

HYPNOSIS INDUCTION TECHNICS

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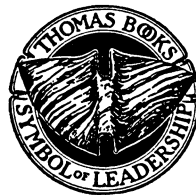
HYPNOSIS INDUCTION TECHNICS

By

MYRON TEITELBAUM, M.D., J.D.

With a Foreword by

MICHAEL M. GILBERT, M.D., Ph.D.



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TO
MY WIFE, AUDREY

Foreword

DURING THE FIRST HALF OF THIS CENTURY A LARGE NUMBER OF THE PUBLICATIONS ON HYPNOSIS dealt with the results of scientific investigations as to its nature and its usage in medical practice. The mechanisms underlying the existence of the hypnotic state have yet to be elaborated, but that such a state truly exists is no longer subject to reasonable question. The position that the practice of hypnotherapy by physicians is an acceptable professional approach using a distinctly different type of normal human phenomenon for the benefit of their patients was finally justified in 1958. At that time the Council on Mental Health of the American Medical Association, following a two year study, accepted "the validity of the various phenomena elicited by the hypnotic techniques."

With the use of hypnosis having gained formal medical approval, the number of physicians, psychologists and dentists who use it as one of their tools of practice, has considerably increased. With the need to defend hypnosis gone, much scientific and clinical energy now is being devoted to expanding its use and to refining its technics.

As a psychologist and as a psychiatrist, I have found that hypnosis can be judiciously used in programs of psychotherapy, psychoanalysis, rehabilitation, learning and habit control and in scientific inquiry into the nature of personality disorders. Certainly, though, it can also be used widely in other disciplines of medicine.

The general practitioner can find great use in relieving the tensions of patients which accompany ordinary office procedures, the obstetrician in relieving pains of childbirth, the ophthalmologist for ease of contact lens fitting, the internist for relief of asthma and other psychophysiological disorders—the list is endless.

Some of the obstacles to using hypnosis are the fear of failure to hypnotize the patient, with loss of prestige resulting therefrom, and the length of time that might be consumed in reaching a sufficiently receptive state. The feeling of hesitancy about using hypnosis is still prevalent, but this hesitancy would be removed in many cases if a clear and concise manual of technics were made available. The practitioner could then reduce to a negligible amount the percentage of failures and could reduce the induction time to fit into his already crowded schedule.

The author has spent eight years investigating technics of hypnotic inductions. Through teaching groups of physicians and dentists the technics then in general use and those developed by him, the author has refined them to bring about a high induction rate with a minimum of time. Acceptability by patients has been increased through the development of special technics avoiding the mention of "sleep" or "hypnosis."

The results have been brought together in this volume in a well written and very readable presentation with explicit detail.

It is felt that this book with its accent on induction technics will fill a void in the literature on hypnosis and may very well be a strong stimulus toward the more widespread use of hypnosis as a medical tool.

The members of the legal profession should find the inclusion of several of the author's published articles on legal aspects of hypnosis and related fields most stimulating.

This book is most worthy of full attention, and, in my opinion, is a mature and worthy contribution to the field of clinical hypnosis.

MICHAEL M. GILBERT, M.D., PH.D.

Miami, Florida

Preface

HYPNOTICS IS THE APPLICATION OF THE THEORIES, PRINCIPLES AND TECHNIQS OF THE SCIENCE of hypnotism to induce a subject into hypnosis.

This book is designed to develop self-education and to serve as a handbook for quick reference. Much of the literature on hypnotism has been written in psychological terms, the meaning of which could be abstruse to the average person. It is the intent of the author to eliminate the use of these terms wherever possible and to use simple definitive terms.

Although this book is directed primarily toward medical and dental usage, hypnotics may be used advantageously in many fields.

Hypnotics will be detailed analytically just as a layman would write on the use of an x-ray machine. The manufacturer of an x-ray machine must know more than just how the machine is built and how the rays are produced. He must know and be able to show how to use it, but he leaves to the physician the decisions of when, where, how and upon whom to use it.

So it is with hypnotics. One cannot write about hypnotics without advising how to apply it to the patient. Methods of usage for its application for specific ailments, problems and desires will be outlined, but it will be for the qualified reader's decision, though, when, where, how and upon whom to use hypnotics.

It is expected that some of the new theories, technics and con-

clusions presented will be the subjects of controversy. Progress grows from controversy, and hypnotism is a field where we need progress. Unfortunately, some of the theories and technics which were outdated a century ago are still widely accepted and they continue to appear in newly published articles and books. Marathon inductions lasting from thirty minutes to four hours are still the rule. The length of time taken to induct the average subject is the greatest deterrent to the widespread use of hypnosis. The author hopes to eliminate crude technics which are based upon the lack of knowledge of the fundamentals of hypnotic induction. It has been determined that almost every subject can be placed into the trance in less than five minutes and that the average induction into the light trance state is a matter of no more than three to five minutes when the proper methods are used.

This book is designed for self-teaching. If the beginner absorbs and perfects the material presented in each chapter in its proper turn, he should avoid the many disappointments of those who attempt to achieve advanced hypnotic phenomena before learning the basic fundamentals. First subjects should be from outside your family circle, as better results for the beginner can be obtained with those where the element of prestige can be used.

As with any subject, skill and knowledge are attained and retained only by continued attention and application. The principles and technics of each chapter should be applied daily. Don't delay your application of hypnotism until the end of the book. Become proficient in the basic technics before attempting the advanced.

MYRON TEITELBAUM

*260 S.W. 20th Road
Miami 29, Florida*

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HYPNOSIS INDUCTION TECHNICS

*Development of Methods
of Hypnotics*

THE USE OF HYPNOSIS WAS COMMON WITH MANY PRIMITIVE CIVILIZATIONS, YET ITS TRUE nature is still a mystery. The ancient Egyptian priests, the Hindu fakirs, the Chinese teachers of religion, the Persian magi, the Celtic druids and the African witch doctors all used hypnotics. Many ritualistic rites centered about hypnotic phenomena. Through the use of talismans, charms, prayers, laying on of hands and dances the sick have been healed and evil destroyed. Because of its use in religious and ritualistic rites, its secrets were closely guarded. Not until an amazing person rubbed the magic lamp was hypnotism released to the world.

The contemporary world of Franz Anton Mesmer heaped much abuse on his name, which today still carries a taint. Yet, he emancipated hypnotism from the societies of secretiveness and gave us a tool to excise the mind as the scalpel can excise the body.

In 1776, Mesmer wrote his Doctoral Dissertation, "The Planetarium Flux," in which he first formulated his theory concerning the influence of planets upon the human body. He believed that a general fluid pervaded nature and the human body, and that if the human body failed to receive the vibrations of this fluid, disease would appear. As long as the fluid was evenly distributed throughout the human body there was harmony, but when this harmony was disrupted, the body became diseased. To Mesmer

all diseases were really one, and for that one he sought a cure. During the next few years after his graduation from medical school, Mesmer further developed his theory. He postulated that the human body was itself a magnet with poles at either end, and that the existing general fluid was a magnetic fluid. At first Mesmer's theory of a general fluid was called "animal gravitation," and later it became known as "animal magnetism." Mesmer believed that by bringing a magnet in touch with or in close proximity to the human body the nerves and muscles would receive the vibrations of the magnetic fluid, the body fluid would once again become balanced and disease would disappear.

Mesmer had considerable success in Vienna, but his critics forced him to leave. He took up residence in Paris, where patients streamed to him for cures. In order to accommodate the patients Mesmer invented a special kind of magnet. In a large, darkened room he built an oversized oak tub. In it he placed concentrically arranged bottles, ground glass and iron filings covered with water. This tub or "baquet" had many iron rods extending through the sides. A large number of patients stood or sat around the tub grasping the iron rods to absorb the magnetic fluid which they believed emanated therefrom. This was the development of the first modern method of hypnotics: the instilling within the subject the belief that approximation to a magnet would cure disease, which cure was normally preceded by convulsions. The phenomenon of the convulsions was usually suggested either directly or indirectly. The *magnetic method* was a virile one and took a long time to fall into disuse. Technics devised for its induction are legend.

Animal magnetism achieved its largest following between 1820 and 1850 and then it gradually lost out to new theories.

The next method of hypnotics developed, *directed magnetism*, was the result of the research by a disciple of Mesmer, the Marquis de Puységur. He formulated the theory that the prime factor producing magnetism was the magnetizer himself, who could direct the fluid where he desired. He felt that it was not necessary to use magnets, and that by sheer will power the magnetizer directed the fluid into the subject's body. Puységur was the first known hypnotist to obtain the sleep-like trance state, which he called "som-

nambulism." The theory of a directed force as formulated by Puy-ségur is still accepted by many people today. In some horror moving pictures we still see the Svengali type character hypnotizing the innocent. First, the villain rubs his hands and builds up the warmth of friction, which in turn becomes a magnetic force. Then we see him in a darkened room where an eerie light seems to emanate from the fingers, indicating that the magnetism is strong. Finally, the hypnotist directs both hands at the victim, who instantly becomes transfixed or faints into a hypnotic sleep-like state. This technic, even today, can be extremely effective with certain individuals. The reason for this will be developed in Chapter Three.

From the induction method of directing the magnetism into the subject's body, several popular variations were developed. They are known as *passes methods*. In the first variation the operator would pass his hands over the subject's body without touching the subject. Inducing passes were always downward from head to feet while awakening passes were always upward.

The second variation involved passes which touched the subject's body. Many hypnotists would stroke the forehead or the back of the head and neck. Others would touch the inside of the elbows or the knees.

In 1819, the Abbe Faria presented some new views on hypnotism in a book which attracted little attention. He proclaimed that the cause of the trance rested with the subject and not with the magnetizer. The Abbe Faria was the forerunner of modern theory. From this theory he developed the *fixed-gaze method* of induction. Instead of using magnets or having the hypnotist direct a fluid into the body of the subject, he used the object-gaze technic of having the subject direct his gaze at some object, and by this continued fixation the subject eventually went into a trance.

Although France had been the center of the hypnotism movement, the nineteenth century brought a decline of interest there. However, the sparks from the lowering French flame began to spread the fire of hypnotism to England and Germany.

In 1842, in Manchester, England, Dr. James Braid, independently of the Abbe Faria, came to the same conclusion that the phenomenon of hypnosis depended on the suggestibility of the sub-