



ICAOH 2023

**FOCAL
THEME**

Advancements
in Integrated
Hypnotherapy

**1st
International
Conference of
Academy of
Hypnosis**

Souvenir

**25-26
Feb
2023**

Organised By:
ACADEMY OF HYPNOSIS, INDIA

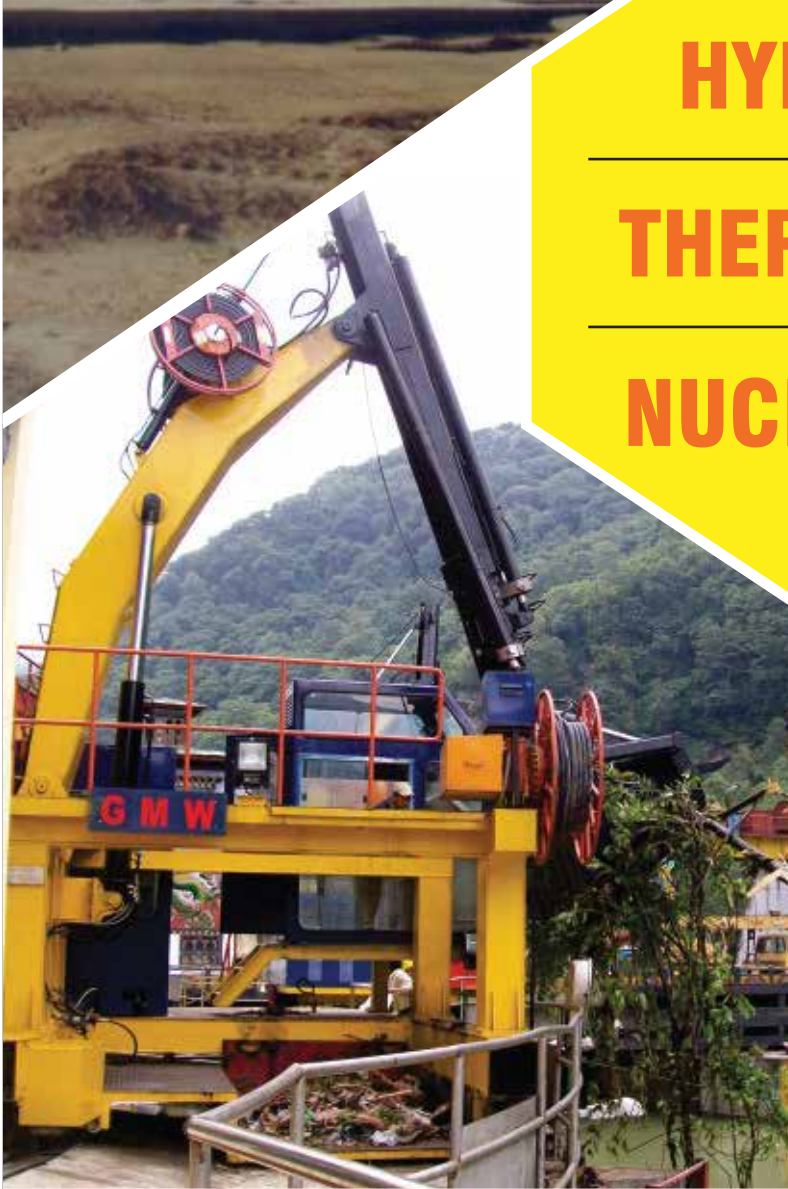
In Collaboration with
CHAROTAR UNIVERSITY OF SCIENCE AND TECHNOLOGY



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DR. R. V. UPADHYAY

Provost

Charotar University of Science & Technology
Anand, Gujarat, INDIA



Message

Dear All,

Charotar University of Science and Technology (CHARUSAT) has been conceived to put India on global education map by making **Charotar – the Land of Sardar Patel**, a Global Education Hub. The exceptional vision of the President- **Shri Surandrabhai Patel** strengthened by institutional values of **Honesty, Integrity and transparency** has enabled the university to achieve newer heights.

At present, CHARUSAT has under its ambit 6 faculties, 9 Institutes and 8 Centers and Cells, 72 different Undergraduate, Postgraduate, and Doctoral Programs, student strength of 8752, Human resource of 620 and capital outlay of Rs. 150 Crores.

In the second cycle of NAAC, Bangaluru Accreditation, CHARUSAT has recently been accredited with **A+ Grade** with an overall CGPA of 3.26. In the first cycle, the University was accredited with **A Grade**. CHARUSAT has been recognized as Centre of Excellence by Government of Gujarat.

It is heartening that CHARUSAT has collaborated with **Academy of Hypnosis**, India in organizing the 1st International Conference of Academy of Hypnosis with the theme of **Advancements in Integrated Hypnotherapy**. This is a multi-disciplinary conference in which the professionals of various fields will share their knowledge, experiences and expertise in hypnotherapy.

It is worth noting here that CHARUSAT has been offering an online Program -**Post Graduate Diploma in Clinical Hypnosis (PGDCH)** under the leadership of Dr. B. M. Palan, MD, D. Clinical Hypnosis (USA) who has been learning, teaching and practicing hypnotherapy since 1982. I also feel proud to share that this is the first and only online clinical hypnosis learning programme from an aspiring world class Indian University which gives an opportunity to study the theories, principles and practice of hypnosis in Indian psychological context. Uniquely, the course is a balanced blending of basic **Indian spiritual concepts** and contemporary **Western therapeutic approaches**. Today, modern scientific community is leaning towards exploring and utilizing these great concepts in the service of humanity.

I am sure that the deliberations of the conference and other events planned therein will enrich the Program offered by CHARUSAT. It shall surely look at **integrated hypnotherapy** in greater depth and with newer dimensions of scientific hypnosis and hypnotherapy in the contemporary time.

I wish; all the participants have a very fruitful learning experience which they may cherish for long. My best wishes to the **Organizing Committee**.

Dr. R. V. Upadhyay

Prof. (Dr.) V. K. Srivastava
Vice Chancellor



MESSAGE FROM THE DESK OF VICE CHANCELLOR


It is indeed my pleasure to convey warm greetings to all esteemed doctors, academicians and paramedical personnel associated with the Academy of Hypnosis. I understand this is a truly intriguing sector of research and applications, and its practice offers healing and remedial course corrections for bringing about a status of joyous wellbeing.

Hence, it is all the more imperative that there is a scholarly as well as a practical and trainings-oriented approach to enhance awareness about this extraordinarily helpful area of psychological and para-medical support.

It is heartening to know that the first conference of the Academy of Hypnosis is being held on February 25-26, 2023. I am sure the proceeds during all the sessions will be interesting and useful, and all the participants will be encouraged to contribute meaningfully to the harmonious betterment and welfare of our society.

Many good wishes for the success of the Conference!

February 4th, 2023


Prof (Dr) V. K. Srivastava

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॥ श्रद्धयाग्निः समिध्यते ॥ (ऋ० १०.१५१.१)



गुरुकुल काङ्गड़ी (समविश्वविद्यालय) हरिद्वार
(यू०जी०सी० एक्ट 1956 के सेक्शन 3 के अन्तर्गत समविश्वविद्यालय)
Gurukula Kangri (Deemed to be University) Haridwar
(Deemed to be University U/s 3 of UGC Act. 1956)

प्रो० सोमदेव शतांशु
कुलपति (कार्यवाहक)



Prof. Somdev Shatanshu
Vice-Chancellor (Officiating)

क्रमाङ्क/Ref. No. 1-2/कुंका०/बा०पत्र०/.....

दिनाङ्क/Date 03.02.2023.....

शुभकामना सन्देश

यह अत्यन्त प्रसन्नता का विषय है कि सम्मोहन अकादमी, भारत अपना प्रथम अन्तर्राष्ट्रीय सम्मेलन आयोजित करने जा रहा है, इसकी सर्वविध सफलता के लिये मेरी हार्दिक शुभकामनाएँ। भारतीय ऋषियों ने मन को ही समस्त बन्धन, दुःख एवं मोक्ष-परमानन्द का कारण माना है- मन एव मनुष्याणां कारणं बन्धमोक्षयोः। यजुर्वेद का निर्देश है कि ऋग्वेद, यजुर्वेद एवं सामवेद का समस्त ज्ञान-विज्ञान, भूत, भविष्यत् तथा वर्तमान का ज्ञान मन में सन्निहित है। मन को एकाग्र करके इसकी विविध शक्तियों के उपयोग से हम सुस्वास्थ्य एवं अलौकिक शक्तियों को प्राप्त कर सकते हैं। आज सम्मोहन चिकित्सा के माध्यम से अनेक मानसिक एवं मनोकायिक रोगों, दुश्चिन्ता, तनाव, उदासी आदि को सफलतापूर्वक दूर किया जा रहा है, साथ ही इसके माध्यम से मनुष्यों में अनेक सकारात्मक गुणों का विकास किया जा रहा है। वेदों में यह विधा संकल्प चिकित्सा, आदेश चिकित्सा के नाम से वर्णित है, इसका प्रयोग कर हम मानव जाति को सुख-शान्ति प्रदान कर सकते हैं।

सम्मोहन अकादमी आयोज्यमान संगोष्ठी में अन्तर्राष्ट्रीय स्तर पर उक्त तथ्यों का गहन चिन्तन मनन कर अपने उद्देश्यों की प्राप्ति में पूर्ण सफल हो, इन्हीं कामनाओं के साथ।

(प्रो० सोमदेव शतांशु)
कुलपति (कार्यवाहक)



INDIAN ACADEMY OF HEALTH PSYCHOLOGY

Prof. Anand Kumar
President, IAHP
Former Head, Department of Psychology
Mahatma Gandhi Kashi Vidyapith
Varanasi, India



MESSAGE

I am delighted that the Academy of Hypnosis is organizing its First International Conference from 25-26 February, 2023 at Vadodara, Gujarat. Focal theme of the conference “**Advances in Integrated Hypnotherapy**” is the most significant and important subject of the contemporary world.

Promoting holistic health and well-being is a much needed and well deserved aspect in today’s society. The prevention and management of health related issues are of prime importance in today’s scenario. The bio-psycho-social model views health, wellness and illness as being a result of several different inter-related factors affecting a person’s life from biological characteristics, to behavioral and social conditions.

There are many researches on the applications of hypnotherapy in the field of health psychology. Overall, review of research reports like qualitative reviews, meta-analytic studies, randomized controlled trials and documents have indicated the effectiveness of hypnotherapy in treatment and management of many health-related conditions.

This conference will provide great opportunity for psychologists, medical/health care professionals, psychiatrists, scientists and researchers to learn and exchange their views and experiences and expertise on the role, implications and emerging trends of hypnotherapy and addressing specific issues focused on hypnotherapy.

I am sure the eminent and learned delegates of this conference will come out with certain recommendations that will act as lighthouse to explore the strategies for management of health and well- being to help people in achieving optimal holistic health.

I heartily wish the conference a grand success.

February 7, 2023

(Prof. Anand Kumar)

DR. B.M. PALAN
President,
Academy of Hypnosis, India



Message

As a part of the unfoldment of the larger design, the Academy of Hypnosis (AoH), India came into existence in June 2022 and due to the love and affection reposed in me by my colleagues and students, one more task is assigned to me, to be here as the founding president of AoH. It is indeed a great honor.

AoH started organizing Monthly Online Clinical Meetings right from the next month of its inception, July 2022, and professional colleagues from all over the country started participating actively in the case discussions.

And within the span of 6 months, AoH is hosting this International Conference – an academic feast for all of us. I am happy to see the enthusiasm of students and budding hypnotherapists – qualified medical and psychology professionals trained in Hypnotherapy – participating in large numbers at the conference. I am sure, the deliberations taking place during the conference will enrich all of us academically.

I thank the international experts for accepting our invitation and sharing their wisdom and knowledge – it will be a unique opportunity for all of us. Especially, I appreciate their readiness to give us time at their odd hours due to the differences in time zones. I thank the expert colleagues from different parts of our country for travelling all the way to Vadodara and sharing their valuable knowledge.

I appreciate the cooperation we received on every stage from the Provost, Dr. Upadhyay, Registrar, Dr. Devang Joshi and their team, and the management of Charotar University of Science and Technology. I thank them on behalf of the Academy of Hypnosis. I would like to convey our sincere sense of gratitude to all the sponsors who generously helped to make this event grand though it is a low-budget conference for the participants – we wanted it to be affordable even for students. I thank Dr. Rakesh Jain and every member of the AoH team for their tireless and dedicated efforts to make this event successful.

My sincere thanks to the friends from the media for honouring our invitation to participate in the press conference and spreading the value of scientific clinical use of hypnosis in healing, healthy living, and enhancing human potential.

Last but not the least, I thank all the Dear colleagues and students for participating in the conference, without whom the event would not have had any meaning.

DR. B.M. PALAN

PROF. RAKESH KUMAR
Chairperson,
ICAOH 2023



Message

It is my honor and privilege to welcome you all to the first International Conference of Academy of Hypnosis being organized in active collaboration with Charotar University of Science and Technology at Vadodara on 25-26 February 2023. As the chairperson, I would like to express my gratitude to each and every one of you for taking the time to join us today and contribute to this exciting and important historic event.

Hypnosis is a natural state of awareness that can be studied scientifically and put to use both in illness and wellness by trained professionals. The conference theme "Advancements in Integrated Hypnotherapy" with sub-themes will be an academic feast for practitioners and researchers in the field of hypnotherapy. Hypnotherapy has been in practice for centuries and it can be considered the very first form of psychotherapy which is being applied to a range of medical and psychological conditions.

This conference will provide a unique opportunity to bring together experts and professionals from diverse fields to share their knowledge and expertise, discuss current challenges and opportunities, and collaborate on new ideas and solutions.

As we embark on this journey together, I encourage you to engage in thoughtful and productive discussions, ask questions and challenge each other's ideas in a constructive and respectful manner. Let us all strive to learn from one another, build strong networks, and foster long-lasting partnerships.

I would also like to extend my appreciation to the organizers, sponsors, and volunteers for their hard work and dedication in making this conference a reality. Without their efforts, this event would not have been possible.

Once again, thank you for joining us today. I hope that you find this conference to be informative, engaging, and rewarding. Let us all work together towards a brighter future for health, harmony, and happiness.

A handwritten signature in blue ink that reads "Rakesh Kumar".

(Rakesh Kumar)



HIND INSTITUTE OF MEDICAL SCIENCES

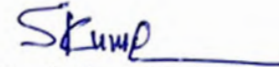
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MESSAGE

It's a great pleasure to know that First International Conference of Academy of Hypnosis India, CICA OH – 2023 is going to be organized on 25-26, February 2023 at Vadodara, Gujrat.

Hypnosis & Hypnotherapy is a valuable tool in the armamentarium of professionals in uncovering mysteries of mind as well as dealing with psychiatric & psychological issues. It is heartening to note that dedicated professional in the field have got united & embarked upon an illuminating, exciting academic & scientific feat to provide hypnosis & hypotherapy its rightful place & further its practice on clinical & scientific basis.

I wish the conference great success.



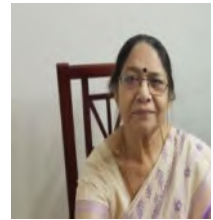
Prof. (Dr.) Sudhir Kumar
MD, FIPS, MIACP, MISC
CMAPA (USA), CCST. (UK)
Principal & Dean

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PROF. BIMLA PARIMU

Former Head,
Department of Psychology
The Maharaja Sayajirao University of Baroda



Message

It gives me immense pleasure to wish great success to “Academy of Hypnosis” for its first International Conference.

I recall the day when stalwarts, highly enthusiastic about Hypnosis and Hypnotherapy walked into my chamber with a request to start a course on Hypnotherapy. The idea was exciting so we proceeded in that direction. Concrete help was provided by Dr. Palan and Dr. Bhaskar Vyas by searching syllabi taught in various institutions across the globe. Dr. Palan also helped, to understand various nuances of running this course. Thus a course on Hypnotherapy was initiated, first of its kind in whole of Asia.

The seed that was sown, in the Department of Psychology, Maharaja Sayajirao University of Baroda in the year 2000 has grown into such a big tree that it is now branching out in various forms and in various directions. I am personally pleased, as I can see so many professionals, out in society helping people, with established and effective techniques of Hypnotherapy on the one hand and an attempt to bring together innovative and potential novel ways of practicing thus furthering the cause of research in Hypnotherapy.

I wish Dr. Palan and his team along with local, national, and international contributors, a great success in their endeavour to share their knowledge and expertise with this august body attending the conference.

Dr. Bimla Parimu



CLINICAL PSYCHOLOGY SOCIETY OF INDIA

DR JAMUNA RAJESWARAN

President

Clinical Psychology Society of India (CPSI)

NIMHANS, Bangaluru, India



Message

Today India is moving forward in its quest for growth and development with visible changes in health care sector and technology. Mental Health sector together with other related sectors along with international partners has proved to be successful in reducing the burden of mental health issues. With the outbreak of Pandemic Covid 19 psychological issues have augmented exponentially. Addressing these issues non-pharmacologically has proved to be imperative and need of the hour. Hypnotherapy is one such therapy that can be a powerful method to treat various mental health conditions. I am extremely happy that the First International Conference of Academy of Hypnosis is being held in India. I am sure that this conference will prove to be scientifically rewarding to clinicians, researchers and burgeoning professionals in acquiring knowledge in the area - in formulating, implementing, monitoring and evaluating scientifically. I congratulate the organizers and wish them all the very best!

Dr Jamuna Rajeswaran

President

Clinical Psychology Society of India (CPSI)

DR. PRASANTA ROY

Chairman, Scientific Committee

ICAOH 2023



Message

Dear colleagues and friends,

On behalf of the Scientific Committee, I am pleased to welcome you to the City of Vadodara, India for the 1st International Conference of Academy of Hypnosis, India (ICAOH 2023) which is co-organized by Charotar University of Science and Technology on 25th-26th February 2023.

There was increased demand from professionals of medical and psychological backgrounds, particularly from this part of the world on how to uplift the vast knowledge of hypnosis as a mainstream or adjunct therapeutic process. Keeping this in mind we decided on a focal theme of the conference as Advancements in Integrated Hypnotherapy. In this distinctive conference, we are able to get a group of scholars from Asia, Europe, Australia, and USA doing extensive work using hypnosis as a tool in treating physical and mental health concerns. We will get an opportunity to listen and interact with some of the scholars from India who have been contributing to the field for years. The conference will also include high-quality technical papers and posters, particularly a group of case studies that will be a great learning opportunity for the students and professionals. This is going to be an interdisciplinary learning and experience-sharing platform for all.

We are having 4 invited guest lecturers from internationally well-known professionals and 4 more by Indian professionals. We are also going to have scientific paper presentations, poster presentations, workshops, symposiums, and panel discussions. We are proud to inform you that we are being able to create a platform for Dr. Jana Oration Award at this conference. Dr. Jana, a late medical professional, had been one of the pioneers of clinical and scientific hypnosis in modern India.

We are looking forward to more experience sharing towards the common goal of upliftment of scientific hypnosis.

DR. PRASANTA ROY

DR. AVNISH DAVE

Organizing Secretary, ICAoH-2023,
General Secretary
Academy of Hypnosis, India



Message

The first international conference Of Academy of Hypnosis is a major step towards authentic academic advancement in the field of Hypnotherapy in India. It's an attempt to build a nationwide grid of hypnotherapists and mental health practitioners, equipped and updated with the latest knowledge and hands-on skills to deliver the best contribution towards national health.

It's the time when Hypnotherapy deserves a position in mainstream medical and mental health therapeutics. The current conference is an attempt to educate the novice and update the existing practitioners with the expertise of eminent international and national level guest speakers.

There is an ever-increasing need for experts in areas of Psycho-somatic medicine, lifestyle medicine, and mental health. It's our aim and attempts to bridge the gap and improve the quality-of-life citizens.

The two-day Conference, I am sure is going to be a knowledge feast, a memorable event for practitioners, and maybe a life-changing event for beginners.

Our mentors have showered all their blessings, wisdom, and expertise on us and our team of organizing committee has been working odd hours for the past six months to take care of every small detail of the event hence, I am sure this conference going to be a great success.

With best wishes

16th February 2023

Dr. Avnish Dave

CHAROTAR UNIVERSITY OF SCIENCE AND TECHNOLOGY

CHARUSAT (<http://www.charusat.ac.in/>) has been established by promulgation of Gujarat Private University Act, 2009. It is empowered to confer degrees under Section 22 of UGC Act, 1956. Presently, CHARUSAT offers 64 programs ranging from UG, PG to Ph.D. under the tutelage of 8 Institutes, 6 Faculties, and a student enrolment of more than 7000. They are in the allied disciplines of Technology & Engineering, Pharmacy, Computer Applications, Management, Applied Sciences, Nursing, Physiotherapy, and Paramedical Sciences. With a thrust on socially relevant Research and Development, CHARUSAT strives to transform the society through creation, augmentation, dissemination and perpetuation of knowledge. For this purpose, a Research and Development Centre has also been established on the Campus. Uniquely, CHARUSAT has also established a Space Research and Technology Centre to initiate and foster research in Space Technology.



CHAROTAR INSTITUTE OF PARAMEDICAL SCIENCES (CIPS)

Worldwide development in the field of medical therapy and diagnosis, it is necessary to generate skillful Allied Healthcare Professionals. Charotar University of Science and Technology (CHARUSAT, Changa) has started an Institute of Paramedical Sciences at the Education Campus Changa in 2013-14 with the Vision “To become lead organization in the field of paramedical education and research”. CHARUSAT is also proud of its well-established educational base and curriculum and standard of education together with the excellent training in its well established multispecialty CHARUSAT Hospital and Research Foundation. All the courses and their academic ambience are created by the guideline of Ministry of Healthcare and Family Welfare, Government of India and as per the regulations by the Government of Gujarat.



CIPS is running various programmes such as Medical Radiology & Imaging Technology, Operation Theatre & Anesthesia Technology, Bachelor of Optometry and post graduate programmes such as Post Graduate Diploma in Medical Laboratory Technology (PGDMLT), Master of Science (M.Sc.) in Medical Laboratory Technology, PG Diploma in Clinical Hypnosis (PGDCH).

ACADEMY OF HYPNOSIS, INDIA

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President



RAKESH JAIN
Vice- President



AVNISH DAVE
General Secretary



PRASANTA KUMAR ROY
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YOGESH CHANDARANA
Member



RENU SHARMA
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ALOK PRAPANNA
Member



SURESH SADHWANI
Member



JINI K. GOPINATH
Member



VEENA PANJWANI
Member



NIDHI KOTHIYAL
Member

CONFERENCE COMMITTEES

CORE-COMMITTEE:

- Prof. Rakesh Kumar, Chairperson
- Dr. Yogesh Chandaran, Co-chairperson
- Dr. Avnish Dave, Organizing Secretary
- Dr. Prasanta Roy, Joint Organizing Secretary
- Dr. Alok Prapanna, Treasurer
- Dr. Pranav Chandarana
- Ms. Manisha Joshi
- Ms. Nidhi Kothiyal

RECEPTION COMMITTEE

- Dr. Darshan H. Patel

FINANCE COMMITTEE:

- Dr. Alok Prapanna: Chairperson

SCIENTIFIC COMMITTEE:

- Dr. Prasanta Roy: Chairperson
- Mr. Sumit Ghoshal
- Dr. Pooja Parmar
- Ms. Nidhi Kothiyal

SOUVENIR COMMITTEE:

- Dr. Veena Panjwani, Chairperson

HOSPITALITY COMMITTEE (TRAVEL & ACCOMMODATION):

- Dr. Baljeet Kaur, Chairperson
- Ms. Jignasha Thakar, Convenor

MEDIA COMMITTEE:

- Dr. Suresh Sadhwani: Chairperson
- Convener: Ms. Manisha Joshi

LIAISON COMMITTEE:

- Dr. Pranav Chandarana, Chairperson
- Mr. Tejvir: Convener

CULTURAL COMMITTEE:

- Dr. Renu Sharma: Chairperson

OVERSEAS LIAISON:

- Dr. Jini K. Gopinath

1ST INTERNATIONAL CONFERENCE OF ACADEMY OF HYPNOSIS, INDIA
25-26TH FEBRUARY, 2023, VADODARA, INDIA

DAY 1	TIME	ACTIVITY	PRESENTER
25th February	8.30 am-10.00am	Registration	
	9.00am – 9.20 am	Welcome Address	Conference Chairperson
	9.20am- 10.00am	Keynote Address	Prof. Anand Kumar, President, Indian Academy of Health Psychology
	10.00am-11.00am	Invited Guest Lecture “Dr. Erickson and Hypnosis”	Chairperson: Dr. Rakesh Kumar Speaker: Dr. Stephen Lankton, Editor-in-Chief - American Journal of Clinical Hypnosis, Arizona, USA
	11.00am-11.15am	TEA BREAK	
	11.15am-12.00pm	Dr. Jana Oration	Chairperson: Dr. B. M. Palan (President, AoH) Awarded to: Dr. Janardan Bhatt
	12.00pm-1.00pm	Symposium: Hypnotherapy for Trauma	Chairperson: Dr. Kuldeep Sachdeva Speakers: Prof. Vibha Sharma Dr. Jagdish Sadiza, Dept. of Clinical Psychology, IHBAS, Delhi
	1.00pm-2.00pm	LUNCH	
	2.00pm-2.45pm	Invited Guest Lecture “Hypnotherapy: Bridge between Man, Mind and Medicine”	Chairperson: Dr. Renu Sharma Speaker: Dr. Nitin Shukla, Consultant Psychiatrist and Psychotherapist, Melbourne Health, Australia
	2.45pm-3.45pm	Scientific Paper Presentation <ul style="list-style-type: none"> • Oral Presentation Time: 8 mins • Discussion: 2 mins 	Chairperson: Prof. (Dr.) Shyamlatra Juyal Presenters: <ol style="list-style-type: none"> 1. Dr. Anita Moral: Migraine Management Through Hypnosis: A Case Report 2. Dr. Gayatri Sahu: Polycystic Ovarian Syndrome and its Suggestive technique: A Theoretical Perspective 3. Kamakshi Joshi: Effectiveness of Hypnotherapy in Reducing Perceived Stress Level 4. Dr. Megha Taragi: Impact of Gut Directed Hypnotherapy on Anxiety of Irritable Bowel Syndrome Patients 5. Sampada Vijayvargiya: Scope of Hypnotherapy in Psychodermatology: A Conceptual Paper 6. Dr. Roopa Chandrashekar: Advantageous Use of Hypnosis in a Case of Psychogenic Vomiting
	3.45pm-4.00pm	TEA BREAK	
	4.00pm-5.00pm	Invited Workshop “Hypnoanesthesia”	Chairperson: Dr. Alok Prapanna Speaker: Dr. Mehdi Fathi, President, Asian Society of Hypnosis, Associate Prof., Dept. of Anesthesiology, Mashhad University of Medical Sciences, Iran

DAY 2	TIME	ACTIVITY	PRESENTER
26th February	9.00am-10.00am	Symposium: Freud, Dissociation & Hypnosis	Chairperson: Dr. Krishan Kumar “ <i>Freud & Hypnosis: Retelling the History</i> ” by Dr. Jini K Gopinath “ <i>Personification Hypnotherapy</i> ” by Dr. Dhawal Kumar Patel
	10.00am-10.45am	Workshop: “Integrated Hypnosis in Physiotherapy practice for effective Pain Management”	Chairperson: Dr. Yogesh Chandarana Presenter: Dr Buddhadev Nath (PT)
	10.45am-11.00am	Tea Break	
	11.00am-11.40am	Symposium: Modern Methods- tools Techniques about Experiential learning for Adults	Chairperson: Dr. T Santhanam Speakers: Sanjiv Deshpande & Juvika Vaidya
	11.40am-1.00pm	Scientific Paper Presentation/ Poster Presentation <ul style="list-style-type: none"> • Oral Presentation Time: 8 mins • Discussion: 2 mins Poster to be digitally presented on LED TV at venue. Each poster display time 20 minutes	Chairperson: Dr. Avnish Dave Oral Presenters: <ol style="list-style-type: none"> 1. Dr. Alka Seth: Effect of Emotional Skills Intervention Program on Stress Management among Adolescents 2. Dr. Deepa Jain: Efficacy of hypnotherapy on life skills for orphan children with complex trauma 3. KM Nandan: Genophobia– A Hypnotherapy Case Study 4. Nidhi Kothiyal: Hypnotherapy to develop inner strength and integrated ego 5. Pramod D. Wagh: Impact of Hypnotherapy on Mobile phone addiction 6. Purnima Bamel: Efficacy of treating postpartum depression with hypnotherapy 7. Dr Sandhya Verma: Treatment of Social Anxiety using Cognitive Drill Therapy under Hypnotic Trance 8. Raina: Understanding Jaagar and its Healing Effects from the Perspective of Hypnosis Chairperson: Mr. Sumit Ghosal Poster Presentation: <ol style="list-style-type: none"> 1. Dr. Alok Prapanna: Winning Motion sickness with Hypnosis 2. Dr Anal Mehta: A Case Study: Utility of age regression to soar high with wings of wisdom 3. Avani N. Parmar: Managing stress through cognitive behavioural therapy 4. Shubhangi Khambayat: Clay Therapy: For Managing Student Stress

1.00pm-2.00pm	LUNCH BREAK	
2.00pm-3.00pm	Invited Guest Lecture “The Chinese Chest Technique”	Chairperson: Dr. Nihar Ranjan Mrinal Speaker: Dr. Bernhard Trenkle, Director, Milton Erickson Institute Rottweil, Germany
3.00pm-4.20pm	Scientific Paper / Poster Presentation <ul style="list-style-type: none"> • Oral Presentation Time: 8 mins • Discussion: 2 mins Poster to be digitally presented on LED TV at venue. Each poster display time 20 minutes	Chairperson: Dr. Yogesh Chandarana Oral Presenters: <ol style="list-style-type: none"> 1. Sarika Sharma: Conceptual study on how to integrate hypnosis into positive psychology applications to achieve positive mental health 2. Dr. Shraddha Tripathi: Root Finding of Phobia by Hypnotic Regression 3. Shrishty Manchanda: Sufism through the lens of Hypnosis 4. Sruthi Sridharan: Clinical Hypnosis for chronic pain management and enhancing quality of life 5. Dr. T. Santhanam: Enhancing study skills through Hypnosis 6. Usri Sengupta: Application of Hypnosis in treating pediatric cases having Neurotic and Stress-related Disorders – A Case Series 7. Prattusha Chatterjee: Exploring the need for script based Hypnotherapy Interventions in Women with Breast Cancer 8. Sumit Ghosal: The Neuroscience of Treating Childhood Trauma using Clinical Hypnosis Chairperson: Dr. Baljeet Kaur Panesar Poster Presentations: <ol style="list-style-type: none"> 1. Neha R. Garva: Post Pandemic Effect on Mental Health and Quality of Life among Pelvic Pain Patients 2. Shivi Tyagi: Spirituality and Suggestibility among university students. 3. Vipin Kumar: Relationship Between Triguna and Suggestibility in Young Adults
4.20-4.30pm	TEA BREAK	
4.30pm-5.00pm	Valedictory Program & Vote of Thanks	Organizing Secretary, ICAoH-2023

1ST INTERNATIONAL CONFERENCE OF ACADEMY OF HYPNOSIS-23

PRE AND POST-CONFERENCE WORKSHOP SCHEDULE

PRE-CONFERENCE WORKSHOPS ON 24 TH FEBRUARY 2023 (FRIDAY)		
TIMINGS	FACILITATOR	WORKSHOP TITLE
10:00 A.M – 1 P.M	Dr. B.M Palan, M.D. (Physiology), D. Clin. Hypnosis (ABMH, USA)	Hypnotherapy in Psychosomatic Disorders
10:00 A.M – 1 P.M	Dr. Prasanta Roy, Ph.D. Institute of Psychiatry, Kolkata	Cognitive Hypnotherapy
10:00 A.M – 1 P.M	Prof. Rakesh Kumar, Ph.D. Gurukula Kangri (Deemed to be University), Haridwar	Cognitive Drill Therapy
POST-CONFERENCE WORKSHOPS ON 27 TH FEBRUARY 2023 (MONDAY)		
10:00 A.M – 5 P.M	<ol style="list-style-type: none"> 1. Dr. Pranav Chandarana, BDS, PGDCAH 2. Dr. Veena Panjwani, PhD, PGDCAH, Psychotherapist and Clinical Hypnotherapist 3. Dr. B .M. Palan M.D. Physiology, D.Clin 4. Dr. Alok Prapanna, M.D. (MEDICINE), DCAH. ICU Physician 	Introductory workshop on hypnosis for beginners: <ol style="list-style-type: none"> 1. Myths & Meaning of Hypnosis 2. Hypnotic Induction 3. Principles of Hypnotic Suggestions 4. Applications of Hypnosis
10:00 A.M – 1 P.M	Dr. Avnish Dave, M.D. PGDCAH, Professor and Head of Physiology	Paediatric Hypnosis
10:00 A.M – 5 P.M	Prof. Rakesh Kumar, Ph.D. Gurukula Kangri (Deemed to be University), Haridwar	Past Life Regression
3:00 P.M – 5 P.M	Dr. Renu Sharma, MA, Ph.D., PGDCAH, Counsellor and Hypnotherapist	Hypnosis in sleep disorders

DR. B. M PALAN, PRESIDENT- AOH



Dr. B.M Palan's career started in 1975 as a Physiology teacher at Jamnagar Medical College. He was suffering from acute asthma. In 1981, he moved to Vadodara (Gujarat) to have a change in climatic conditions in the hope of coping with his disorder. But his health deteriorated. While teaching Physiology at Vadodara Medical College, he took a Basic Training Course in Hypnotherapy from the Indian Society for Clinical and Experimental Hypnosis in 1982 and started practicing self-hypnosis. It helped him significantly in managing his asthma.

In 1983, he started getting involved in several research projects on Hypnosis and participated in the 10th and 11th International Conferences of Hypnosis & Psychosomatic Medicine in Toronto (1985) and at The Hague, Netherlands (1988). During the same period, he also started Psychosomatic Medicine and Hypnotherapy Clinic at SSG Hospital, Medical College, Baroda, India.

In 1988, he appeared for the American Board of Medical Hypnosis examination in the Netherlands during the 11th International Conference and obtained Diploma in Clinical Hypnosis, and became the first doctor in the country to have a recognized qualification in Hypnosis. In 1990, he started learning Pantajali's Yogdarshan (one of the six Darshan shastras in Indian spiritual tradition), Bhagavad Gita, and Upanishads. He has been teaching the subject, "Mental Health and Yoga" in Yoga Niketan, Vadodara, since 1991.

Dr. Palan contributed to the creation of a one-year P.G. Diploma course in Clinical and Applied Hypnosis run (since 2000) by the M.S. University of Baroda and he is one of the main faculties. He also created an Online P.G. Diploma course in Clinical Hypnosis, offered by Charotar University of Science & Technology (CHARUSAT) since 2016. Over the last 40 years, he has contributed at national and international levels to academic journals and books in the areas of Stress Management, Psychosomatic Medicine, Yoga, and Hypnotherapy.

Presently, Dr. Palan is actively contributing to mentoring the future generation of Psychology and medical professionals in the use of hypnotherapy.

PRESIDENTIAL ADDRESS

Honourable Chief Guest, Dr, Alok Mishra, Guest of Honour Dr. Anand Kumar, Respected Provost Dr. Upadhyaya, Invited Guests, Chairperson of the conference, Dr. Rakesh Jain, my AoH colleagues, students, and friends from media,

I am fully aware, that I am humbly standing before you as the President of Academy of Hypnosis, India only due to love and affection reposed in me by you all. Kindly accept my sincere thanks for the same. It is indeed a great honour.

I found the word, “Synchro-destiny” used by Dr. Dipak Chopra in one of his books, very interesting. The events take place in a synchronized way to unfold the destiny – the design of the Universe ... and we become participants, playing our roles – what is in our hands is, how best we are playing the role in each situation. I will try to connect the dots from 1982, when I learnt the science of hypnosis, up to today and then put before you some of the dreams which I cherish today, for tomorrow.

In 1982, I was suffering from Asthma. That led me to participate in a five days basic training programme of Hypnotherapy, offered by the Indian Society for Clinical and Experimental Hypnosis (ISCEH), from the great pioneer of this science in our country, Dr Hrishikesh Jana. Practice of self-hypnosis not only helped me in improving my physical health but it also contributed in my growth in various fields of life. I joined Dr. Jana in his mission of popularizing this science in India through research and training of qualified medical and psychology professionals. After demise of Dr. Jana in 2006, ISCEH operations were brought in Baroda but we could not maintain its status of registered body. Of course, we hosted several national level conferences under the banner of ISCEH and a newly formed Society for Clinical and Experimental Hypnosis (SCEH), again not a registered body, but the regular academic activities mostly remained restricted to Baroda.

The dream I cherished after getting my Diploma in Clinical Hypnosis from the American Board of Medical Hypnosis in 1988, of creating some systematic and thorough University course, came true in 2001 when Dr. Bhaskar Vyas, Dr. Bimla Parimu and I created a syllabus and started the one-year PG Diploma course in Clinical and Applied Hypnosis at MS University of Baroda. The MS University being a residential University, the students required to stay in Baroda for the entire year which was difficult for most of the senior medical and psychology professionals. There was a demand from various corners of the country to start a distant learning programme. And it became a reality when Charotar University of Science and Technology came forward to join hands with Samatvam, in 2016, for starting an online one-year PG Diploma course in Hypnotherapy.

During the past 7 years, 170 professionals (doctors and psychologists) from different parts of the country are trained through this online course and about 300 students took the MS University on-campus offline course. We felt real need for a pan India academic professional body for continuous education and

discussions on research, and application of hypnosis for human welfare and happiness. And that led to the birth of Academy of Hypnosis on 26th June 2022 – the only recognized pan India professional body of qualified medical and psychology professionals interested in research and using hypnosis as one of the tools in their armamentarium in their clinical practice. Simultaneously, the Samatvam Institute now got transformed to “Samatvam Online” which can provide a platform to this younger generation of hypnotherapists to start their professional journey.

The academy aims to elevate and maintain the honour and integrity of the profession of hypnosis through establishing standards of ethical and professional conduct. We wish to foster awareness among general population about the usefulness of Hypnosis for healing, healthy living, and realizing human potential. We need to propagate standardized evidence based teaching of this science through Universities in different parts of the country to the qualified medical, dental, physiotherapy and clinical psychology professionals.

We organize regular online Clinical Meetings for case presentation by colleagues and critical discussion on them and thereby providing a platform for continuous learning for all. We will be organizing seminars, continuing professional development programmes, lectures, workshops, and other scholarly activities in the field of Hypnosis.

Our vision is to create data banks relevant to the profession of Hypnosis, create online communication networks with members of the academy, launch professional audio-video channels, publish scientific journals, books, newsletters, membership directories, directory of services, and similar publications.

As a professional body we can recommend policy matters, advocate, and petition for legal and medical reforms in the profession of Hypnosis and its practitioners to national, regional, and local government and non-government functionaries. We have started working towards inter-disciplinary academic, research and clinical meetings to integrate use of hypnosis in various fields of medical and psychotherapeutic services. The present conference theme is one of the steps in this direction.

I congratulate the organizing committee of the First International Conference of AoH for its efforts, under the able guidance of Dr Rakesh Kumar Jain, to make this conference a grand success. I am very sure that this will be an academically enriching experience for all of us. I sincerely thank each and every one of you who have toiled day in and day out in making this event a grand success. In closing, I believe that every delegate sitting here is potentially a great hypnotherapist who can make a significant impact on the health and happiness our society. My humble request to you is to continue doing your part in supporting and shaping AoH. Be a participant in the leadership process. Continue to make a meaningful difference and the synchronized events will continue unfolding the future of this wonderful science in our country.

Thank you all. Jay Hind!

Dr. B.M Palan

KEYNOTE ADDRESS

APPLICATION OF HYPNOTHERAPY IN HEALTH PSYCHOLOGY

Health psychology is one of the most rapidly developing fields in contemporary psychology. It is now the sixth largest among 56 divisions of the American Psychological Association. In the field of physical health and psychological well-being, health psychology is a specialization in: exploring biological, psychological, cultural, societal, and environmental factors of life and how each of these affects our physical health. Health and disease are the effects of a blending of biological, psychological and social factors. The bio-psycho-social model views health, wellness and illness as being a result of several different inter-related factors affecting a person's life from biological characteristics, to behavioral and social conditions.

Researches in the area of yoga, meditation mindfulness and hypnotherapy have established close linkages between the mind and the body. Many researches on hypnotherapy are focusing on mind control techniques to achieve optimal mental health. A dynamic view of new holistic approach has enlarged the scope of optimal mental health and well-being.

Hypnotherapy is an adjunctive technique that utilizes hypnosis to aid in the treatment of specific symptoms or health conditions. Hypnotherapy works by inducing a hypnotic state marked by waking awareness that allows people to experience detached external attention and to focus on inner experiences. It is sometimes used as part of a treatment plan for phobias and other anxiety disorders. It is also sometimes used for pain management, weight loss, smoking cessation, and a variety of other applications.

Formal explorations in the therapeutic uses for hypnosis began in the late 1700s but did not gain scientific credibility until much more recently. Modern researchers have further explored how hypnosis can be used, which conditions it can treat, and how effective it may be compared to other treatments.

There are many researches on the applications of hypnotherapy in the field of health psychology. Overall, review indicated qualitative reviews, meta-analytic studies, randomized controlled trials and documents the promise of hypnosis in treating many health-related conditions. Hypnotherapy for pain control and modulation of distress is the best established of all applications of hypnosis, although meta-analytic reviews have provided support for the use of hypnosis in obesity, irritable bowel syndrome, and smoking cessation, to a lesser extent. There are more preliminary yet, promising indications in the literature that hypnosis can also be effective in treating other medical conditions, including skin disorders, asthma, hot flashes, insomnia, and hypertension, and be useful in palliative care and in assisting women in labor.

The findings reviewed are at times heterogeneous, and additional well-powered randomized trials with adequate follow-ups, which control for nonspecific effects, the effects of non-hypnotic suggestions, hypnotic suggestibility, and methods combined with hypnosis, are necessary to isolate the specific and active therapeutic effects of hypnosis apart from other variables.

Hypnosis is a trance-like mental state in which people experience increased attention, concentration, and suggestibility. While hypnosis is often described as a sleep-like state, it is better expressed as a state of focused attention, heightened suggestibility, and vivid fantasies. People in a hypnotic state often seem sleepy and zoned out, but in reality, they are in a state of hyper-awareness.

While there are many myths and misconceptions, hypnosis is a very real process that can be used as a therapeutic tool. Hypnosis has been shown to have medical and therapeutic benefits, most notably in the reduction of pain and anxiety. It has even been suggested that hypnosis can reduce the symptoms of dementia.

APPLICATIONS AND POTENTIAL BENEFITS:

The following are few of the applications for hypnotherapy that have been demonstrated through research:

- Alleviation of symptoms associated with irritable bowel syndrome (IBS)
- Control of pain during dental procedures
- Elimination or reduction of skin conditions including warts and psoriasis
- Management of certain symptoms of ADHD
- Treatment of chronic pain conditions such as rheumatoid arthritis
- Treatment and reduction of pain during childbirth⁴
- Reduction of dementia symptoms
- Reduction of nausea and vomiting in cancer patients undergoing chemotherapy
- Skin conditions: such as psoriasis, acne, eczema and hair loss etc.

Hypnotherapy may also be used by licensed physicians and psychologists in the treatment of conditions like anxiety disorders, depression, eating disorders, and post-traumatic stress disorder (PTSD). While hypnotherapy may help people cope with problems related to stress and anxiety, it may be best applied when used in conjunction with first-line treatments such as cognitive behavioral therapy (CBT) and medications.

PROF. ANAND KUMAR

President, Indian Academy of Health Psychology
Former Head, Department of Psychology,
Mahatma Gandhi Kashi Vidyapith, Varanasi

ROLE OF HYPNOSIS IN ONCOLOGY AND OTHER PSYCHOSOMATIC DISEASES

Sampada Vijayvargiya and Rakesh Kumar

Gurukula Kangri (Deemed to be University), Haridwar

According to the American Society of Clinical Hypnosis, hypnosis is “a state of inner absorption, concentration, and focused attention. It is like using a magnifying glass to focus the rays of the sun and make them more powerful. Similarly, when our minds are concentrated and focused, we are able to use them more powerfully. Because hypnosis allows people to use more of their potential, learning self-hypnosis is the ultimate act of self-control.” (Montgomery et al., 2013).

Hypnosis works on the principle of altering the state of consciousness. It is done by a trained professional. Through the suggestions given by a hypnotherapist, hypnotic induction is done. This is where the client is relaxed and calmed down by help of guided imagery. There are other ways of doing it, but this is a relatively common approach. The client becomes oblivious to outside surroundings and magnifies on one’s own thoughts and feelings (Richardson et al., 2007). This process enables the client to be more receptive to further suggestions.

Thereafter in the process of trance induction, suggestions are further given to enhance and heighten all sensations (visual, audio, olfactory, tactile, gustatory) with respect to the imagery. Continuing the process, trance deepening is done.

Specific to physiological problems, this is where suggestions for a particular symptom are given. The suggestions may focus in reducing fatigue, distress and anxiety. It may also focus on being less disturbed by a particular symptoms such as pain or heaviness in the body. Other suggestions may also focus on being distracted by existing symptoms or replacing them with less bothersome sensations, such as pain being replaced by chills (Montgomery et al., 2013).

Following these suggestions, a few minutes must be spared for proper consolidation of these suggestions. After this trance termination is initiated. After a few sessions of hypnosis, the client may be taught self-hypnosis for the purpose of independence for reaping its benefits and at the time of physical discomfort such as sharp pain, or before or after a treatment.

Hypnosis has been used as an alternative or complimentary therapy since ancient times, however it is best applicable to disorders where the triggering factor, or maintaining factor is psychological rather than physiological. However it is also safe to say that physical and psychological problems often go hand in hand. For instance stress and anxiety may accompany most of the physical disorders as well. As some disorders are more likely to be accompanied by psychological factors, they are the ones that are more likely to improve by using hypnosis. Disorders that involve fear, apprehension, distress, emotional disturbances, trauma, repressed thoughts may benefit from application of hypnosis (Sachs, 1982).

The Mind-Body Connection

Simply put mind and body are connected in a complex relationship. The mental functioning of an individual impacts the way our body functions. For instance, if one feels low or extremely excited their

hunger might get suppressed. On the other hand, physiological functions also have an impact on mental functions. For example, if one exercises it can lead to feelings of happiness and positivity. The interplay can be both positive or negative.

A disease that involves an individual's mind and body is called psychosomatic disease. Broadly speaking every disease can be psychosomatic in nature (Flammer and Aladdin, 2007). This is because when an individual has a disease it may manifest both physically and mentally. Common psychosomatic conditions include irritable bowel syndrome, dermatitis, ulcers, pain and aches, insomnia, erectile dysfunction, vaginismus among others.

It is vital to know that there can be a range of functions of the mind that can lead to psychosomatic conditions. This can include past traumas, childhood abuse or neglect, personality or a mental disorder among other affective and cognitive factors. For example a person with severe depression may not eat properly leading to weakness and nutritional deficiency (Weiss, 2015) or excessive stress or anxiety leading to symptoms like pain or tremors.

As there is no categorisation of psychosomatic disorders separately in either ICD or DSM, it becomes difficult to define and categorise them. There are somatoform disorders (which are primarily psychological in nature) which includes somatization disorder, conversion disorder, body dysmorphic disorder and hypochondriasis. These disorders lack a medical explanation of the presenting symptoms. Patients with these disorders often focus in the physical manifestation of the symptoms rather than delving into possible mental functions as the cause.

Psychosomatic disorder include physiological disorders that are caused, maintained, exaggerated or worsened by the presence of psychological factors such as hypertension, diabetes, heart diseases, respiratory diseases, dermatological conditions, oncology among others. For instance increased stress may cause increased blood pressure or anxiety may exaggerate eczema.

While some physical disorders are more prone to be affected negatively by the presence of symptoms like stress and anxiety, there might be other factors that may affect psychosomatic conditions. Individual's reactions to their illness plays a role in manifestation of psychological symptoms such as a person having eczema might not be bothered by its presence while another person having a small rash might be anxious about it. It also depends on the nature of illness, which includes severity, duration, consequences of the disease. Such as emotional reaction of a person diagnosed or living with dermatitis or diabetes may be different than the person diagnosed with cancer. There are also social barriers and stigma that exists when it comes to certain diseases. Society may have varied reactions towards an individual who has HIV as compared to someone who has coronary disease. All these factors can be said to impact the psychosomatic nature of certain illnesses.

To diagnose a disorder as psychosomatic in nature is difficult and often remains unclear. While somatoform disorders can be diagnosed with ruling out all the possible biological functions responsible for occurring symptoms, it is more tedious to consider the possibility of certain psychological factors playing a role in causation, maintenance or worsening of a physiological problem. However recently it has been well established that any disease will certainly have some cognitive or affective component playing a role.

Role of Hypnosis in Oncology

As reported by WHO in 2022, cancer is the leading cause of death, accounting for nearly one in six deaths. The most common types of cancers are breast, lung, colon and rectum, and prostate cancers. Many cancers can be cured if detected early and treated effectively (Galceran et al., 2015).

Cancer causes not only physical harm to the body but has a negative impact on the psyche of the individual. Right from the diagnosis to treatment and surviving post-recovery, an individual is faced with many psychological challenges. Apart from primary medical care, there are certain complementary and alternative therapies that have been effective in the management of cancer and its symptoms. It includes hypnosis as one of the therapies (Guerra-Martín et al., 2021).

The technique of hypnosis has been used in cancer for nearly 200 years, catering to both physical and psychological symptoms (Montgomery et al., 2013). The role of hypnosis in cancer extends in the following directions.

- a. *Prevention*: Cancer is on the rise because of various lifestyle problems such as obesity, consumption of alcohol, smoking, lack of physical exercise, and many more. Hypnosis has shown promising effects to improve some of them. For instance, hypnosis along with CBT has been shown to benefit weight reduction (Kirsch, 1996; Allison, 2001). Sometimes when these lifestyle issues are because of other emotional problems which also can be dealt with using hypnosis.
- b. *Diagnosis*: The process of diagnosis involves various physical procedures such as biopsy, lumbar puncture etc. This may cause anxiety, distress, and stress. However, hypnosis has been shown to decrease these symptoms significantly (Lange et al., 2006; Montgomery et al., 2002). It helps in reducing discomfort associated with the process such as colonoscopy (McLachlan et al., 2012). Hypnosis combined with analgesic significantly reduces anticipatory anxiety and pain even in children (Lioffi et al., 2009).
- c. *Treatment*: Treatment for cancer includes surgery, chemotherapy and radiotherapy. Common side effects can include pain, nausea, fatigue, anxiety, and even depression. Hypnosis reduces these symptoms across various treatment procedures (Montgomery et al., 2002; Richardson et al., 2007; Redd et al., 2001). CBT combined with hypnosis has been seen to control fatigue in patients undergoing radiotherapy for breast cancer (Montgomery et al., 2014; Carlson et al., 2018). Self induced hypnosis is also a helpful tool to manage anxiety and induce relaxation before or during the procedure (Grégoire et al., 2022).
- d. *Survivorship*: Cancer survivors face physiological and psychological issues after recovery. Though not much research has been done in this area, it is seen that hypnosis benefits the patients with symptoms like hot flashes and sleep disturbances (Elkins et al., 2008). Long term hypnosis even after recovery can reduce anxiety and distress, thereby improving overall quality of life of the individual. One should also focus on making the trained clinicians more accessible both during and after the cancer treatment for maximum benefit (Mendoza et al., 2017).

Functional Role of Hypnosis in Psychosomatic Diseases

As mentioned by Sachs in his paper, “any clinical application of hypnosis in the practice of medicine, by its very occurrence, is a psychosomatic event. It underscores a relationship between biological and psychological phenomena as they occur in and are influenced by the physical and social environments.” Hypnosis can be said to work on the root cause of the emergence of a symptom thereby working on alleviating the symptom itself. Therefore a thorough understanding of the emergence of any symptoms is important before starting the process of hypnosis for a medical condition.

Certain common applications of hypnosis involve the following.

1. Resolving past traumas and emotional conflicts
2. Compliance with medicines and treatments
3. Addressing stress and anxiety with respect to the disorder
4. Working on anticipatory pain with respect to procedures
5. Visualisations of improved health and quality of life
6. Control over symptoms that cause significant discomfort
7. Inducing increased states of relaxation in various body parts
8. Teaching self-hypnosis as a part of self-care

Hypnosis as a complementary therapy for psychosomatic conditions can be seen as a bridge between mind and body when it comes to the management of symptoms. This is an essential and useful addition when moving towards holistic treatments of diseases.

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MAKE BRAIN YOUR 'FRIEND' WITH HYPNOSIS

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The brain is a complex organ situated safely within the bony cranial vault which is responsible for:

B= Behavior of human

R= Reservoir of memory, emotions, thoughts, skills

A= Analysis of the situation and making decisions

I= Intelligence (the ability to understand, learn & think)

N=Networking of the body (communicating with every part/organ of the body)

Together, the brain and spinal cord that extends from it make up the central nervous system or CNS. The weight of the brain in adult males is 1400 grams & in adult females is 1200 grams.

Gray and white matter is two different regions of the central nervous system. In the brain, gray matter refers to the darker, outer portion, while white matter describes the lighter, inner section underneath. In the spinal cord, this order is reversed: The white matter is on the outside, and the gray matter sits within. Gray matter is primarily composed of neuron somas (the round central cell bodies), and white matter is mostly made of axons (the long stems that connect them together) wrapped in myelin (a protective coating).

The brain sends and receives chemical and electrical signals throughout the body. Different signals control different processes, and our brain interprets each. For example, some make us feel tired, while others make us feel pain.

Some messages are kept within the brain, while others are relayed through the spine and across the body's vast network of nerves to distant extremities. To do this, the central nervous system relies on billions of neurons (nerve cells).

Major parts of Brain & their functions:

Thalamus: Relays & synchronizes sensory inputs into a unified image to the cortex.

Somato sensory cortex: Registers sensory inputs.

Insula: Translates sensory inputs into emotions, desires, perceptions, and self-awareness.

Anterior Cingulate Cortex: Converts physical/emotional awareness into intentions & actions.

Pre-frontal Cortex: Put together thoughts & actions in accordance with internal goals & beliefs.

Occipital Cortex: Processes imagery.

Basal Ganglia: Regulates voluntary motor control & procedural learning of routine behavior.

Brain-waves & Hypnosis:

Humans have four basic states of awareness corresponding to four identifiable brain-wave patterns (can

be seen on EEG): ‘BAT-D’

B=Betastate: 13-30 Hz (alertness, active thinking, and concentration)

A=Alpha state: 7-12 Hz (relaxed alertness and light hypnosis)

T=Theta state: 4-6 Hz (daydreaming, deep hypnosis, drowsiness, and light sleep)

D=Delta state: 0.5-3 Hz (deep sleep).

The brain passes through each of these four states as the electrical activity decreases on the way to sleep (theta and delta states) and increases on the way to wakefulness (beta state). In other words, we necessarily pass through hypnotic states every time we go into and awaken from sleep.

We spend most of our waking hours in the beta state of alert awareness. In the beta state the mind analyzes, evaluates, judges, and makes decisions. This is the state in which we attempt to overcome problems with “will power,” often unsuccessfully.

In hypnosis the brain enters the alpha (light hypnosis) and theta (deep hypnosis) states, and one is highly focused on hypnotic suggestions and imagery while suspending the ordinary thinking processes of the beta state. In the alpha and theta states, hypnotic suggestions are integrated into the mind more easily, and memories become more accessible.

CHANGES OF BRAIN WITH HYPNOSIS: ‘FRIEND’

F= Firing of neurons

R= Relax / Remove resistance

I= Induced trance / Increased cerebral blood flow at Thalamus, Occipital Lobe, Anterior Cingulate Cortex

E= Epigenetic changes (Epigenetics is the study of how our behaviors and environment can cause changes that affect the way our genes work. Unlike genetic changes, epigenetic changes are reversible and do not change our DNA sequence, but they can change how our body reads a DNA sequence)

N= Neuro-plasticity (the ability of the brain to form and reorganize synaptic connections, especially in response to learning or experience)

D= Dis-attention to extraneous stimuli / Decreased blood flow in cortical areas of the brain.

Hypnosis causes changes in brain activity and connectivity consistent with decreased self-consciousness, increased control of internal sensations and emotion, and less worry.

A study by researchers at Stanford University in July 2016 considered what takes place in the brain in general during hypnosis. Functional magnetic resonance imaging (fMRI) was used to observe brain activity in 57 subjects in hypnosis. Changes were observed in three specific areas of the brain:

Reduced connectivity between the **dorso-lateral prefrontal cortex** (part of the executive control network involved in planning and decision making) and the **posterior cingulate cortex** (the part of the default mode network that seems to be involved self-related thinking and one's sense of self). This may be responsible for the dissociation that can occur in hypnosis, enabling one to place certain events,

thoughts, and sensations outside of the self and thus permit a shift in the cognitive set (i.e. beliefsystem).

Increased connectivity between the **dorso-lateral prefrontal cortex** (part of the executive control network involved in planning and decision making) and the **insula** (involved in sensing and regulating autonomic internal bodily processes). This may be why in hypnosis one has increased control over autonomic process (e.g.: pain perception, blood flow, temperature, dilation of the pupils).

Reduced activity in the **dorso-anterior cingulate cortex (dACC)**. This is part of the salience network, which helps us to notice things that stand out to our attention (e.g.: when we see something out of place, hear a strange noise, or feel an odd sensation). The dACC is involved in the emotional evaluation of errors and worrying, and is active during effortful performance. Reduced activity in the dACC may explain the high level of focus that characterizes hypnosis, and why actions and performance take place effortlessly and with less worry in states of hypnosis and absorption (i.e."flow").

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APPLICATION OF HYPNOTHERAPY IN MANAGING ACROPHOBIA IN A REMITTED PATIENT OF SCHIZOPHRENIA.

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Mrs. T, a 37-year-old married woman, was seen for a hypnotherapy session in January 2022 to overcome her fear of heights and fear of being trapped in the lift. She was not able to climb stairs due to fear of heights, unable to stand on the balcony, and unable to use the lift for fear of being trapped in it, thus making her dependent on someone to be with her to use stairs or lift and still having anxiety thus compromising on her independence. She was facing these symptoms for the last 16-18 months when she re-started her medication for schizophrenia. She was on and off the anti-psychotics since first diagnosed with schizophrenia in 2014, though she recalls having psychotic symptoms of hallucinations and delusions years before the actual diagnosis.

Mrs. T recalls using lifts and stairs independently before being on regular antipsychotics for the last 1 and ½ years. She had discussed the same with her psychiatrist and the psychiatrist did not rule out a temporal relationship between anti-psychotics and the development of Acrophobia and Agoraphobia. Mrs. T got substitutions done to her anti-psychotics but still did not find a reduction in her fear of heights and lifts. Since the current antipsychotics were suiting her, so it was suggested to keep the same and seek counselling for Acrophobia and Agoraphobia.

Hypnotherapy sessions woven around systematic desensitization were planned for addressing the issue. At the time of sessions, Mrs. T showed orientation with reality and showed no positive psychotic systems. The first session focussed on Acrophobia by guiding Mrs. T to be in a calm place (she chose a mountain valley) and be able to relax and feel the calmness of nature. Mrs. T was instructed to do breathwork by inhaling the fresh mountain air and feeling the same getting into the lungs and exhaling out the stress from the body. Once she was fully able to feel the body getting relaxed, she was suggested to follow the therapist to a mound where small children were also climbing easily and playing. Mrs. T was guided to the mound with a count of 5 and was able to go up and sit and view the ground from there. She initially felt uncomfortable, but was guided to see small children around her who were easily able to come up and roll down the mound. She felt at ease seeing them and was able to roll down the mound herself. Mrs. T was able to go up and down the mound a few more times and felt comfortable doing the same.

The second session with Mrs. T followed the initial same steps of session one and she was able to go up and down from the mound. She was then asked to shift breathing in and out in a relaxed way from the mound to her house balcony which was on the 5th floor of an apartment. Mrs. T showed anxiety and was asked to sit on the comfortable chair on the balcony and sip juice to refresh herself. When she felt comfortable, she was asked to explain what are the worst thoughts she gets when thinking of standing on the balcony. She could not recall any reason but said she just felt she would feel high anxiety standing there but now sitting on the chair she was feeling fine. Mrs. T was asked in a relaxed state to gradually be suggested to hold to anything strong on the balcony to feel secure and look down from the distance

which she was able to do. She was suggested to try bringing herself to the balcony every day and recall how she was able to comfortably do it during sessions.

The third session followed the steps of the second session and Mrs. T was comfortable seeing herself placed on her home balcony and feeling relaxed. The session then followed taking the stairs to the 1st floor and counting that the steps are only 8 up then a landing comes which is a platform where the direction of the staircase changes and another 8 steps up to the 1st floor. The client was asked to rationalize her fear of climbing same. She said she fears slipping and hurting herself from the stairs which climbing and coming down. She was asked to view stairs not floor-wise but platform wise and the possibility of being hurt slipping is less and even if she does she would be able to land on her hands. The client was reminded to do the breathwork and guided in session to see herself going up the stairs holding the handrails and coming down. Mrs. T was able to view herself doing the same slowing. She was suggested to try climbing up and down one floor only and recall how she was able to comfortably do it during sessions.

The fourth session repeated all steps of the third session and Mrs. T was feeling more confident and relaxed in following the steps.

The fifth session focussed on Mrs. T's fear of using lifts and in her relaxed state was asked to state her fear when she is inside. She stated she feels it might not open and she will be trapped in same and the worst she fears is the lift falling down. In a relaxed state, the client was asked to place herself in the lift of her building with the technical engineer and he explained how all lifts these days have to pass stringent tests and also in case the lift malfunctions, there is always an alarm if the door does not open and can be opened manually. She was read in a hypnotic state how almost all pulley elevators have multiple cables -between four and eight total and even if one cable snapped, the remaining cables would hold the elevator car up. In fact, just one cable is usually enough. And let's say all the cables did snap. Then the elevator's safeties would kick in which would grab onto the rails running up and down the elevator shaft. Mrs. T felt relaxed being guided in the lift and going up the elevator to the top floor and back. She was suggested to try using the lift daily with someone and remember how she was able to clear her fear of being stuck inside the lift during the sessions. The sixth session repeated all steps of the fifth session and Mrs. T said the fears which came when inside the lift were there but she was able to give herself a logical reply. By the end of the sixth session, Mrs. T was feeling much at ease with climbing the stairs by holding the handrail, standing on the balcony of her house, and being comfortable using the lift.

LIFE'S OF POLARITY: A CASE OF PAST LIFE REGRESSION

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A 36-year-old highly educated woman, belonging to an upper-middle-class family came up with the issue of having no sexual desires toward her husband and no desire to copulate with anyone. The woman was married for 6 yrs and the pressure to have kids was mounting. She felt she could not take care of children because it would harm her body and her independence. The client had worked with a therapist earlier, but it did not bring any solution to her dilemmas.

We mutually decided to explore the root cause of her issues via regression. The client was systematically regressed to earlier ages through breathing awareness and guided imagery. A troubling incident at age 13 came to the surface. The client reported an attempt at sexual molestation by a relative. This memory made her furious, her face turned angry and she screamed in trance. Suggestions were given to imagine her adult self is present in that scene and she is free to rewrite this scene in her memory the way she prefers. The client waved her hand with full force as if slapping someone, she then smiled and said this man is so scared. She reported that now that she has taught this man a good lesson, she is willing to leave this incident behind.

Instructions were given to move back in time and report if any other significant memory or imagery crops up. She regressed to a womb stage, saying she is in a dark cave, it was warm here, and she feels at home there. Her facial expressions were calm now. It is important to let the client experience all the emotions these regressed stages offer. Further suggestions were given to go back in time to where this issue might have started. She easily regressed to a previous life memory.

She saw a young girl of 8 yrs, malnourished and roaming around in rags, in a shabby, filthy locality. The time was the late 1950s, in a remote village in North India. The village was of ragpickers with small mud and tent houses marked by extreme poverty and filth all around. There was no electricity or roads. She identified herself as a small girl, she is poor, malnourished, and in rags. They came from a small village that was ravished by floods. This filthy locality became their new home.

In the next scene, she saw her mother is pregnant with another child, and now they live in small tents, though her father died in the floods, her uncle lives with them and is possibly fathering children with her mother. She remembers her mother as constantly ill and pregnant all the time. Her siblings are roaming around and this girl has to take care of them. The uncle suggests her mother send this girl to a circus company to work and earn some money. The circus company moves from one place to another, she now dresses in flashy and immodest clothes and eventually becomes a sex worker. She missed her family and wondered why her mother send her here. She has to send money to her mother, who is very weak now, most of her siblings have either run away or died. The girl is a grown-up woman now, addicted to tobacco and beedi, she is very ill. She dislikes her life. Her mother died and she thinks what use was this profession, it could not save anyone in her family.

In the final death scene, she is scared to die, because she is convinced, she will go to hell. She reports that a devilish figure has come to take her soul and she feels strong burns in her whole body. The body is lying there, no one attends to it. It was a sad lonely death. In Astral plane, she identifies the mother in

that life as her present life husband. She meets her guides and is assured she will get a very comfortable birth in the next life. The mother's soul promises to take care of her in the next life. In the present life, the client is born into an upper-middle-class family and lives a lavish life. Her current life mother is extremely caring and protective of her. The client has a habit of keeping her skin very clean and always wearing expensive new clothes, which was in contrast to her past life of poverty. She was never interested in forming a physical relationship with anyone ever. She realized that she did not want to have babies because of the fear and experiences she was carrying from her previous life. Also, she never trusted her husband to become a responsible parent (past life impression).

1 month after this session, she reported that she has decided to have a baby via IVF. She started the treatment and conceived in 1st attempt itself. Now she is a mother to a healthy baby. As far as her relationship with her husband is concerned, she is still asexual but understands the reason behind it.

Hypnotic trance helps to achieve theta waves (4-7.5Hz). It is the realm of subconsciousness. It is the state in which the most impactful cognitive restructuring happens. The client had repressed the memory of molestation at age 13, but under a hypnotic trance, she did not only vividly recall the incident, but was also able to restructure it and form a new memory, by slapping that man. This gave her a sense of control and justice. Later she discussed that she was always uncomfortable discussing summer vacations (which is when the incident happened) and had no recollection of this event.

Another observation was that the client shares a close bond with her mother and when she regressed to the womb stage, she could sense that she is loved and wanted. Her mother was very protective of her and as a child taking an ubtan (skin polishing) and dressing up in beautiful clothes was her favourite memory with her mother. This was in stark contrast with the memories of a previously lived life, where lived in the dirt, dressed in rags and the mother was totally neglectful. The client was surprised, that of all the things on earth, being a poor ragpicker and later working in a circus was the last thing she could have possibly thought about. In her present life, she is a well-qualified, vocal feminist who stands up to the patriarchal practices of her ancestral family, while in her previous one, she did not have any autonomy. Her aversion to physical intimacy may be an impression due to the bad experiences she encountered in her previous life, where that girl died possibly of STDs.

Whole through the session, no suggestions were given to prepare the client for making a positive decision toward motherhood or her relationships, it is just that revisiting those memories frees the subconscious from emotional cathexis. Psychic energy is now free and available to the conscious executive ego-self, which can make decisions without the invisible influence of the subconscious. Believers in the concept of past lives may explain it through the concept of karmic connections and debts, where the present-life husband is repaying the debt, of being a neglectful mother and forcing the child into sex work. Wise guides from higher planes help the souls to learn important life lessons and decide about the next lives.

A scientific perspective would say, that even if it was the imaginative power of the subconscious, a certain amount of psychic energy was engaged in that imagination, which caused the client to have a serious aversion towards motherhood and sex. Revisiting the memory and observing it as a neutral third observer had great therapeutic value. The assurance of the higher self (personified as wise beings) helped the ego to take an optimistic view of the present life situation.

THE DIABETES - ANXIETY CONNECTION: A CASE STUDY OF HYPNOSIS

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The case that is being presented concerns a 35-year-old woman, suffering from intense anxiety regarding her eating habits and other symptoms of diabetes. This case is considered extremely interesting because even though she hails from a very educated background, her understanding and complete somatization (her own imagination of symptoms) have led to a situation where her daily routine got completely disrupted. Ms. M, initially came in with negative thoughts related to health and her recent diagnosis of diabetes, trembling, isolation, crying spells, and inability to manage her eating habits. With a history of stressful family situations, she says there was a lot of persuasion from the family to start a family. She thereby quit her full-time job and conceived naturally in a few months. She delivered a healthy girl child, however, due to insufficient milk secretion, she felt guilty and depressed. Later that year she was diagnosed with Hypothyroidism and subsequently Hypoglycemia. Her preoccupations with food, her weight, illness, and some physical symptoms such as giddiness and uneasiness increased day by day. The diagnosis made her eat more frequently, eventually turning out to become obese which shattered her self-esteem and led to a lot of social anxiety. When she visited the psychological clinic - 'Happy Mynds' - Psychological Clinic run by the authors of this article, she was actively avoiding gatherings, unable to be away from home for more than 1 hour (as she believed she needs to eat something every 2 hours), and had a lot of misconceptions about her diagnosis. The psychological assessments were completed and psycho-education was started regarding the diabetes-anxiety connection she was facing. Every session was planned in such a way that there was a review of the previous week, hypnotic induction using Breathing Awareness and Progressive Muscular Relaxation, hypnotic suggestions for ego strengthening and ego purification, direct suggestions of more insulin production, dynamic imagery techniques for becoming free from unwanted feelings of shame, inferiority, anxiety, and depression, post-hypnotic suggestions, termination of trance and setting up some behavioral experiments for the coming week. After 9 sessions of clinical hypnotherapy and cognitive behavioral experiments, she was able to develop proper eating habits, regulated physical activity, able to mingle better with family and friends. Her crying spells, trembling, and intolerance was reduced to a great extent. This case is one such example where a common medical condition such as a diagnosis of Diabetes Mellitus can become a precipitation for underlying anxiety in a person.

THE WOMEN OF THE MAHABHARATA: THE QUESTION OF TRUTH

Chaturvedi Badrinath, Orient BlackSwan Private Limited Publications, Paperback Pages:276,
Price: Rs. 650 ISBN:9788125035145

Review by Dr Veena Panjwani

It was truly engaging to read this book on women of Mahabharata by Chaturvedi Badrinath. It provides an intriguing narrative of twelve women characters of Mahabharata in eight chapters. The narrative as it flows from one character to another points out the strength of each of them. It provides an in-depth view of struggles of each of the woman characters and how with their virtues they cope and overcome the challenges. There are some well-known women of Mahabharata like Shakuntala, Savitri and Draupadi; and then there are some women not known at all like Suvarchala, Sulabha, Madhavi, and Kapoli, a woman of another species. There is also the unnamed housewife, Anamika, meaning 'woman without a name'. All the woman characters assembled in the book teach several profound truths of human life in acceptance of reality and challenging the reality all the same. In a very subtle way, the author is providing a contrast with the patriarchy as it affects these women differently. All these women of Mahabharata neither derive their identity from men nor do they draw their inner energies from the gods of the universe. The author has identified different methods such as, use of irony, depicted in the Mahabharata for narrating the truth of life. For instance, the author opens up a door for deeper discourse by mentioning the ironies of relationships not with their meaninglessness but with their limits and in that realization how one comes to the conclusion of attachments in relationship as being destructive if the meaning assigned to them is beyond the limits. What is plausible is mostly what is clever, but what is clever is not always what is intelligent. In his views, in revealing the truths of life, the Mahabharata has propositioned different conditions with various methods mostly providing different answers to two questions: 'What is dharma, about which there is so much uncertainty?' and 'What does one do when faced with a conflict not just between right and wrong but between right and right?'

According to the author, the Mahabharata does not see the meaning of a story in the way it ends. The particular end of a story is not the whole of its meaning. Accordingly, the author has arrived at different themes for each chapter. The theme for the first chapter is 'Innocence, Love, and Denial of Truth' and it revolves around the story of Shakuntala. The innocence and love of a young woman, her trust in another being and choice of marriage available to them as *Gandharva Vivaah*, the denial of recognition all encompass the basic question of morality and moral strength.

The theme for the second chapter is 'The Humbling of the Arrogance of Knowledge' and it narrates the story of Anamika which teaches that the truth is not a *knowing* alone but in *being*. The author has taken up the issue of arrogance that comes with knowledge and in doing so he is narrating the story of an ordinary woman who is nameless throughout and yet reveals that women are extraordinary concealed in their ordinariness. In all, this chapter concludes that the mastery of knowledge is nothing if it does not lead to the mastery of the self. The author discusses here the self-regulation as highest virtue for it brings the emotions and desires under control and leads to the transcendence of self.

The theme for the third chapter is 'The Truth of Desire' and it revolves around 3 stories. The stories of Urvashi, Devayani and Uttara-Disha are pertinent to show that the conflict between truth of desire and truth of what is right is resolvable in principle. The author has narrated the stories in the light that what is right need not be devoid of joy neither need the force of desire the negation of what is right.

The next chapter is themed as 'The Power of the Truth of Love' and it beautifully narrates the story of Savitri and her undying faith in herself, wit and fierce resoluteness of her character. The author points at the emotions as raw and well-formed all at once with the intending meaning that it is from love that trust arises. It also narrates the story of Damayanti with her profound love and dignity. This story is a universal metaphor for love conquering even the most adverse circumstances of life created by the turn of time.

The fifth chapter is focused on the theme 'Language, Meaning and Truth' and it narrates stories of Suvarchala and Sulabha. The author focuses on the limits of language, the need for meaning beyond language and truth surpassing all the limits of language. The innate meaninglessness of saying what cannot be said without contradicting what is said at the very moment of saying it is very well addressed by the author in context of the knowing of the self and transcendence therefore. The next chapter has the theme of 'Turning One's Face Upon the Selfish World of Men' and it's the story of Madhavi who walks away untouched by the experiences she had had and metaphorically intending that the true virginity is of the mind, and not of the body. The next chapter has the theme 'One's Sacrifice, Another's Transformation' and it's the story of Kapota and Kapoti and they beautifully narrate that amidst anxieties and disasters, goodness can be.

The eighth chapter is focused on the theme 'The Undeniable Truth of Hurt and Humiliation, The Undeniable Necessity of Transcending Them' and it is the story of Draupadi. The author insistently puts forward the compelling rationality of forgiveness. Only those who have been wronged and hurt have a moral right to talk of forgiveness and the limits to it.

Finally, the language is lucid, the narrations are well articulated and made applicable for present times with therapeutic relevance as well.

ABSTRACTS: ORAL PRESENTATION

MIGRAINE MANAGEMENT THROUGH HYPNOSIS: A CASE REPORT

Anita Moral and Manisha Sharma

Introduction: Studies have shown the impact of hypnosis on pain management. The current case report is focused to find the impact of hypnotic techniques on migraine management. Research data has shown a significant impact of hypnotic treatment on pain management including headaches. **Objective:** Present case report is prepared to evaluate the role of hypnosis in the management of migraine. **Methods:** Our patient had gone through a complete physical examination and clinical interview. For the management of migraine, a hypnotic intervention, (Reframing), was applied. Before the induction of reframing, the intensity of the headache was measured through a subjective rating scale (i.e., from 0 to 10). **Results:** Post-hypnosis rating was measured to be zero. This brief intervention provided immediate relief from migraine. **Conclusion:** This experience is limited to a single case. So, there is a need to see the effect of 'Reframing' on more cases and/or on different types of pain.

Keywords: *Pain management; Reframing; Migraine; Suggestibility; Hypnosis; Psychotherapy*

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POLYCYSTIC OVARIAN SYNDROME AND ITS SUGGESTIVE TECHNIQUE: A THEORETICAL PERSPECTIVE

Gayatri Sahu and Shyamalata Juyal

Introduction: Women who are suffering from Polycystic ovarian syndrome (PCOS) experience higher rates of depression and anxiety than women in the general population. The polycystic ovarian syndrome is the most common endocrine disorder among women. Symptoms include amenorrhea, hirsutism, infertility, obesity, acne vulgaris, and androgenic alopecia. International research has shown that Polycystic ovarian syndrome has an adverse effect on the patient's mental health. Now a day's Polycystic ovarian syndrome is the most common disorder diagnosed in the female population. These conditions are often affected the mental health of women and associated with high stress and have a negative impact on the quality of life and psychological well-being of women. Women suffering from Polycystic ovarian syndrome exhibit various symptoms, which affect both physical and psychological health. **Methods:** Many strategies are suggested in this paper for preventing mental health suffering from Polycystic ovarian syndromes such as creating awareness of the disease, lifestyle modification techniques, counseling, and hypnotherapy. Hypnotherapy works by accessing the subconscious mind to begin a healing process of the negative mental state related to self-esteem and other PCOS issues. It is a way to help cope with the emotional symptoms of PCOS. Hypnotherapy is an accepted way in which to take control firstly by addressing the psychological issues and working with the subconscious mind to address any weight loss, and food cravings and help to make healthy choices.

Conclusion: Studies have shown that hypnotherapy helps increase fertility through relaxation techniques and understanding themselves. Hypnotherapy is a fantastic way to improve self-esteem,

increase confidence and work through underlying causes to reduce depression by dealing with the root cause and not just the symptoms.

Keywords: Mental Health, Polycystic ovarian syndrome, Suggestive techniques, Women

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EFFECTIVENESS OF HYPNOTHERAPY IN REDUCING PERCEIVED STRESS LEVEL

Kamakshi Josh¹ and Ashvika Singh

Introduction: Stress has been defined as a process in which external demands put a strain on an organism's capacity for adaptation, leading to both psychological and biological alterations that could put a person at risk for ill health (Cohen et. al., 1995). While stress is a typical response to pressures in daily life, it can turn unhealthy when it interferes with daily functioning. Stress has an impact on almost all bodily systems, influences how people feel and act and affects one's quality of life. There is growing evidence that hypnotherapy is effective for stress reduction. As per APA Dictionary of Psychology, hypnotherapy is defined as the application of hypnosis to psychological treatment, whether in the form of short-term psychotherapy aiming at symptom relief and behavior modification or long-term reconstructive psychotherapy intended at personality change. **Aim:** The purpose of the current study is to evaluate how effective hypnotherapy is in reducing participants' stress levels. **Method:** This study utilised an ABA single-subject research design. Perceived Stress Scale (Cohen, S., 1994) was used to measure participant stress levels pre- and post-intervention. Participants received a hypnotherapy session once a week that lasted for at least three weeks. **Result:** Participants' pre-intervention scores showed moderate to high levels of stress. Post-intervention scores are being processed. Data will be analysed using non-parametric statistics. **Conclusion:** Hypnotherapy sessions are anticipated to have a considerable impact on reducing participants' stress levels.

Keywords – hypnotherapy, stress, treatment, effectiveness

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IMPACT OF GUT DIRECTED HYPNOTHERAPY ON ANXIETY OF IRRITABLE BOWEL SYNDROME PATIENTS

Megha Taragi and Shyاملata Juyal

Introduction: Today's fast pace world have brought significant changes in human life which had increased the level of stress and anxiety, and can further leads to various psychosomatic illnesses Irritable Bowel Syndrome (IBS) is one of among them. Past researches have shown that psychological factors do accelerate the symptoms of IBS or the symptoms of IBS increases the level of anxiety among patients. This research also focuses on an unconventional treatments for IBS i.e. Gut Directed Hypnotherapy (GHT) which is still less known as an alternative treatment for IBS. Researches in this field had indicated relief in IBS symptoms as well as anxiety and depression for patients who go through hypnotherapy sessions. **Aim:** The aim of this study was to know anxiety of IBS-C patients and to know whether the sessions of gut directed hypnotherapy can reduce the level of anxiety among patients.

Method: 100 IBS-C patients were selected out of which 50 (25 male & 25 female) received gut directed hypnotherapy intervention while remaining 50 (25 male & 25 female) were part of control group. 6 months of intervention i.e. 24 sessions were given to each patient of experimental group. **Results:** Results revealed significant improvement in post test for experimental group on the variable of anxiety while participants of control group had an increase in their anxiety in post test as compare to pre test. **Conclusion:** Gut directed hypnotherapy turned out to be useful in reducing anxiety of IBS-C patients.

Keywords- Anxiety, IBS- Gut directed hypnotherapy.

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SCOPE OF HYPNOTHERAPY IN PSYCHODERMATOLOGY: A CONCEPTUAL PAPER

Sampada Vijayvargiya and Rakesh Kumar

Dermatology and psychology amalgamate into psychodermatology, a relatively new and emerging field to work towards holistic management of skin conditions. Skin disorders such as acne, psoriasis, eczema, melasma, vitiligo occur commonly now-a-days. While the management and treatment of skin disorders is primarily done through oral or topical medications, it has become evident that holistic healing of these conditions have far reaching results as compared to just medications as it also helps in management of associated problems such as depression, stress, anxiety, social isolation, suicidal ideation and other psychosocial problems. Hypnotherapy is an ancient therapeutic technique which has been used for the management of both physical and psychological problems. Therefore it becomes pivotal to include this as an intervention in dermatological conditions. It may not only benefit the physiological symptoms of skin disorders but also various psychosocial problems that are associated with it. The paper highlights the nature of psychosocial problems associated with dermatological conditions and role of hypnotherapy for the management of these problems.

Keywords: *Psychodermatology, Hypnotherapy, Psychosocial, Psychosomatic, Dermatology*

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ADVANTAGEOUS USE OF HYPNOSIS IN A CASE OF PSYCHOGENIC VOMITING

Roopa Chandrashekhar

Introduction: This is a case study of the successful use of hypnosis in a 60-year-old woman with episodes of vomiting. The episodes had been occurring over 9 months and had resulted in weight loss of ten kilos and dehydration and hypokalaemia that was severe enough to require hospital admission. **Aim:** To bring about a resolution of the vomiting and to alleviate anxiety and depression. **Methods:** Hypnosis was utilized for Ego strengthening and to bring about a reduction in anxiety and depression And generate hope of recovery. Gestalt empty chair technique. In psychogenic vomiting, it's important to explore what could be the factors that are maintaining the symptom and to choose an intervention that is efficient in tackling those factors. In this case, the symptoms were maintained by the unexpressed

hostility the client felt toward another. Hence the empty chair technique was selected where the client is guided through an imaginary dialogue with the relevant other. While playing the role of the other the client begins to see and experience the situation of the other which helps in a shift in view of the other person. **Results and Conclusions:** Hypnosis greatly enhanced the quality of the empty chair dialogue which brought about a shift in the patient's emotions and facilitated recovery. Integrating hypnosis was pivotal in the outcome which was a complete cessation of the vomiting episodes.

Keywords: hypnosis, depression, psychogenic vomiting, empty chair technique

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EFFECT OF EMOTIONAL SKILLS INTERVENTION PROGRAM ON STRESS MANAGEMENT AMONG ADOLESCENTS

Alka Seth

In adolescent period, physical and psychological changes are obvious as this is the time of transition. Young ones have to deal with educational, social, personal and physical pressures. They have to be helped in the trajectory of their lives with learning of specific tools and skills. Present study takes into account 300 adolescents from 7th, 8th, 9th and 10th classes from CBSE affiliated school in district Kaithal, Haryana. Emotional skills training program was provided to 122 students out of 300 students for eight weeks, who were high in stress. They learned skills to understand, control and manage their emotions and stress through various activities. Feedback at the end of program was also recorded. Significant difference was observed in pre-test and post-test stress scores of adolescents after emotional skills training program. Analysis of the research calls for the need of counselors in schools. Results also emphasize on the life skills training program for the students, so that issues can be addressed at earlier stages.

Key Words: Adolescents, Emotional Skills, Stress Management.

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EFFICACY OF HYPNOTHERAPY ON LIFE SKILLS FOR ORPHAN CHILDREN WITH COMPLEX TRAUMA

Deepa Jain

Introduction: Hypnotherapy is a holistic approach to wellness, in which psychological and biological systems are viewed as inter connected and is a more productive method to treat PTSD, anxiety, depression, somatic symptoms, insomnia, social dysfunction. Nonetheless, there have been almost no systematic studies on the efficacy of hypnosis for developing life skills in orphan children with complex trauma. Trauma children have shown high hypnotizability in various studies and it may help in integrating life skills to deal effectively with memories of trauma. **Aim:** The present study is an attempt to examine the efficacy of hypnotherapy on life skills for orphan children with complex trauma. **Method:** A purposive sample of 32 children with trauma was taken. Of these 32, 16 were taken as the experimental group and 16 as a control group. The age group taken was 8-18 years. The study was done in a Child Care Institution (CCI) in Indore city in Madhya Pradesh, India. A quasi-experimental design

with a non-equivalent control group. Child Trauma Screening Questionnaire (CTSQ) was used to measure trauma, the Eye-Roll test for assessing hypnotisability, and the Life Skill assessment Scale (LSAS) to measure life skills. **Result:** There exists a significant effect of hypnotherapy in pre and post-scores of complex trauma and life skills. **Conclusion:** The study concluded that regular practice of the techniques of hypnotherapy, like Progressive Muscular Relaxation (PMR), auto-suggestion, and visualization has proven to decrease the impact of trauma and enhance life skills.

Keywords: Life-Skills, Trauma, Hypnotherapy, Complex Trauma

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GENOPHOBIA- A HYPNOTHERAPY CASE STUDY

K.M. Nandan

Aim: This paper is intended to present a case study of a 30-year-old female patient suffering from Genophobia or fear of sexual intercourse (also known as Coitophobia), treated under Hypnotherapy in conjunction with CBT and virtual reality exposure to elicit and recognize repressed memories of aberrant painful injury on vulva caused at the age of 9 years at the hands of a boy of similar age. **Methods:** The treatment was provided to the patient in 7 weekly sessions. Breathing Awareness Techniques, Progressive Muscular Relaxation, Hypnosis, and self-hypnosis techniques were also applied to help her alleviate anxiety and emotional imbalance. **Result:** The clinical progression of the patient was satisfactory. The treatment was provided in 7 weekly sessions. delivered in an outpatient setting in 6 weekly sessions. The elicit repressed recognize aberrant parental sexual behaviour as a determinant of the phobic reaction, and thence to help her cope with the resulting anxiety and emotion

Keywords: Hypnotherapy, Genophobia, Clinical Outcome

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HYPNOTHERAPY TO DEVELOP INNER STRENGTH AND INTEGRATED EGO

Nidhi Kothiyal and Shyamalata Juyal

Introduction: The integrated approach in hypnotherapy has always had a dual focus: distress reduction and mental health enhancement. Hypnotherapy takes a holistic view of health, particularly the ego-strengthening techniques that have been very popular to increase overall psychological well-being and enhance the positive character strength of an individual. People also report higher levels of emotional stability and increased spiritual awakening after undergoing regular ego-strengthening sessions. Ego strengthening was popularised by John Hartland in the 1960s. In the 1990s B.M.Palan gave the concept of ego purification, as a way to develop an integrated self. **Aim:** This paper aims to explore the concept of "Inner Strength" as a helpful ego state and have a closer look at the qualities of the integrated ego self and explore the various theories of developing a sense of integrated self-using hypnotherapy models. In this paper, relevant theories of hypnotherapy and case studies are discussed to understand the concept of the integrated ego self. **Method:** The concept of ego integration is explored by an appropriate review of studies of Freud, Federn, Watkins, Hartland, and Palan. The ego integration was achieved using an ego

purification script in the case studies mentioned for the holistic well-being of the client. **Conclusion:** Hypnotherapy-based ego-strengthening sessions create an optimistic outlook in the attitude of individuals by accessing their core inner strengths. Inner strengths refer to the conflict-free zones of the ego or the integrated sense of the ego self.

Keywords: Ego strengthening; ego integration, Inner strengths hypnotherapy models.

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IMPACT OF HYPNOTHERAPY ON MOBILE PHONE ADDICTION

Pramod D. Wagh and Dr.NagoraoDongre

Background: Patients receiving palliative care for mobile phone addiction have a complex spectrum of persistent hearing and visual disturbances that can occur early in addiction. Using a mobile phone addiction scale, we studied two groups of patients with mobile phone addiction. Then, in one group, hypnotherapy was used. The goal of this study was to see if a 4-month long-term intervention with Hypnotherapy and self-hypnosis as adjunctive therapy is effective in treating mobile phone addiction.

Methods: The research was conducted at a college in Nandurbar. The study included 40 patients, with 20 in the hypnosis group and 20 in the control group. The study included all 40 male students. To assess mobile phone addiction, a mobile phone addiction scale was used. Then hypnotherapy was administered. The experimental group received eight sessions of hypnotherapy and daily self-hypnosis practice.

Results: The same test was given to both groups. The test scores for both groups were nearly identical, with the hypnosis group's mobile phone addiction test value decreasing from (Mean SD) 80.7144.6 at baseline to 43.914.8 at the 4-month follow-up. At the 4-month follow-up, the control group's mobile phone addiction test value fell from 79.5155.6 to 72.1155.4. Statistical analysis revealed that hypnosis resulted in a greater reduction in mobile phone addiction value. T revealed a statistically significant (P0.01) difference between the two groups. **Conclusions:** When compared to the control group, the patients who received hypnosis as adjunctive therapy had a statistically significant reduction in mobile phone addiction scores and a significantly lower risk of developing mobile phone addiction after a 4-month follow-up. Clinical hypnosis is a viable treatment option for cell phone addiction.

Keywords: Hypnotherapy; self-hypnosis; Mobile phone addiction

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EFFICACY OF TREATING POSTPARTUM DEPRESSION WITH HYPNOTHERAPY

Purnima Bamel

Postpartum depression is experienced by approximately 10 to 15% of women and the statistics regarding this are on the rise there is a considerable amount of maternal distress which is directly or indirectly associated with a lot of infant and child development-related problems. Earlier, it was believed that hypnosis for depressive disorders is contra-indicated and hence not to be advocated as an effective

interventional strategy. However, recent research on this subject talks about addressing specific symptoms and skill development which is helpful in enhancing the quality of life and is seen as an effective hypnotic strategy for depression. The present work is related to a single case in which Hypnotherapy was successfully utilized in the treatment of Postpartum depression. The client was taught certain skills using an effective psycho-therapeutic approach, merging with Hypnotherapy. The result was successful and the client reported having developed skills to resolve the existing problems and was able to successfully stop their recurrence, even after six- and nine-month follow-ups. Merging the world of psychological tools and techniques along with Hypnotherapy as a tool in the hands of innovative clinicians can help in ameliorating, psychological and physical distress considerably. The present paper also expostulates SEHT Santosh energy healing therapy Which is a successful merger of psychotherapy, Hypnotherapy, and energy-based healing.

Keywords - hypnotherapy, post-partum depression, mental health, S.E.H.T.

TREATMENT OF SOCIAL ANXIETY USING COGNITIVE DRILL THERAPY UNDER HYPNOTIC TRANCE

Sandhya Verma, Pralabh Verma and Rakesh Kumar

Introduction: Cognitive Drill Therapy (CDT), has been found to be a very effective intervention for the treatment of stimulus-bound anxiety. This case study aims to demonstrate the treatment of panic attacks and social anxiety using CDT under a hypnotic trance. A 28-year-old lady working in the private sector was under medication for panic attacks, which she developed during the COVID-19 lockdown. She reported the childhood onset of social anxiety, which remained undiagnosed. She also reported her inability to conceive even after four years of marriage due to stress. **Objectives:** (1) To identify the effectiveness of CDT under hypnotic trance for the treatment of panic attacks (2) To identify the effectiveness of CDT under hypnotic trance for the treatment of social anxiety. (3) To identify CDT as a life skill for managing anticipatory evaluation anxiety. **Method:** She was found to have moderate depression, high anxiety, and stress on the DASS scale, and high scores on all five dimensions of the SAQ-30. CDT was given under hypnotic trance to overcome traumatic life events, panic attacks, and social anxiety. She was trained to use a modified version of CDT as a life skill for self-management of her social anxiety, and panic attacks on a day-to-day basis, to enhance awareness, and to regulate her emotions. **Conclusion:** CDT under hypnotic trance has been found an effective intervention for panic attacks and social anxiety. CDT as a life skill has been found an effective skill in the self-management of panic attacks, and social anxiety, regulating emotions, and body reactions. The patient reported enhanced self-esteem after the therapy and was able to conceive.

Keywords: Hypnotic Trance, Cognitive Drill Therapy (CDT), Social Anxiety, Life skill training, anticipatory evaluation anxiety

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UNDERSTANDING JAAGAR AND ITS HEALING EFFECTS FROM THE PERSPECTIVE OF HYPNOSIS

Raina and Deepak Singh

Introduction: Along with the modern advancement, India is still rooted in its cultural values and ancient traditions. One of the ancient Indian folk rituals still performed in the Himalayan region of Uttarakhand (the land of Gods) is Jaagar. The intent behind the ritual is to invoke local deities, divine power or ancestral spirits in the body of the village inhabitants seeking divine justice, blessings or solution to their problems. **Aim:** The study attempts to understand the nature of cognitive, affective and behavioral dynamics experienced by the participants during the whole process of Jaagar from the perspective of hypnosis. Also, the study delves into the healing effects of the ritual on the participants. **Method:** The study includes review of related books and research work published so far in the domain of such practices and hypnosis. Semi-structured interviews of the associated people will also be conducted to gain deeper insight. **Results:** The results will be compiled after analyzing the data derived from the review and the interview process. **Conclusion:** The study may broaden the horizon of Hypnosis and its application for the welfare of mankind.

Keywords: Hypnosis, Jaagar, Hypnotherapy, Healing

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CONCEPTUAL STUDY ON HOW TO INTEGRATE HYPNOSIS INTO POSITIVE PSYCHOLOGY APPLICATIONS TO ACHIEVE POSITIVE MENTAL HEALTH

Sarika Sharma and Priyanka Tiwari

Introduction: After the Covid-19 pandemic, the world is getting more conscious and aware of how important mental health is to an individual. People, communities and Government have started to take this initiative at all levels. The question is how effective these programs are and would these be just helping an individual to cope with current issues faced or equip them with lifelong skills to manage any challenging situation in life. Hypnosis is one of the most effective and time-effective intervention which can be used for the same. It is therapeutic in itself and helps just not in resolving the past issues but also in uncovering the strengths lying untapped in an individual's unconscious thereby enhancing an individual's wellbeing. **Aim:** The purpose of this conceptual study is provide better understanding of how to effectively integrate hypnosis and positive psychology applications to achieve positive mental health. **Method:** Method used in this study is systematic review of recent literature on hypnotherapy and various applications/interventions in positive psychology. **Result:** Based on the studies done in field of positive psychology and hypnotherapy, our study has been able to come up with a consolidated model that will give scope for further empirical study. **Conclusion:** The model developed through this study can be implemented in schools, colleges, universities, work place to enhance psychological and overall wellbeing of individuals and a society getting healthy citizens.

Keywords: *Positive Psychology, hypnosis, positive mental health, wellbeing*

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ROOT FINDING OF PHOBIA BY HYPNOTIC REGRESSION

Shraddha Tripathi

Introduction-Phobia is one of the most common and unreported psychological disorders. Although there are various psychotherapies to treat phobia and other anxiety-related disorders most of them work on the symptoms of phobia. Hypnotic regression is a therapy that may help to find repressed feelings or pain related to a particular phobia. **Aim-**This hypnotic regression empirical study sought to determine whether there was any connection between phobias and hypnotic regression episodes. **Methodology -** Using a pre-post-research design with a control group (Mixed between-Within Group Design) of the total sample (19 + 23) this research study is a component of a doctoral thesis. Addressing this study question involved using narrative analysis. Hypnotic regression therapy sessions were recorded for the purpose of gathering data. **Result-** The findings suggest a link between phobia and hypnotic regression experiences, which further clarifies the hypnotherapy's previously unexplored effects. This research indicates that Phobia is linked to a variety of characteristics, including age regression experiences, prenatal regression, imagined prior life events, imagined previous death events, bed vows, and resolution with varying proportions. The subjective aspects of hypnotic regression therapy are being unblocked by this thorough study. **Conclusion-**Although no psychotherapy is perfect to treat any psychological disorder but hypnotic regression shows not only therapeutic effects but also causal findings of Phobia.

Keywords-*Phobia, Hypnotherapy, Hypnotic Regression, Age Regression,*

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SUFISM THROUGH THE LENS OF HYPNOSIS

Shrishty Manchanda and Deepak Singh

Introduction-Sufism is the spiritual path to connect with God by surrendering oneself to God through love and devotion. Sufism rituals like whirling dance, Qawwali, poetries, and music create a hypnotic trance-like state in which an individual's consciousness is directed toward the inner self and an intense experience of the divine is felt by a Sufi. The state of oneness with God is attained by practicing such trance-like rituals.i.e. whirling dance,music, and *zikra* that comes in a ritual called *sama*. **Aim-**To understand the rituals of Sufism from the perspective of hypnosis and to design a conceptual framework. **Method-**This study will include a review of existing literature, books, and related articles. **Results-**The rituals of Sufism like Sama that include whirling dance, *Zikra*, and Qawwali seem to create a trance like state alike the states of hypnosis. **Conclusion-**The rituals of Sufism act as a trance-induced healing process that leads to calm and peace in an individual life.The study may encourage researchers to further design therapeutic interventions based on Sufi practices for well-being.

Keywords-*Sufism, Surrender to God, Whirling Dance, Zikra , Sama, and Hypnosis.*

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ENHANCING STUDY SKILLS THROUGH HYPNOSIS

T. Santhanam and Sruthi Sridharan

Introduction: Study skills are fundamental to academic competence. Effective study skills are associated with positive outcomes across multiple academic content areas and for diverse learners. **Aim:** The main objective of the present study was to empirically verify the effect of hypnosis on study skills training of the students. **Method:** A pre and post test design was used. Two students studying senior secondary under CBSC board taken for this study as they reported to this clinic for require help to improve their academic performance. Cognitive assessment revealed that they are having average Intelligence, but showing poor academic performance due to lack of motivation and concentration. Thus hypnosis was planned as therapeutic intervention for improving their overall study skills. Accordingly the study skills assessment was made by a questionnaire developed by UHCL Counselling Services USA. This questionnaire consist of eight domains such as Time management and Procrastination, Concentration and Memory, Study Aids and Note-Taking, Test Strategies and Test Anxiety, Organizing and Processing Information, Motivation and Attitude, Reading and Selecting the Main Idea and Writing. After the study skills assessment, hypnosis was planned. Explained the procedure of hypnosis to the parents as well to the students taken their consent. Totally 12 sessions were planned for this study. Started with different hypnotic induction technique such as Breathing awareness, Passive Progressive Relaxation, Visualization of the Park were done to these two subjects in the first session. In the second session Ego-strengthening/purification was introduced after the hypnotic trance. All the protocols of the hypnosis such as induction, deepening the trance, elicit the phenomena, direct and indirect suggestions given to enhance the different dimensions of above mentioned study skills developed by Palan, Don E. Gibbons, Douglas M. Gregg, Stanley Krippner, William T. Reardon, Jeannie Porter, Richard B. Garver, Milton H. Erickson, E. R. Oetting, Alcid M. Pelletier and David Waxman given in different sessions also post hypnotic suggestion and gradual termination were followed in all the session. After the twelfth session both the participants taken the study skills questionnaire as posttest. **Results:** The comparison made between the pre and post data revealed the significant improvement in the different domains of the study skills in post data. **Conclusion:** Thereby it is very much possible state that hypnosis was made significant impact on improving the study skills.

Keywords: Study Skills, Hypnotic Trance, Test Anxiety, Time Management, Test Taking Strategies

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APPLICATION OF HYPNOSIS IN TREATING PEDIATRIC CASES HAVING NEUROTIC AND STRESS-RELATED DISORDERS – A CASE SERIES

Usri Sengupta and Amool Ranjan Singh

Introduction- In the current study, a case-series will be presented with two pediatric patients having neurotic and stress-related disorders – a male child (11 years old) having Specific Phobia and a female adolescent (16 years, 6 months old) having Complex PTSD. **Aim** – It is a well known fact that hypnosis is one of the first-line treatment methods used for Dissociative Conversion disorder. However, its application in other neurotic and stress-related disorders, especially in the pediatric population is highly

limited. Therefore the purpose of this study is to present varying use of hypnosis as a treatment method in accordance with the need of the pediatric cases discussed here and using hypnosis as a targeted adjunct treatment method for each of the disorders. **Method**–With the child, ERP and hypnosis was used and with the adolescent, trauma-focused therapy was done with hypnosis. Severity Measure for Specific Phobia – Child Age 11-17 Scale was used with the child and the International Trauma Questionnaire is being used with the adolescent to measure their progress. TAT was also done with the adolescent case and its findings have been used in post-hypnotic suggestion. **Results** –Among the two cases, the adolescent female child is still under follow-up and the child case has been managed successfully and is currently maintaining well. **Conclusion** - The findings imply that for future studies with suggestible pediatric patients, having neurotic and stress-related disorders, hypnosis can be used as a first line treatment method instead of an adjunct one for quick and effective treatment outcomes.

Keywords – Hypnosis, Specific Phobia, Complex PTSD, Pediatric patients, Post-hypnotic suggestion

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EXPLORING THE NEED FOR SCRIPT BASED HYPNOTHERAPY INTERVENTIONS IN WOMEN WITH BREAST CANCER

Prattusha Chatterjee, Manish Kumar Verma and Vijendra Nath Pathak

The positive impact of providing psychological assistance to individuals and families with cancer is now an established fact. However, we are in the infant stages of developing interventions that are cost and time effective and can offer respite from the specific concerns faced in cancer. This paper focuses on the following areas – mental health concerns faced by individuals with cancer, impact of hypnosis on mental and physical health, neurological underpinnings of hypnosis and the need for inclusion of script based hypnotherapy interventions specifically for women with breast cancer. This review includes full text articles in English language and intervention studies where hypnosis has been made a part. Online search platforms have been used. It was found that hypnosis can be beneficial in managing several symptoms, creating a positive mind set towards the treatment process and keeping psychological concerns like depression and anxiety at bay. Keeping in mind the benefits of hypnosis and the complicated nature of cancer treatment this paper proposes a simple script based hypnotic intervention model that can be used independently for mild to moderate difficulties or in addition to other psychological therapies.

Key words: cancer, mental health, Hypnosis, breast cancer

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THE NEUROSCIENCE OF TREATING CHILDHOOD TRAUMA USING CLINICAL HYPNOSIS

Sumit Ghosal and Kaeyoor Joshi

As many as 40% of children and adolescents experience at least one traumatic event in their lives, with one in six girls and fifteen boys developing PTSD as a result. Incorporating different therapeutic approaches for treating childhood trauma can better address children and adolescents' unique needs and personalities. Clinical hypnosis has been shown to have positive outcomes in treating childhood trauma, as demonstrated by case studies. While theoretical explanations for change are derived from hypnosis philosophy, there has been little exploration of the modern scientific account underlying such change. Recent advancements in neuroscientific techniques provide an opportunity to understand the mechanisms behind the therapeutic change. A new brain-based explanation for psychotherapeutic change has revealed how clinical interventions can modify neurobiological processes. In this review, we draw a perspective based on studies conducted on childhood trauma using clinical hypnosis, the neuroscience of psychotherapeutic change, and theoretical correlates of the change process occurring while treating childhood trauma using clinical hypnosis.

Keywords: *Childhood trauma, neuroscience, clinical hypnosis, psychotherapeutic change*

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CLINICAL HYPNOSIS FOR CHRONIC PAIN MANAGEMENT AND ENHANCING QUALITY OF LIFE

Sruthi Sridharan and T. Santhanam

Introduction: The fact that patients with chronic pain due to medical conditions experience considerable psychological distress is now undisputed but the effectiveness of psychological treatments in relieving this suffering is less clear. **Aim:** The aim of the present research was to evaluate the efficacy of clinical hypnosis in the reduction of pain score thereby enhancing the quality of life of patients with chronic pain caused due to medical conditions. **Method:** Forty five patients with chronic pain due to osteoarthritis (18), lung cancer (12) and gall bladder disease (15) were selected for the study. Patients were administered the McGill Pain Questionnaire by Dr. Melzack, Depression Anxiety Stress Scale by Lovibond, S.H. & Lovibond, P.F. (1995) and Quality of Life Questionnaire by WHO prior to providing clinical hypnosis related intervention. Subsequently, we used clinical hypnotic techniques by starting with induction using progressive muscle relaxation, indirect suggestions using control switch visualisation technique and body light technique by Ernest L. Rossi and David B. Cheek, post hypnotic suggestions and self hypnosis suggestions for 6 sessions over a period of 8 weeks. At the end of 8th week, post test was administered. **Results & Conclusion:** Statistical Analysis was performed for the same. The results show promising empirical evidence for clinical hypnosis to be used as an adjunct therapy in chronic pain management.

Keywords: *Chronic pain, quality of life, clinical hypnosis, osteoarthritis, lung cancer*

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POSTER PRESENTATIONS

WINNING MOTION SICKNESS WITH HYPNOSIS

Alok Prapanna

Background:-Motion sickness is the development of nausea, vomiting, giddiness, pallor, and cold sweats, etc. In susceptible persons during the journey by a particular mode of transport. Such persons fear the journey so much that they avoid it as far as possible. It is triggered by contradicting messages received by the brain from the eyes which perceive the environment as stationary, and motion sensors in internal ears which sense the movement. **Objective:**- The role of hypnosis was tested for the control of motion sickness in susceptible persons. **Method:**- Ten persons suffering from severe motion sickness were selected, two of whom were doctors trained in hypnosis. All of them had a problem traveling by bus or car. During the pre-talk basic mechanism of motion sickness was discussed. Simple practical steps that one should take to maximize comfort during the journey were highlighted. They were divided into two groups of five each for two different strategies applied during hypnosis after relaxing induction. In the first strategy during trance, the person planned the visit to the temple of the god in whom he had faith by road, by bus, or by taxi. In the second group during trance, they imagined themselves traveling and developing symptoms of motion sickness. They kept their eyes closed but could hear vehicles coming from the opposite direction at great speed and passing by. They transferred their motion sickness in parts or fragments to each passing vehicle till finally, their minds had no more motion sickness to offer. **Result** :- All persons are permanently cured of motion sickness without having any side-effects **Conclusion:**- Hypnosis offers an affordable, effective, side-effect-free, and drugless treatment of motion sickness.

Dr. Alok Prapanna M.D., DCAH., Consultant Physician & Hypnotherapist

A CASE STUDY: UTILITY OF AGE REGRESSION TO SOAR HIGH WITH WINGS OF WISDOM

Anal Mehta

Using hypnotherapy, we conduct “Breakthrough sessions.” There are incredible opportunities to transcend orbit of success in quickest way. One of my clients, Mr. M(age 41) works in MNC, where his objective was to get promotion & bring shift in “Role Image”. 3 people were shortlisted amongst 10 for promotion. He felt something blocking him to reach his goal of promotion, from Team-Leader to Section-Head. Therapist’s objective:

- To uncover “hidden monsters” which are responsible root cause of his performance block.
- To identify his driver values for professional excellence to amplify traits of powerful leader.

His core issues were lack of visibility and recognition by top management. He was unable to articulate his thoughts and present his work effectively. Whereas his fellow colleagues successfully took credit without doing actual work. From march 2020, 10 sessions were planned. Techniques like Value assessment (NLP), Rapid & progressive relaxation, Age Regression & Progression, Perspective positions, Metaphor, Suggestions, Psycho-education, Anchoring were used. Age regression and

discovering fear of criticism and coping with age progression was a breakthrough for him. Before session, out 10 unknown fears were rated at 8, self-confidence rated at 4 and after sessions fear was at 2 and confidence was at 8. His performance was so remarkable that he received appreciation from top management. After 1.5 year, he was promoted to Section Head. Feb 2023, he reported being able to lead effectively and discharging responsibilities to justify his role. **Conclusion:** He had good hypnotic ability & depth of trance which helped to identify deeper root causes. Age regression with progression & anchoring under hypnosis proved effective not only to eliminate blocks but also to etch sustaining new powerful patterns.

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MANAGING STRESS THROUGH COGNITIVE BEHAVIOURAL THERAPY.

Avani N. Parmar

Stress can be defined as any type of change or obstacle that causes physical, emotional or psychological strain. Management of stress is required to have overall well-beingness. Stress occurs when you are under pressure or having difficulty in coping with a situation. Cognitive behavioural therapy is used to treat a wide range of issues. It is preferred type of psychotherapy. It helps to cope with the specific problems and challenges. It generally requires fewer sessions than other types of therapy. In the present study a sample of 30 Arts students and 60 science students from various colleges of Sardar Patel University were selected. A purposive sample was drawn. For the measurement of stress, Singh's stress Inventory was used. Pre and post research design was used. Data were analysed by using 't' test to check the significant difference between the groups under study. Results revealed that stress level was high among the science students compared to Arts students. Intervention sessions of cognitive therapy and yoga practice were given to the experimental group of 30 science students for the period of one month & no intervention was given to the control group of 30 science students. After the treatment, post-test was taken. The results revealed that there was a significant decline in the stress level of experimental group of science students & no reduction in the level of stress among control group. It means cognitive therapy helps to reduce level of stress among experimental group of students under study. This therapy is also useful to other persons and employees for reducing stress.

Key Words: Stress, Cognitive therapy, Yoga, Arts and Science students.

Avani N. Parmar, Visiting Faculty, R. N. Patel Institute of Law & Justice, S. P. University, Vallabh Vidyanagar

CLAY THERAPY: FOR MANAGING STUDENT STRESS

Shubhangi Khambayat and Deepika Jain,

Academic pressure impacts the mental, physical, emotional and social well-being of a student when it is experienced for a prolonged duration. According to a research published in Times of India (on April 4, 2022) 63.5% of Indian students expressed stress related to academic pressure. There are too many reasons of stress among college going students life such as fear of exam, family pressure/ parents or problems at home, peer pressure, communication issues/difficulties with personal relationships, social

media, substance abuse, bad eating habits, body image, competition, comparison, poor time management and so on. This study aimed to examine how clay therapy is effective to manage the academic pressure, anxiety and stress of the college going students. The purposive sampling method was applied in this experimental study to select the sample of thirty undergraduate and postgraduate students from Jagran Lakecity University, Bhopal Madhya Pradesh. The findings of the study evinced that Clay therapy contains rich sensory experiences and interactions with clay that trigger rich sensory responses, to feel the texture of clay which can cause bodily sensations and attune sensory processes with emotional processes. This connection allows students to reflect back positive aspects of their personality despite their stressful condition. The findings of the study also evinced that clay therapy is very important for managing academic pressure and students stress of their life. The findings of the study have important implications for psychologists and school counsellors, clinical psychologist, teaching professionals, therapist, rehabilitation field, and researchers at large.

KeyWords: Clay Therapy, Academic Pressure, Stress and Anxiety

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POST PANDEMIC EFFECT ON MENTAL HEALTH AND QUALITY OF LIFE AMONG PELVIC PAIN PATIENTS

Neha R. Garva

Introduction: Mental health refers to our cognitive, and/or emotional well-being - it is all about how we think, feel and behave. Our mental health can affect our daily life, relationships and even our physical health. Post pandemic effect on mental health has been witnessed in pelvic pain of females. **Aim:** This study explored depression and alienation aspects of mental health as post pandemic effect in pelvic pain patients and assessed their quality of life in Indian cultural conditions. **Method :** Sample consisted of 100 female pelvic pain patients, as well as 100 females of control group selected from hospitals and clinics of various Indian cities. Asha - Deep Depression Scale (Kumar, 2002), Alienation Scale (Patil, 1989) and P.G.I. Quality of Life Scale (Moudgil et al., 1998) were administered to them individually. **Results :** Findings revealed that pelvic pain patients were found to be depressed, highly alienated and they exhibited impaired quality of life as compared to control group which reflects that pelvic pain patients escape from social situations and they feel themselves to be estranged from their social surroundings. **Conclusion:** Pelvic pain patients have pessimistic attitude, exhibit marked social withdrawal, negative self image, fatigue, lack of interest in their work, worthlessness and, decreased sex desire and motor activities. Cognitive behaviour therapy is suggested for improvement of mental health of such patients. Rational emotive therapy may be beneficial for the management of depression of these patients.

Key Words: Mental Health, Quality of life, Pelvic Pain, Cognitive behaviour therapy

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SPIRITUALITY AND SUGGESTIBILITY AMONG UNIVERSITY STUDENTS.

Shivi Tyagi and Rakesh Kumar.

INTRODUCTION-Spirituality is a personal experience that creates a system of personal beliefs when searching for the meaning of life. Spirituality is connected through divine through your own personal experiences. Spirituality may refer to engaging in any kind of meaningful activity and personal growth. Suggestibility is the quality of being inclined to accept and act of the suggestions of others. Suggestibility refers to how susceptible we are to having our memories altered based on other suggestions. Suggestibility is the degree in which someone is susceptible to the influence of another person. People are deemed to be suggestible if they accept and act on suggestions by others. **AIM**-The aim of the present study to addresses the relationship between spirituality and Suggestibility among students. **METHOD**-The sample of the study will consist of 50 university students. Following tools will be used in this study Spirituality scale and suggestibility scale. The obtained data will be analyzed using correlation and other appropriate statistical techniques. **RESULT**-The result and findings of the study will be shown after the data collection. **CONCLUSION**- The conclusion of the study will be shared during the presentation of the paper.

Key words- Hypnosis, Spirituality, Suggestibility, University students.

Shivi Tyagi, Research Scholar and Prof. Rakesh Kumar. Department of Psychology, Gurukula Kangri (Deemed to be University) Haridwar (U.K).

RELATIONSHIP BETWEEN TRIGUNA AND SUGGESTIBILITY IN YOUNG ADULTS

Vipin Kumar and Rakesh Kumar











The purpose of this study is to find out the relationship between triguna and Suggestibility in young adults. The sample size of the study will consist of 30 Young adults. Following tools will be used in this study - Vedic Personality Inventory (Wolf, 1999), to measure triguna personality and Hyp-nova suggestibility questionnaire (Kappa, 1999) to measure suggestibility of young adults. The obtained data will be analyzed using correlation. The results, main findings and conclusion of the study will be shared during the presentation. This study makes a small effort to study the psychological phenomena of suggestibility through the lens of our traditional knowledge of Triguna theory of Personality.

Key Words: Personality, Triguna, Suggestibility

Vipin Kumar, Research Scholar and Prof. Rakesh Kumar. Department of Psychology, Gurukula Kangri (Deemed to be University) Haridwar (U.K).

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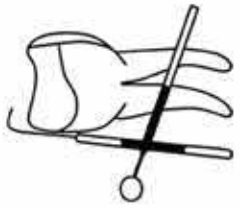
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Academy of Hypnosis, India came into existence in the year 2022, when stalwarts in the field of Hypnosis in India decided to form a professional body to propagate the scientific knowledge of hypnosis. AoH is a registered body, that works to promote, advance, and safeguard the interests of hypnosis as a profession and a specific discipline of science engaged in teaching, research, and applications for human welfare. AoH consists of 11 members, who are all working actively in the field of hypnosis.

AoH conducts an online monthly clinical meet program – a knowledge-sharing event, to discuss the latest case studies and research by young psychology and medical professionals practicing hypnotherapy. AoH advisory board members and AoH members have a panel discussion and guide young professionals. The program has been a huge success and is regularly attended by professionals across the country. Since its inception, AoH has successfully organized 8 such clinical meetings.

AoH aims to formalize the practice of hypnosis in India and encourage ethical practices.



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