>	<p>Increases pleasant sensation &amp; other disturbed perceptions. Can cause convulsions, irrational behavior, insomnia, depression.</p>	<p>Oral Injecting Anally</p>
<p><b><u>Alcohol</u></b></p>	<p>Slurred speech, loss of inhibitions, relaxation, feelings of happiness &amp; wellbeing or depression. Large doses can cause unconsciousness or hangover.</p>	<p>Can result in brain &amp; other nervous systems damage, heart, pancreas, stomach &amp; liver damage &amp; sometimes death. Withdrawal can produce sweating, tremor, convulsions &amp; delirium.</p>	<p>Oral</p>
<p><b><u>Minor tranquilisers</u></b> Valium, Rohypnol, Serepax</p>	<p>Lasts 12 - 24 hours. Relief of anxiety &amp; tension, drowsiness (possible sleep), lack of muscle coordination, blurred</p>	<p>Depression, lack of muscle and speech coordination. Withdrawal symptoms such as anxiety, insomnia, tremor &amp;</p>	<p>Oral Injecting Anally</p>

## Hypnosis and Drugs

	vision. In some cases excitability. <b>GABA</b>	convulsions can also occur while on a stable dose.	
<b><u>Opioids</u></b> Heroin, Morphine, Codeine, Pethidine, Methadone, Opium Palfium Temgesic Physeptone	Lasts 4 - 24 hours. Relief of pain & anxiety, feelings of wellbeing, decreased awareness of outside world. Vomiting, drowsiness & sleep in some. High doses can cause unconsciousness & death.	High risk of overdose; HIV and hepatitis if sharing needles. Withdrawal symptoms are anxiety, sweating, cramps, runny nose, vomiting, insomnia, pain.	Oral Injecting Smoking Snorting
<b><u>Cannabis</u></b> Marijuana	Can last up to 5 hours. Relaxation, laughter, increased appetite, slowing down of time, loss of concentration, decreased coordination & blood shot eyes. Can be hallucinogenic	Respiratory complications. Can decrease concentration & memory. Psychiatric problems possible if schizophrenic condition already exists.	Oral Smoking
<b><u>Inhalants &amp; Solvents</u></b> Petrol, Glue, Aerosol cans, Butane Gas	Lasts 1min - 3 hours. Petrol sniffing effects up to 6 hours. Feelings of happiness, excitement, relaxation & drowsiness. Half have illusions. Headaches & irritation common. Large amounts can cause illness & unconsciousness. Butane & aerosols may cause sudden death.	Liver, kidney & brain damage can result. Suffocation caused by plastic bags, choking on vomit.	Inhalation
<b><u>Hallucinogens</u></b> LSD Magic mushrooms DMT Psydelic	Lasts 6 - 12 hours. Hallucinations ie seeing, hearing, feeling or thinking things that don't exist. Anxious feelings, panic, & nausea can occur. <b>serotonin</b>	Can increase the risk of severe mental disturbances. Can cause 'flashbacks' (where the drug experience can recur at anytime.)	Oral

**Injecting**

Dr. Swope