
EDITORIAL COMMENTARY

JOHN GRUZELIER

Department of Psychology, Goldsmiths, University of London, UK

This issue continues the theme begun in the first issue of this volume of *Contemporary Hypnosis and Integrative Therapy* (CH&IT) heralding the new name of the Journal, which added a focus on integrative therapy. The new title recognized the growing trend in the therapeutic world to follow integrative models, and also to acknowledge the predominantly practitioner readership of both the Journal and membership of the British Society of Clinical and Academic Hypnosis, which publishes the Journal, and the European Society of Hypnosis in Psychotherapy and Psychosomatic Medicine which adopted CH&IT as its official Journal.

In order to acknowledge the involvement of the European Society the first issue was co-edited with the President of the European Society, Matthias Mende, who together with Eva-Maria Mende provided an innovative case study of integrating animals in psychotherapy (Mende & Mende, 2011). Another member of the European Society, Shaul Livnay contributed a report on the use of non-verbal methods including the striking of a gong in hypnotherapy and psychotherapy generally (Livnay, 2011). The British Society was represented in the first issue by an all too rare report on dental hypnosis. This concerned a case report on a dental patient with a hypersensitive gag reflex. Here management techniques, aside from hypnotherapy, comprised systematic desensitization, breathing techniques, acupuncture, nitrous oxide inhalation sedation, and topical anaesthetic and distraction techniques (Gow, 2011). The North American readership was represented by Alladin and Amundson's (2011) integrative model of cognitive hypnotherapy known to the readership through an earlier publication (Alladin, 2009) when the model was applied to depression. Several other reports having an integrative therapy focus were offered by European members which at the time of publication were still forthcoming.

In the current issue the integrative theme continues with a report from Rome of a single case study by Loredio et al. (2011). Camillo Loredio, the President of the International Society of Hypnosis, has specialized in family psychotherapy over many decades which he has integrated with hypnotherapy. In particular his focus has been on Ericksonian hypnosis and systemic therapy with couples. Here he presents a detailed recent case study of a married couple, the wife of whom had a conversion disorder diagnosis. This follows the authors' experience with more than 200 conversion disorder patients. They discern at least three cardinal features, termed a narrative relationship, that characterize this disorder: communication centred on secrets, a fanciful and dramatic facade, and a relentless narrative web communicated to all and sundry. The disorder of the interpersonal relationship was understood to be the foundation of the problem. The case study exemplifies insightful induction techniques, here illuminated by transcripts, whereby the psychopathological relationship is elucidated, reorientated, and reassembled. The efficacy of hypnotherapy to conversion disorder is thought to be facilitated by the evidence of shared brain systems in conversion disorder and the hypnotic process (Oakley, 1999).

In an essay a novel therapeutic approach and conceptualization of mind–body–spirit interdependence is provided by Meunke and Draeger-Muenke (2011) involving self-hypnosis,

mindfulness, breath control, and acupressure. Clinical impressions are given of efficacy for enhancing well-being and mood, attention, sleep, pain, etc. There is growing neuroscientific interest in contemporary forms of acupuncture, typically using transcutaneous electrical nerve stimulation (TENS), and in neurobiological translations including mechanisms of action involving neurotransmitter and opioid release (Kaptchuk, 2002; Han 2004), respondent brain areas (Uchida et al., 2003; Dhond et al., 2008) and temporal dynamics (Chen et al., 2006) as well as therapeutic effects notably for mood disorders and pain (Ulett et al., 1998; Cabyoglu et al., 2006), but also Alzheimer's disease and traumatic brain injury (van Dijk et al., 2002). In investigating acustimulation of acupoints theoretically associated with frontal brain regions a controlled study found enhancements in a sustained attention test (Chen et al., 2010) and subsequently went on to disclose synergistic effects with EEG-neurofeedback on the attention task (Chen et al., 2011). Here Meunke and Draeger-Muenke (2011) provide a detailed script for an integrative hypnotic induction.

The integrative theme continues with a review of hypnotherapy and agoraphobia by Kraft (2011). In a focus on cases who are resistant to treatment, integrative hypnotherapy with traditional desensitization, Ericksonian therapy, and rational therapy are all considered.

Turning to empirical studies, the interplay of positive and negative aspects of hypnotizability, an issue considered in the previous issue of *Contemporary Hypnosis and Integrative Therapy* (Gruzelier, 2011), was the subject of a psychometric investigation of university students by Peter et al. (2011). With hypnotic susceptibility measured with the Harvard Group Scale, relations with attachment were investigated with the Relationship Style Questionnaire with its scales of relationship anxiety, avoidance, lack of trust, and lack of independence. Perhaps surprisingly there were positive relations with both relationship anxiety and lack of trust and hypnotic susceptibility.

On a positive note, Elkins et al. (2011) examined the role of hypnotizability, measured with the Stanford Hypnotic Clinical Scale, on hot flashes in breast cancer patients. Hypnotizability was related to a reduction in both the frequency and severity of symptoms.

Antipathy towards hypnotherapy by African and Hispanic Americans was disclosed by Miller et al. (2011) who conducted a survey of the attitudes of non-white Americans to hypnotherapy for the relief of distress preceding colonoscopy. Items pertained to interest, confidence, perceived helpfulness, and willingness to undergo hypnotherapy. The majority surveyed were indifferent and the resulting bimodal distribution disclosed a majority peak with unfavourable attitudes to hypnosis.

In Mark Jensen's continuing insightful practitioner interview series the subject in this issue is Elgan Baker, a psychotherapist who exemplifies well the new Integrative Therapy ethos of the Journal. Baker combines hypnotherapy with an analytic orientation, and has a particular specialism with character disorders. His approach is also firmly grounded in theories of both hypnosis and psychopathology. As he says 'I have a complex approach to case formulation and developing strategies on this formulation, even for "simple" problems like nail biting ... (involving) a deep understanding of personality theory, human development, psychopathology, psychological testing and hypnotic technique.' Baker *inter alia* also stresses the dynamic nature of psychotherapy, the flexibility and creativity of the therapist, and attunement in the therapeutic relationship. Highly recommended.

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