Heap's Five Working Models (and caveats) for Hypnosis in Clinical Practice

Model 1
According to their hypnotic suggestibility, people have the capacity to respond in a seemingly involuntary manner to suggestions and imagery aimed at changing their feelings, perceptions, thoughts, and behaviour. This capacity may be enhanced by the induction of hypnosis.

Model 2
Certain autonomic functions may be directly altered by appropriate suggestions and imagery to an extent which depends on the suggestibility of the subject. This process may be enhanced by the induction of hypnosis.

Model 3
Hypnosis enhances the capacity of the patient to access dissociated thoughts, feelings ,memories and so on.

Model 4
Hypnosis is a pleasant and mood elevating experience which involves a high degree of rapport between hypnotist and patient. These good feelings may be amplified by positive confidence boosting (ego-strengthening) suggestions and imagery.

Model 5
People already have the resources to overcome their problems, but these are not consciously available to them. Hypnosis provides a way of accessing these unconscious resources.

Heap's Caveats
First
Effectiveness of the techniques has precedence over the validity of the model
Second
Techniques may be effective for reasons not predicted by the model
Third
The model and the techniques generated by it have a limited range of validity, applicability, and effectiveness.

Heap's Principle (1990)
There will always be a tendency for models and techniques to be extended beyond their range of useful application

Heap M (1990) *University of Sheffield Diploma Course*
In Heap M and Dryden W (1991) '*Hypnotherapy: A Handbook'* Open University Press
Also in Heap M (2012) '*Hypnotherapy: A Handbook 2nd Edition'* Open University Press
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