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AN OVERVIEW OF HYPNOSIS WITH CANCER PATIENTS

P. Alden

This paper demonstrated the many and various ways in which hypnosis can be used within the context of cancer care. Through both literature review and clinical case examples, the paper illustrated the use of hypnosis with adult cancer patients. Areas covered included dealing with anxiety and depression, symptom control, coping with procedures such as chemotherapy and radiotherapy, and working towards healing and well-being.

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**HYPNOSIS IN THE CONTEXT OF EVOLUTIONARY PSYCHOLOGY
(Keynote address)**

É. Bányai

Empirical research from the laboratory and the clinic concerning the interaction between hypnotist and subject was presented. The findings were interpreted in the context of evolutionary psychology, conceptualizing hypnosis as an altered state of consciousness that may have a socially and biologically adaptive value. Evidence was shown that hypnosis can have an arousal-modulating, stimulus-selecting and behaviour-control function that plays a central role in maintaining good mental and physical conditions and optimal arousal level. Implications of this perspective were discussed with regard to the use of hypnosis in the treatment of clinical problems.

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THE EFFECTS OF ABSORPTION AND REDUCED CRITICAL THOUGHT ON SUGGESTIBILITY IN A HYPNOTIC CONTEXT

R. J. Brown, E. Antonova, A. Langley and D. A. Oakley

Presenting suggestions in the hypnotic context significantly increases suggestibility for many individuals. Sociocognitive theorists have argued that this increase is related to the participant's expectation of such an increase, based on the belief that hypnosis is associated with high suggestibility. It is possible, however, that other factors also

contribute to this process. In this paper, a preliminary study addressing the notion that highly focused attention ('absorption') and reduced critical thought are partly responsible for this increase in suggestibility was presented. Participants were initially presented with the a suggestibility measure in the absence of any formal instructions or mention of hypnosis. Participants were then presented with the suggestibility measure for a second time following standard relaxation, relaxation plus absorption or relaxation plus reduced critical thought instructions. The context was explicitly defined as hypnosis in each case. The findings of this study indicate that both objective and subjective responses to suggestions were significantly greater when instructions for absorption or reduced critical thought were given, compared with instructions for relaxation alone. Moreover, the hypnotic context itself was insufficient to bring about an increase in suggestibility. The implications of this study for hypnosis research and theory were discussed.

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SUGGESTIBILITY AND DISSOCIATION IN SOMATIZATION DISORDER

R. J. Brown, A. Schrag, E. S. Krishnamoorthy and M. R. Trimble

Individuals with somatization disorder (SD) are commonly encountered in specialist neurological settings. Such individuals experience considerable distress and functional disability and consume a disproportionate amount of healthcare resources compared with other groups. However, the psychological mechanisms involved in the generation of SD are poorly understood and treatment strategies are often ineffective. Although the idea that suggestion and dissociation play an important aetiological role in the development of SD is widespread, this has not been the subject of rigorous empirical evaluation. In this paper, a preliminary study comparing suggestibility (assessed by the Barber Suggestibility Scale) and dissociativity (assessed by the Dissociative Experiences Scale) in a group of patients with SD, a group with confirmed neurological problems, and a normal control group was presented. In this study, individuals with somatization disorder were significantly (although moderately) more suggestible than general neurological patients, as predicted. Contrary to expectation, however, they were not more suggestible than normal control subjects. Moreover, patients with somatization disorder did not report more dissociative experiences than either of the control groups, a finding that is inconsistent with current theory and research in this domain. The empirical, clinical and theoretical implications of these findings were discussed.

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THE USE OF HYPNOTHERAPY IN EDUCATIONAL SETTINGS AS AN ADJUNCT TO APPLIED PSYCHOLOGY

D. Byron

This presentation provided an insight into a range of applications for hypnotherapy in

educational settings as an adjunct to applied psychology, which the presenter has found effective and successful with both primary and secondary age pupils in the course of his work as a senior educational psychologist. The range of applications includes reference to casework involving school phobia, managing exam anxiety, worries about transfer to secondary school, reading difficulties, copious weeping in class and low self-esteem. Attempts to introduce objectivity, monitoring, measuring and evaluation into the therapy process were referred to, as was the useful amalgamation of some aspects of brief therapy.

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NEW METAPHORS FOR A NEW MILLENNIUM

G. Callow

Hypnosis in clinical practice routinely uses metaphor to convey therapeutic suggestions more powerfully and/or make them more acceptable to the subject. Packaged within metaphors, suggestions seem to be assimilated more readily – the ‘coating of metaphor’ acting apparently like the sugar coating of an otherwise unpalatable pill. For some years Gwyn Benson and the author ran workshops together in metaphor therapy, and Gwyn’s metaphors are well known by those using hypnosis in clinical practice. This paper introduced some new metaphors which those using hypnosis as a therapeutic procedure might find useful.

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EFFICACY OF HYPNOSIS IN TREATING DOUBLE VISION AND NYSTAGMUS

B. Evans

A rare use of hypnosis is to treat visual problems (Evans et al., 1996, *Contemporary Hypnosis*) and 27 such cases were reviewed. Seventeen had intractable diplopia (double vision), one had eyestrain from a surgically induced refractive error, and nine had congenital nystagmus. The use of hypnosis in congenital nystagmus is to relax patients in stressful situations, which are often associated with a worsening of nystagmus and reduction in visual acuity. The PHALIT test of hypnotizability was administered to all subjects and pre- and post-treatment questionnaire data were available for 11 of the diplopia cases. The practitioner’s and subjects perceptions of the success of the treatment by hypnosis did not correlate significantly with the PHALIT score, nor with subjects’ pre-treatment expectation of success or expectation of hypnotizability, nor with their post-treatment perception of how deeply they had been hypnotized ($r_s < 0.35$). The best predictor of success was that subjects who initially reported the most improvement or least worsening of their diplopia over the preceding six months tended to respond best to hypnosis ($r_s > 0.60$). Depending on the criteria for success, 50–72% of subjects with diplopia reported a moderate or marked improvement in their symptoms. Limited data for the nystagmus group suggest a similar success rate.

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HYPNOTIZABILITY AND SOMATOFORM DISSOCIATION IN RELATION TO EATING CONCERNS IN A NON-CLINICAL COLLEGE POPULATION: A PILOT STUDY

F. Frasquilho, R. J. Brown, C. H. Smith and D. A. Oakley

A number of studies have found a positive correlation between dissociation and eating disorder symptoms, a relationship that has been found in both clinical and non-clinical populations. Moreover, in a recent study by Krishnamoorthy, Brown and Trimble (submitted), eating disorder symptoms were found to be significantly more common in patients with dissociative seizures compared with controls. It is possible that these findings reflect a relationship between the expression of psychological distress through physical symptoms (somatoform dissociation) and the distress and ego dysfunction found in patients with eating disorders. Hypnotizability may be one factor that moderates this relationship. In this study, these possibilities were investigated in a non-clinical sample of 77 college students presented with the Harvard Group Scale of Hypnotic Susceptibility, the Somatoform Dissociation Questionnaire, the Brief Symptom Inventory and the Eating Disorders Inventory. Findings were discussed in relation to current theories of the relationship between body and self in the eating disorder literature and to features of general psychopathology.

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ISSUES IN DEVELOPING AN APA POLICY STATEMENT ON THE USES OF HYPNOSIS TO INFLUENCE MEMORY (Keynote address)

E. Frischholz

Throughout its history, hypnosis has been mislabelled as a treatment procedure, a memory-retrieval procedure or some other type of procedure based on a specific application. This tendency to characterize hypnosis based on the way it is applied has misled many into believing there is a specious commonality among different procedures which can be utilized with hypnosis for the same application (e.g., 'hypnotherapy'). It is argued that although there is no universally accepted way of defining hypnosis, empirical research has identified four component variables that have been used throughout the past 200 years to identify its significant and unique effects. This perspective was used in developing an APA Policy Statement on the 'Uses of Hypnosis to Influence Memory'. The implications of this perspective for diagnosis, treatment and forensic purposes were discussed.

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ON THE IMPORTANCE OF SPECIFIC IMAGERY WHEN ENHANCING IMMUNE FUNCTION WITH HYPNOSIS

J. Gruzelier, F. Smith, J. Levy, P. Fox and J. Williams

First, two studies were reviewed with medical students indicating benefits of self-hypnosis on stress-related immune compromise at exam time. In the first (Gruzelier

et al., 1997, *Ann NY Acad Sci*) hypnotic imagery was chosen, which, aside from relaxation, involved a scenario directed at immune function, ego strengthening, positive affect and improved concentration. Twenty-eight students were assessed with CD2, CD4, CD8, CD19, NKC and cortisol measures three weeks before exams and then during exams. Sixteen were assigned to 10 sessions of hypnosis training and 12 were controls. Self-hypnosis buffered the decline in NK cell and CD8 counts and paradoxically increased cortisol – an intercorrelated pattern independent of lifestyle changes. Energy was higher in the hypnosis group at exam time and increased calmness correlated positively with increased CD4 counts. In a second study one group (n=11) with the same specific targeted imagery was compared with a second group who received non-specific relaxation imagery (n=11) and a control group (n=6). In only the specific imagery group did hypnosis buffer the effects of exam stress, here seen in a decline in CD4 counts. Importantly the decline in CD4 counts was also associated with illness in the exam period. The implications for health were then examined with 20 patients suffering from frequently recurring genital herpes (HSV-2). After six weeks of self-hypnosis training with directed imagery there was a 48% improvement in herpes recurrence compared with a control baseline period. A total of 13/20 patients showed clinical improvement and psychological improvements were found with self-report anxiety and depression scales. There was an increase in NKC numbers in improvers and frequency of self-hypnosis practice correlated positively with several immune parameters including HSV specific cytotoxicity (Fox et al., 1999, *IJSTD & AIDS*).

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THE CASE OF AN OBSTETRICIAN CHARGED WITH INDECENT ASSAULT AND RAPE

M. Heap

The presenter described a case in which an obstetrician was charged on 12 counts of indecent assault and one of rape. These charges involved 13 patients that the defendant had seen, going back a number of years before the complaints were made. The obstetrician had used hypnotic induction procedures to relax the patients. The presenter described the various possibilities that need to be addressed from a theoretical perspective when offering expert opinion in such a case.

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CLINICAL HYPNOSIS IN THE ALLEVIATION OF PROCEDURE-RELATED PAIN AND DISTRESS IN PAEDIATRIC ONCOLOGY PATIENTS

C. Lioffi

The aims of this research were (a) to investigate the efficacy of clinical hypnosis and self-hypnosis in the treatment of lumbar puncture-related pain in children and adolescents with cancer; (b) to evaluate two different clinical hypnosis approaches, namely direct versus indirect; and (c) to explore the relationship between hypnotizability and therapy outcome.

Eighty children with leukaemia and non-Hodgkin's lymphoma were randomly assigned to four groups and multiple baseline measures were taken for all patients. In *Experimental Group Direct*, children were hypnotized and given direct suggestions while undergoing lumbar punctures. In *Experimental Group Indirect*, children were given indirect suggestions. In *Placebo Group*, patients met with the therapist for an equivalent time and session frequency as those in the hypnosis groups. In *Control Group*, patients received only the standard interventions provided by the hospital for pain control. The second phase of the intervention involved the teaching and evaluation of self-hypnosis to the patients in groups *Direct* and *Indirect*. Results confirmed that patients in the experimental groups perceived less pain and anxiety and showed less behavioural distress than patients in the control and the placebo groups, both with hypnosis and self-hypnosis. For both experimental groups, hypnosis proved more effective than self-hypnosis. Direct and indirect suggestions were found to be equally effective. The level of hypnotizability was significantly associated with the magnitude of treatment outcome in the hypnosis groups. It was concluded that clinical hypnosis and self-hypnosis are effective in the treatment of paediatric procedure-related cancer pain.

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ANXIETIES, FEARS AND PHOBIAS ABOUT INJECTIONS. THE VALUE OF HYPNOSIS IN FACILITATING MEDICAL TREATMENT

D. Y. Medd

Three examples of using hypnosis in counselling work were selected qualitatively to show the variable effects of experiences in the creation of fear, anxiety and disabling phobia. Therapy may be directed to an apparently single-cause problem of a few weeks' duration, or to a multiple-layered complex of over 40 years' existence. The processes of resolution and good outcome may be jointly agreed on by client and counsellor, or perhaps no clear single path to improvement can be identified. Three patients with different problems had high levels of fear or anxiety about receiving injections in botulinum toxin clinics. Individual differences in causes, history and personality made a technical eclectic approach the logical choice. Successful outcomes show that hypnosis, adaptably adjoined with behavioural and cognitive methods of counselling, can be of great assistance in enabling patients to receive injections essential to treatment, and could usefully be made part of multidisciplinary provision.

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HYPNOTIC TIME PERCEPTION: BUSY BEAVERS OR TARDY TIMEKEEPERS?

P. Naish

One of the strongest effects associated with hypnosis is the marked shortening of the perceived duration of the period between induction and termination of the session. In spite of the robustness of this effect, understanding of the mechanisms leading to the phenomenon is still incomplete. A number of proposals were discussed, including St Jean's 'Busy Beaver' hypothesis. An alternative explanation was suggested, and preliminary data from experiments testing the explanation were presented.

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COMPARING HYPNOTIC AND HYSTERICAL PARALYSIS

D. A. Oakley, P. W. Halligan, B. S. Athwal and R. S. J. Frackowiak

The apparent similarities between phenomena produced in hypnosis and the symptoms of hysterical conversion disorder have been noted many times in the past. A recent model of neuropsychological processes in hypnosis and hysterical conversion disorder continues that theme and suggests that they not only share common psychological features but that they may also be based on similar brain mechanisms. This prediction has been investigated in the case of unilateral limb paralysis in functional imaging studies using positron emission tomography (PET). Preliminary findings indicate that similar patterns of brain activation are present when an individual attempts to move the 'paralysed' leg, irrespective of whether the paralysis was produced as a symptom of conversion disorder or by suggestion in a hypnotic context. A different pattern of activations was found in both cases during attempts to move the non-paralysed limb. The implications of these findings for an understanding of both hypnosis and conversion hysteria were discussed.

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MOTOR IMAGERY IN CONVERSION PARALYSIS

K. Roelofs, G. Näring, C. Hoogduin, G. Keijsers and G. Van Galen

Conversion disorder is generally considered to be a result of autohypnosis. Both conversion paralysis and hypnotic paralysis are characterized by a dissociative state in which intentional (explicit) motor functioning is disturbed while the automatic (implicit) functions are relatively intact. Motor imagery (mental movement) is important for the planning and preparation of movements. Previous studies have shown both implicit and explicit motor imagery to be slowed in patients with neurological motor pathology. This study investigated the motor imagery of patients with conversion paralysed arms. Six patients and six healthy controls performed an implicit mental hand rotation task (a hand judgement task) and an explicit mental hand rotation task. It was expected that explicit motor imagery would be impaired in the patient sample. Results indicated that patients showed a significantly larger increase in reaction time per degree of rotation (RTR) in the implicit task than did the controls. The same was found in the explicit hand rotation task but here patients' RTR was also significantly larger for the most severely affected arm. These results showed that explicitly instructed motor imagery is more severely impaired than implicitly evoked motor imagery. A similar dissociation was found in a previous motor imagery study of healthy subjects with a hypnotic right arm paralysis. These findings were interpreted as supporting the autohypnosis theory of conversion disorder.

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