HYPNOSIS PROFILE

STOP PRESS

- FMRI evidence of cortical efficiency in hypnotisable subjects which is compromised by hypnosis in left lateral and anterior cingulate frontal regions.

- For an integrative over view of work including schizophrenia, EEG-biofeedback and hypnosis see:


- Contemporary Hypnosis is now published by John Wiley & Sons.

A# Background: Began research on the psychophysiology of hypnosis in 1979, became member of the British Society of Experimental and Clinical Hypnosis in 1984, has 40 scientific publications on hypnosis.

B# Scientific Studies & Neurophysiological Model:
With publications beginning in 1984 a series of studies has charted the cognitive neuroscience of hypnosis and hypnotic susceptibility, with the evolution of a working neurophysiological model. The model posits a three-stage process for the classical induction of hypnosis involving:

- the engagement of thalamo-cortical-limbic attentional circuits under top-down influences of the frontal lobe through focussed attention and fixation;
- 2) suggestions of fatigue and tiredness at fixation which suppress frontal-cingulate top-down influences to facilitate the control and orchestration of behaviour by the hypnotist,
- 3) and in neutral hypnosis a lateral shift to favour right hemispheric influences. The evidence has been complimented by a recent fMRI/EEG study.

- Model:

- Evidence: Laterality:


- Fronto-Limbic functions:


- Non-specific factors: Relaxation:


C# Hypnotic Susceptibility.

- The empirical studies disclosed that highly hypnotisable subjects have superior cognitive abilities. These include abilities to focus attention, to comply with instructions to let go of executive top-down processing, neurocognitive flexibility, and cognitive efficiency. (see references above)

- At the same time they share aspects of syndromes of the schizotypal personality such as cognitive activation and unreality experiences such as extrasensory perception. It is theorised that their superior cognitive abilities coincide with vulnerabilities for psychopathology.

E# Self-Hypnosis & Immune Function.

- In a series of controlled studies advantages from training in self-hypnosis have been shown for immune function, and for the first time for health, including a chronic viral illness.

- The health benefits attest to the validity of putative benefits indexing the immunological changes.

- Different induction scripts have also been compared showing advantages for directed, self-generated imagery over relaxation imagery.

- Hypnotic susceptibility has been shown to be advantageous for immunological response to psychological treatment.

D# fMRI/EEG.

- The influence of hypnosis on fMRI and EEG coherence with a Stroop conflict task have been examined in participants selected for high and low hypnotic susceptibility.

- Results showed a compromise of anterior cingulated and left lateralised frontal blood oxygenation following hypnosis in hypnotisable participants.

- EEG assessment showed a reduction in connectivity between the two anterior regions.

- There was evidence of higher cortical efficiency outside of hypnosis in hypnotisable subjects.


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- Review


- **Empirical Studies**


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**Energy Medicine.**

- With a programme grant from the Johrei Association, a Japanese non-touch healing method is being studied and compared with self-hypnosis/CBT training.
- This is providing a different immune and EEG profile of change.
- These suggest an activating process and an openness to experience with remarkable effects on natural killer cell activity.
- Clinical studies include exam stress, advanced stage breast cancer and early stage HIV.


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**Stage Hypnosis & Unwanted Effects.**
• Concerns have been published about the ethical uses of hypnosis and the dangers of stage hypnosis.


• Disinhibited and compliant behaviour is in keeping with the neurophysiological model.


H# Multimodal Therapy.
• Current investigations include combining hypnosis with other treatment approaches.
• One example involved physical therapy, self-hypnosis training and NLP in a ballet dancer with a right leg injury and loss of morale.


H# Scientific Recognition.
• Since 1982 presentations have been invited for national and international scientific meetings and training courses of the British Society for Medical and Dental Hypnosis. In recent years invitations have included the Waxman memorial lecture for the Royal Society of Medicine, Hypnosis and Psychosomatic Medicine section in 2001 and 2003; keynote presentations to the American Society of Clinical Hypnosis, Indianapolis, 2002, the American Society of Experimental and Clinical Hypnosis, Chicago, 2003, the European Society of Hypnosis in Psychotherapy and Psychosomatic Medicine, Rome, 2002, the International Society of Hypnosis, Singapore, 2004; and symposium presentations at the European Society of Hypnosis and Psychotherapy, Rome, 2002. In 1996 invitation of the Ciba Foundation to organise a one-day international meeting on 'The nature of the hypnotic state'.
• The fMRI study was presented at the Society for Clinical and Experimental Hypnosis, Chicago, 2003 British Society of Experimental and Clinical Hypnosis, 2004; British Association, 2004.
• The invited review for Contemporary Hypnosis was awarded the' best clinical paper of 2001' prize from the Society for Clinical and Experimental Hypnosis


• Editor of Contemporary Hypnosis from 2001, the international journal of the British Society of Experimental & Clinical Hypnosis.

• Awarded the Ernest R. Hilgard award of the International Hypnosis Society, 2004, for Scientific Excellence “Whose lifetime of published experimental work substantially advances the understanding of the process of hypnosis and the ability to predict the outcome of its applications.”

• Appearances as expert witness in the High Court, in support of plaintiffs who developed chronic psychopathology after stage hypnosis. These included a case of schizophrenia, so diagnosed within a week of hypnosis, and a case of depression accompanied by all the clinical symptoms of PTSD where causation was acknowledged and a landmark decision made against a hypnotist defendant.

Gruzelier, JH and Jamieson, G. A case of chronic depression with symptoms of PTSD following hypnosis for entertainment, in preparation.
Ibs. Societies Member of the Council of the British Society of Experimental and Clinical Hypnosis, as editor of the Society journal. Council member of the Section for Hypnosis and Psychosomatic Medicine, Royal Society of Medicine. Honorary member of the Italian Hypnosis Society.