

**Foundations for Integrating Hypnosis
into Your Therapies for Treating Anxiety,
Depression, and Pain**

with
Michael D. Yapko, Ph.D.
Webinar Section 4 of 12



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During Hypnosis, People Can Experience
Marked Shifts in:

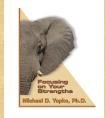
- **Physiology** (breathing slows, muscles relax, etc.)
- **Sensory perception** (temp, weight, distance, etc.)
- **Cognition** (thoughts clearer, slower, detached, etc.)
- **Affect** (happier, sadder, curious, etc.)
- **Behavior** (self-help, new behavior, proactive, etc.)
- **Temporal orientation** (past, present, future focus)
- **Self-definition** (more resourceful, competent, etc.)

The Experience of Hypnosis

- Experiential, selective absorption of focus
- Non-rational involvement (“Trance logic”)
- Willingness to experiment
- Alterations of perceptions
- Fluctuations in degrees of involvement
- Symbolic processing (metaphor, injunctions, implications)

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Hypnotic Phenomena:
Components of Applied Clinical Hypnosis



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Classical Hypnotic Phenomena

- Age regression
- Age progression
- Amnesia
- Analgesia
- Anesthesia
- Catalepsy

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Classical Hypnotic Phenomena (cont'd)

- Dissociation
- Hallucinations (Positive, Negative)
- Ideodynamic responses
- Sensory alterations
- Time distortion

- Value as building blocks: NEUTRAL

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Age regression is the most commonly applied process in the context of psychotherapy

People routinely report the current problems are rooted in past experiences

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Possible Goals of Age Regression

- Simple review of experience
- Accessing specific resources
- Resolving critical incidents
- Amplifying differences between then, now and later

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Remembering While in Hypnosis vs. in Simple Relaxation

- Simply listening to personalized autobiographical material with instructions to imagine what happened to them in the described situations, without a hypnotic induction, did not produce an overlap with the metabolic distributions found during PET scans when hypnotized subjects were asked to revivify pleasant life experiences.

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Age Regression Structures

- **Hypermnesia** (Dissociated regression- reviewing the past from the present)
- **Revivification** (Associated regression- reliving the past as if it is the present)

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Are You In or Out of the Memory?

- If you're not in the memory, it's an **observer memory**; this is more likely when you're asking for objective information
- If you're in the memory, it's a **field memory**; this is more likely when you're asking about feelings or for an emotional appraisal

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Memory Position and Anxiety in PTSD

- Patients with PTSD who recalled traumatic events from an *observer* rather than a *field* perspective described less anxiety
(McIsaac & Eich, 2004, *Psychological Science*, 15(4), 248-253)
- Switching from *field* to *observer* perspective memory was associated with reduced emotional intensity
(Kenny & Bryant, 2007, *Behavior Research and Therapy*, 45, 1915-1920)

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Thanks for your kind attention!

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