

Academy of Hypnosis, India

NEWSLETTER

Hypnosis for Health, Happiness, and Harmony

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Letter from the President

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The mindset isn't
about seeking a
result – it's more
about the process
of getting to that
result.

~ Kobe Bryant

Dear Friends,

AoH has completed second year and we are celebrated the Second Foundation Day on 29th June, 2024. I am happy and satisfied with the growth of our Academy but, as a teacher I would say, we can do better. We can expand our activities with your active participation.

I am happy to convey that the 8th batch of Online Post-graduate Diploma Course in Clinical Hypnosis (PGDCH) has commenced from July, 2024. This is the

world class Indian University (Charotar University of Science & Technology - CHARUSAT <http://www.charusat.ac.in/>) 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.

You have received the first announcement of the Second International Conference of Academy of Hypnosis, India to be held on January 24 & 25, 2025 at Pondicherry. I suggest the members to start preparing for their active participation in this enriching biennial academic event of AoH.

I congratulate our member, Dr. Jini Gopinath for participating in the ISH International Conference of Hypnosis held at Poland during June 2024.



My sincere thanks to the managing committee members for their continuous active support in the growth of AoH. I congratulate Dr. Veena for publishing this third issue of the Newsletter.

Jay Hind!

Message from the Secretary

Dr. Avnish Dave,

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One important key to success is self-confidence. An important key to self-confidence is preparation.

~Arthur Ashe

A step forward in our endeavour to take hypnosis in to main stream clinical practice.

With technological advancements in daily life, newer challenges are also emerging at same pace.

Mental, physical and social health issues are taking new shapes and dimensions.

The use and practice of hypnosis is fortunately proving to be of immense help in handling these new challenges in addition to the existing treatment modalities.

The current newsletter is an endorsement to the effectiveness of science of hypnosis in day-to-day clinical practice.

I am sure it will provide enough motivation to all those whosoever it will reach.

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Message from the Vice President

Prof. Rakesh Kumar Jain,

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Nobody who ever
gave their best,
regretted it.

~Novak Djokovic

Academy of Hypnosis (AoH) is advancing consistently towards its mission and goals. Monthly clinical meets, and programs to spread awareness and training of professionals on skills needed for successful hypnotherapy are being undertaken. AoH is actively collaborating with professional scientific bodies to reach the scientific communities involved in health and wellbeing.

I am glad to note that another issue of newsletter is being released for updating the activities of AoH and its members. I would like to congratulate and thank Dr. BM Plan, President of AoH, Dr. Veena Panjwani and

every member of AoH for taking up the mission wholeheartedly in the larger interest of humanity.

With regards,

Prof. Rakesh Jain

Message from the Editor

Dr. Veena Panjwani

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You can't put a
limit on anything.
The more you
dream, the farther
you get.

~Michael Phelps

As an editor of AoH Newsletter, with great excitement I bring forward the current issue. I see the newsletter as an opportunity to connect with academically sound and practical research work ongoing in the discipline of clinical hypnosis and present them to the readers. The upcoming Second International Conference of Academy of Hypnosis, India to be held on January 24 & 25, 2025 at Pondicherry, will be another such opportunity to connect with and learn

from advancements in the field of hypnosis. I urge everyone associated with the discipline of Hypnosis (research, clinical application or academic specialization) to attend the conference and make it a grand success. Along the way, the current issue of AOH Newsletter was truly a collaborative work with articles and research papers submitted by various practitioners and researchers from different states of India and abroad. I would like to express my gratitude to all the contributors for this issue.

This issue contains the updates regarding AOH activities. There is an interview with Dr. Nitin Shukla about Hypnotherapy and its Applications. There is an impressive paper on Efficacy of Hypnotherapy as a sole Modality of Treatment in Warts by Dr. Nirja Sheth. A case study on The Efficacy of Hypnotherapy in Treatment of Social Anxiety and Self Esteem Issues by Dr. Shweta Sharma is an insightful read. Finally, there is an interesting read on Phenomena of Hypnosis by Shikha Mohan. Finally, there is research updates in clinical hypnosis. I hope that you have an enriching experience reading this newsletter. You can give your feedback/ reviews/ comments and contribute your article or book review of any book pertaining to hypnosis on swyam.veena21@gmail.com.

Events Update

1. Dr. Rakesh Jain conducted a one-day workshop on Hypnosis and Past Life Regression in Rohtak (Haryana) on 17 March 2024. The workshop was facilitated by Prof. Sujata Sethi, Department of Psychiatry, PGIMS, Rohtak. The psychiatry residents participated in the workshop.



2. Academy of Hypnosis-India Foundation Day was celebrated on 24th - 25th June '23 to propagate the science of hypnosis in a 2-day events. Informative session on Basics of Hypnosis for Beginners was conducted on 24.06.2023, Saturday. On 25.06.2023, Sunday: 2 Advanced Workshops were conducted for practicing hypnotherapists and clinicians from



10.00 am-1.00pm. The topics were “Hypnotherapy in Hypertension” conducted by Dr. Alok Prapanna & Dr. B. M. Palan & “Cognitive Hypnotherapy for Depression” conducted by Dr. Prasanta Kumar Roy.

- Academy of Hypnosis has been conducting monthly Clinical Meets for the clinical and academic learning and discourse. Following are the details of past presentations:

Sr. No.	Date	Topic	Presenter
1	10 Feb 2024	Supporting Psychotherapy with Hypnotherapy Techniques	Riva Ranka
2	9 March 2024	Creative use of Hypnotherapy Techniques	Dr. Sanjay Ratnaparkhi
3	13 April 2024	Case on psychogenic tremors, diagnosed as parkinsonism, controlled by Hypnosis	Dr. Avnish Dave
4	11 May 2024	Helping individuals improve academic performance using hypnosis as an intervention	Suhana Rabindranath
5	8 June 2024	Hypnotherapy as an adjuvant in Neurodegenerative and Neurological cases	Krishnaveni K
6	13 July 2024	Utilising Self Hypnosis: Case Studies	Tejveer Sing Sadana
7	10 August 2024	Use of Hypnotherapy in Two Known Cases of Essential Hypertension	Dr.R Bala

From the Bodhisattva

Dr Nitin Shukla

FRANZCP, MD, DNB, MBBS

RANZCP Accredited Faculty and Supervisor of Psychotherapy, and Addiction Psychiatry.

Region lead and Consultant Psychiatrist, Orygen Youth Health , Melbourne VIC

Q1. What are the major areas in which hypnotherapy can be used?

Hypnotherapy can be used in all areas in which psychotherapy has been used, or can be used. These include Neuroses, or common mental disorders, which are high prevalence, low intensity conditions like stress, anxiety and mild depression. These comprise approximately 85% of all mental health presentations.

Q2. Particularly, the psychological problems that today’s young generation is facing, how is hypnotherapy effective in dealing with them?



An increasing number of presentations are related to stress and adjustment disorders. The conflict between the unconscious and conscious mind, or the Id (our needs, desires, impulses and fantasies) and the Super-ego (societal do's and don'ts) contributes significantly to the above stated.

Hypnotherapy is unique, as it is amongst the few therapy modalities which allows access to both the unconscious and conscious mind, hence it affords a higher efficiency of therapy.

Q3. What are the applications of hypnosis for adult population who are dealing with a lot of stress?

Hypnosis works at a physiological level; by activating the parasympathetic nervous system (PSNS), it activates the relaxation response, which has the capability to mitigate and even reverse the effects of the sympathetic nervous system (SNS) and its associated stress response. This is one part of the Psychoneuroimmunology (PNI) or 'Mind-Body-Cell-Gene' pathway, which is now recognized as one of the key pathways through which our thoughts, perception and stress affect our body and its internal constitution.

At a psychological level, from ego strengthening to insight building can

be facilitated through Hypnosis, which are pertinent to navigating stressful realities of life.

The applications of hypnosis, are to mitigate stress, undo the effects of stress, and to enhance physiological (better endocrinal balance and immune system) as well as psychological resilience (enhanced ability to cope with uncomfortable emotions and thoughts).

Q4. Apart from these, with adults, there are a lot of relationship issues, interpersonal issues, sexual problems. Can Hypnosis also be applied here?

Through its effects on the Hypothalamic Pituitary Adrenal (HPA) axis; which is another part of the Psychoneuroimmunology (PNI) or 'Mind-Body-Cell-Gene' pathways, Hypnosis can restore and improve our natural 'drives' of sleep, appetite and sex.

Interpersonal issues and relationships are best supported through behavioral negotiations and changes, which hypnosis can facilitate, especially through a solution and goal-oriented approach

Q5. What makes hypnotherapy unique and effective? Please describe a few techniques.



What makes hypnotherapy unique is also what makes it effective, and what makes it effective, is what also makes it unique.

Hypnotherapy allows access to both the conscious and unconscious at the same time; and that too in a relaxed manner. Very few therapies have this ability. It allows insight generation, emergence of generative and creative ideas, as well as a spontaneous emergence of solutions. Again, this is a very wide range and field of therapeutic influence. The speed and/or efficiency all this affords hypnotherapy, is unique in more ways than one.

Q6. Can hypnotherapy have a preventive effectiveness apart from curative approach?

Yes. As noted above, it's physiological and psychological effects can mitigate and undo the harm from stress, as well as build resilience, which has a clear preventive role.

Q7. Internationally, what is the receptivity level for hypnotherapy among individuals of different domains?

Its receptivity remains limited even amongst health professionals, due to more misinformation and stigma surrounding the word 'Hypnosis'. With more health professionals getting the right information

and hopefully some good experience through hypnosis, this can certainly improve.

Q8. Please describe one case managed/cured by you.

A man in his fifties, owner of a reasonable big company sought therapy for smoking cessation. He proudly mentioned several times, how he had built a successful life from nothing '*maine apne haathon se ye empire banaya hai*'.

I complimented him for having such strong hands, and used several metaphors about hands, as well as introduced the concept of how our body 'has a mind of its own', and how many things happen in the body without us being aware of it, and gave examples of learnt activities which have become unconscious, like walking and writing and opening locks and closing curtains.

Then I asked him to show how he smoked (without lighting the cigarette in my consultation room!), and highlighted to him how he used his hands to hold the cigarette packet and pick it up, then hands to pull out a cigarette, then the same hands hold the cigarette, the same hands seem to know how to light the lighter and the same hands know how to bring the cigarette to the mouth for each puff, and then when the



burning end of cigarette is reaching close to the fingers of the same hands, the same hands throw that same cigarette, the same hands which helped him smoke, were also mindful of not letting the cigarette burn them, so the same hands which held the cigarette threw the cigarette, because they knew what was helpful and what was hurtful, what was pleasurable and what was pain, and this is what made these hands the same strong hands which helped him build such a big empire, these same strong hands. (These likely worked as pre-hypnotic suggestions)

Then I induced a trance, induced catalepsy where the hands moved by themselves, 'as if they had a mind of their own, as each part of the body has a mind of its own'. And I said 'I can only talk to the mind, but the body can choose to do whatever it wishes to do, as it has a mind of its own'. I repeated this indirect and vague suggestion/ concept slowly, while he enjoyed the trance.

The session was over, and I said 'I will be happy to meet him when he would like to'. This was the first session, and he did not come after that, so I was not aware of the outcome.

About two years later, I met him when I went to a party. He told me the session had

not worked, as he did not feel any change after the session. He did not feel he was hypnotized, but he did enjoy and remember the session.

I asked him what happened after the session. He told me 'It's funny, something happened to my hand. Many times, the cigarette would fall down from my hand, soon after lighting it'. It was embarrassing, as it would fall on my clothes or someone's clothes or foot, so I stopped lighting a cigarette when with people, and I would hold an unlit cigarette in my mouth. When people asked why I wasn't lighting it, I had to make an excuse 'I have given up smoking'. Then I started to do the same when by myself. I have not given up smoking and I don't want to give it up, but I just don't light the cigarette.

I told him 'It's good to do what he wants to do'.

Q9. Your Feedback/remarks.

Experience hypnosis yourself, and when doing hypnosis on others, give them a good experience of hypnosis. It is the experience which will build insight and create change.



Feature Article

Study of Efficacy of Hypnotherapy as a Sole Modality Of Treatment In Warts

By Dr. Nirja Sheth,

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INTRODUCTION

Verruca Vulgaris are commonly known as warts. They are caused by the Human Papilloma Virus. They are found as round, oval, flat or cauliflower like projections on the skin surface, they can occur at any age or anywhere on the skin but are more commonly found in children, more on hands, feet and face. They are also more

common in people of lower economic strata, in shelter homes and community living. The virus spreads through close contact and lodges itself on the injured skin and stimulates growth of the upper layer of the skin in the form of an outward growth. No medication can kill the virus so the only option is to destroy the lesion and the virus either by chemicals like Trichloroacetic Acid or Carbolic Acid, with physical modalities like extreme heat by Electrocautery or Laser and extreme cooling with liquid nitrogen or carbon dioxide ice. Many patients have been found to burn them by applying lime or incense stick. All the medical procedures are done as an office procedure in which local anesthesia is mandatory. All these destructive procedures leave scar and there is a high rate of recurrence too.

Suggestion therapy & Hypnotherapy also have been used by many in the past in treatment of warts with great success.

Hypnos meaning sleep. The word was first introduced by James Braid as he induced a trance or a sleep like mental state of mind but it is a misnomer. Actually, hypnotic state is a changed state of mind with decreased awareness of the surrounding, heightened state of concentration, focused attention and increased relaxation. Milton



Erickson was the one who refined it and gave a concept that metaphors, stories and jokes can be used as indirect suggestions and can improve the outcome. Hypnosis makes the subject more open to ideas and suggestions and can bring about positive changes in perception, sensations, thoughts, memories, behavior and neuroendocrine & immune systems. Thus, it can relieve pain, itching, anxiety and also reduce blood pressure.

METHODS

Selection of subjects: Totally fourteen subjects from mixed economical strata were selected. Eight children were below ten years, (four from a community living & lower socioeconomic status and four from my private outpatient), two adolescents and four adults from my OPD were selected. Total number of warts in a single patient varied from one to ten. The simplicity of the method, efficacy of Hypnotherapy and the advantage of avoidance of pain of local anesthesia was explained to the parents of children and the adults. It was also explained that the therapy didn't leave any scar whereas other therapies would leave bad scars. They readily agreed as pain and scar were big factors. Consent was taken and a suggestibility test was done.

Modality Used: Talk Therapy, Story

Telling, Reward Therapy, Prayer Therapy, Direct suggestions and repeated positive affirmation on call were used in children. Conventional hypnotherapy was used in adults. Trance induction was done with a focused attention followed by progressive muscle relaxation and deepening of trance. Imagery with direct suggestions of healing, extreme cooling or heating were given. Trance ended with proper suggestions and posthypnotic suggestion was given for healing, reduction and falling off or disappearance of the warts before the patient came for the next visit. Recording was given to the adult patients and they were advised to listen to the audio daily when they didn't have any other work on hand.

RESULTS

All the eight children had total regression of warts after one month. One out of two adolescents had a total regression of warts. One didn't respond. Two out of four adults had total regression within fifteen days. One adult developed severe pain in the wart and didn't want to wait for it to heal on its own so requested to remove it with conventional method. One adult had a little reduction in size in a few warts but all didn't disappear within a month of follow



up. No recurrence was observed once the warts disappeared.

DISCUSSION

It has been proven beyond doubt that mind has a great influence on the skin. Skin and brain develop from the same primordial cells in the embryo so it has been postulated that any psycho neuroimmune event that happens in the mind affects the skin also.

Stress or other negative emotions like depression and anxiety can release stress hormones like cortisol and adrenaline and can cause and aggravate itching and other skin diseases like dermatitis, lichen planus, psoriasis, acne and autoimmune disorders. The thoughts, beliefs and emotions stimulate the Hypothalamo Pituitary Adrenal Axis to cause a cascade of neurohormonal events and production of cytokines which can affect the skin. Many drugs used in psychiatry can induce cutaneous side effects and some others can also give relief in cutaneous disorders.

There are many advantages of Hypnotherapy in warts. No local anesthesia is required so there is no pain. There is no surgery so no bandages, medicines or dressing is required. No special set up like an operation theatre or a procedure room is required. It can be done anywhere, even at

patient's home or while talking. I found no recurrence in my study.

The mechanism underlying resolution of warts with the aid of hypnosis is unclear but it has been postulated that Hypnotherapy alters the immune system and the blood flow to the warts to cause them to fall off.

CONCLUSION

Hypnotherapy can be a useful tool as a sole modality in treatment of Viral Warts with many advantages specially in children with no recurrence.

Case Illustration

The efficacy of hypnotherapy in treatment of Social Anxiety and self Esteem issues

Dr. Shweta Sharma

Counselling Psychologist

Case History

This study is Single case Experimental Design (SCED) using repeated measures. The client is a 26 years old Hindu unmarried male. The client is qualified engineer and is very good in studies. The



client had dystonia resulted in some speech impairment and twitch while walking, because of which he faced a lot of social rejection from family, parents and society. His own parents asked him to avoid the social gatherings and interactions. Now he gets very anxious before any social interaction and interview. Client is very good at academics. But because of his speech impairment feels inferior, hopeless, and depressed. In past 3-6 months he lost 2-3 interview because of his condition and that has made him more depressed. His cousin referred him to the therapy for his anxiety.

Family History: Client is the single child and lives in joint family. Both his parents are teachers in govt. job. Both the parents are not emotionally supportive to him as per his narrative and ask him to stay indoors and not speak much with outsiders and family members as well. In any family arguments also, he is not protected by his parents, and when his cousin gets physically aggressive to him, he is being asked to remain quiet and in his room.

Presenting problem: The client is experiencing high anxiety before any interview. He is not able to concentrate in his studies properly and also feels hopeless

and depressed. He lacks social confidence and doesn't feel good about himself.

Therapeutic Goals: Goals are to instil hope, support and trust in client. Besides counselling, use of hypnotherapy to eliminate all the diagnosed symptoms of anxiety, and empower him to feel confident about himself. The client was explained about the hypnotherapeutic intervention and his consent was taken. Psychoeducation, rapport building and Hypnotherapy sessions addressed in each session.

Hypnotherapy sessions:

- Case history was taken in detail. Issues faced was presented by client. Rapport building and therapeutic method was conceptualised. The client was introduced to relaxation methods.
- Psychoeducation was carried out explaining the stress of social rejection and anxiety. Physiological aspect of anxiety was explained. Role of relaxation and mind body was explained. Breathing awareness was carried out with open eyes as the client was not able to close his eyes. He was asked to practice breathing awareness twice daily. Goal of therapy was set as 'to



remain peaceful in adverse and social situation'. Client felt understood and felt better as hope was instilled with respect to anxiety and depression. He was not able to share his feeling and problems with anyone. Client was feeling better and relaxed and able to close his eyes while doing breathing awareness.

- The concept of irrational, disempowering and empowering thoughts was explained. Asked to identify and rationalise his disempowering thoughts along with breathing awareness daily.
- PMR was demonstrated and carried out with closed eyes. Also given the recorded audio of PMR of practising daily to ease his anxiety. Discussed the cognitive errors. He also shared that now he wants to work on his self-esteem as all his family including his mother take out their frustration on him since he is a child, and it makes him very sad and dejected. He has identified his strength as his mind and now he wants to enhance his mind power.
- As he has asked to work on his self-esteem and mind strength, Ego Strengthening session along with

Guided imaginary in bringing up his self-esteem and confidence is designed. These sessions are administered for three more sessions and gave one audio tape to do it daily.

Feedback: After eight sessions client reported that identifying his irrational and negative thoughts along with PMR has helped him reduction in his generalised anxiety to 70%. Anxiety in special meetings and interviews has also reduced significantly. He is happy and content with himself, has accepted his situation and started working on his strength.

Conclusion: It is observed from this case study that the hypnotherapeutic interventions significantly helped the patient to ease the anxiety symptoms and develop emotional control which helped him to overcome different psychological problems related with self-esteem issues. Given the required emotional support person can face the adverse life problems without hampering own emotional and mental wellness.



In Vogue and Rising

Different Hypnotic Phenomena and their Relevance for Judging Depth of Trance

Shikha Mohan

Anshi is an experienced nurse who assists senior surgeons in the operation theatre. She is well appreciated at her job and she too tries to improve and develop herself by learning the intricate nuances inside of an operation Theatre. She looks for avenues to help the patient be more comfortable and are thereby increasingly positive when going in for a surgical procedure. She has recently learnt that Hypnosis can be very helpful for patients in general. She read about hypnotherapy online and is quite convinced that she will be able to do it, though she is determined that she herself is not hypnotisable. Hence, she decided to join a course to explore the same.

Usually, Anshi makes her patients comfortable and builds a good rapport with them a few days in advance, as a habit, so that she is confident on the medical history of the patient, their behavioural responses and that medical staff attending are aware of any related phenomena occurring prior to medical issue. However, she feels there are

certain patient incidents that are attributed to assumption than normal course of any medical condition for many patients.

In her environment of healers and care givers, she has often heard the concept of meditation and deep breathing exercises have helped many to calm down. Her hospital often organises such destressing sessions for the hospital staff. Her peers often discuss the advantages of such sessions where their supervisors also intervene to give their suggestions to the nursing staff. Anshi acknowledges the impact of such sessions and suggestions though she is quite unable to grasp the entirety of the process. She has heard some of the senior staff and the administrators talking about 'state of trance'. On this thought she started reminiscing the brain waves they had been taught during her nursing course.

The Beta waves are the normal waking and reasoning waves, when one is about to sleep or about to gain full consciousness after sleep. It is associated with an increased state of alertness, logic, and critical reasoning. However, Anshi has also witnessed patients waking up in a state of fear, anxiety, stressed or feeling restless. Encouraged by the memory and her personal experience, Anshi started to surf



the internet. Her attention was caught by the explanation of ‘Hypnotic phenomena’ that referred to different types of responses being created in a person during a state of hypnosis. Her curiosity got the better of her and she probed further by watching videos online. She was appalled to see patients giving different responses that came sometimes automatically without any kind of suggestions whatsoever. She understood that most hypnotic phenomena can be used during the hypnotherapy process to help facilitate therapeutic change.

She considered her sessions at the hospital. Of course, she could hear and was aware of her surroundings at that time she thought. The research for such condition stated that it is termed as Hypnoidal or Light Trance. So, was the experience of her alertness any different from her state of alertness while waking up in the mornings?? How come she and her colleagues remembered to follow the suggestions given to them during the sessions, at a time when they were so relaxed. Anshi was confident that she could not be hypnotised or could even enter a trance that others discussed so excitedly. The Beta and Alpha waves were at play when people were in trance and were given suggestions during the sessions, she wondered. Alpha waves are present in deep physical and mental relaxation, and usually

when the eyes are closed, during a daydream, or in light trance. She quickly corrected herself and with a slight mental shake to her head, she again convinced herself that she was not under the influence of any hypnosis or in trance. It is the optimal time to program the mind for success and it also heightens your imagination, visualisation memory, learning and concentration. This Medium Trance state is the gateway to the subconscious mind, and the voice of one’s intuition, which becomes clearer and more profound as one goes deeper into the trance. At least that was what her notes said. Maybe her colleagues are experiencing it...but it is not for her.

For Anshi, this was becoming more of a battle of “if she can be hypnotised”. She approached her professor at the course to discuss the same. She admitted that she felt alien to the experience of being in trance or hypnotised. When she was hypnotised and instructed to make certain movements, she admitted that she made those movements consciously since she did not wish to hurt anybody’s feelings.

When Anshi discussed her inexperience and her un hypnotizable personality with her colleagues at the University, her friends who were from field of Psychology, saw it



more as manifestation, being adamant about not being hypnotised. The mental barrier was created by her over the years or maybe some events in the past had made her to convince herself that “it cannot happen to me” attitude. Her friends decided to guide her into the Medium Trance with partial age regression to find out what events had taken place in the past. The interactive session could possibly provide some answers and maybe the therapeutic suggestions help her overcome the assumed deniability. There seemed to be some unresolved issue or some event that was not deemed so important yet was playing a crucial role in her behaviour. They observed that most often Anshi would do things to please others or just so that the other person would not take offence for anything she said or did. Doing an age regression would help Anshi to see what had taken place in the past and more importantly how had she handled it. Anshi decided to sleep over it and told her friends that she would inform them a convenient time and place.

It is known that Alpha waves are present at different stages of the wake-sleep cycle and mindful meditation increases the power of alpha waves in both healthy persons and in patients. Alpha waves are a type of brain waves that are detected by electroencephalography or better known as

EEG. They can be mostly noted from the occipital lobes during wakeful relaxation with closed eyes and are known to be the earliest brain rhythm recorded in humans. Studies show that Alpha waves are depleted with open eyes and sleep, while they are inflated/ strengthened during drowsiness. Occipital alpha waves during periods of eyes closed are the strongest EEG brain signals. Moreover, guided interactive session with Anshi will provide her a new platform of partial age regression – aware of her co-existence in the past and the present. It will give her opportunity to explore a new dimension to consider without refuting her determined attitude of un hypnotizable personality.

Anshi’s friends discussed how they should proceed. They needed to be very clear with the path and this could probably be a project for their own practice, hence had to be cautious for their friends’ sake. They wanted to help their friend and considered guiding her to an even deeper trance (somnambulism) as required. Somnambulism trance involves the Alpha and Theta waves. In this deep state, the client could open their eyes without affecting hypnosis, selective and illusory sensory perception and the acceptance of complex suggestions though not interactive, could be given during a deep



hypnotic trance. This state of trance may be identified by various indicators such as catalepsy (posture becomes rigid), total age regression (completely involved in the past incidents and awareness of past existence only), lethargic (unwillingness of speech or motion), unintelligible distortion/slurring of speech, amnesia (inability to remember activities taking place for the duration of trance after regaining consciousness etc. Theoretically, it is a state of achieving “blank nothingness”. The mind and body are both in a relaxed state and the subconscious cannot override any suggestions given at this time. Sleep walkers experience it. Anshi’s friends from the medical field confirmed visualising surgeries being performed without administering anaesthesia to the patient eg. procedures incorporating from dental implant to the extent of heart surgeries, thus indicating reduction in pain or inducing pain or loss of sensation altogether. In such cases, the anaesthetist is replaced by the clinical hypnotist in the O.T. Time distortions may happen when the client/patient loses all track of time. In another case they cannot recall if it was 2 minutes or 20 minutes; or dissociation from self or from the incident, any of these may be observed in the patient.

Under any circumstances, they had to find a way to convince Anshi and take her permission for the state of deep trance, in case it was so required. Anshi was aware of the various depths of trance. Being a nurse, she had also frequently heard about the deepest state that seems to appear like a very deep somnambulistic state. This state is associated with EEG Theta and Delta waves and is also known as hypnotic coma where the patient experiences feelings of total bliss and euphoria.

The friends study group reminisced the deepest state of trance as they had attended and learnt during their class lectures. There is a lack of concern for the surroundings and happenings and is the optimum state where major surgeries could be performed. Any attempt at conversation with the patient would be unsuccessful, though the patient will most likely be completely motionless, with reduced breathing and heart rate as if in a state of coma. The patient might experience expansive imagery during this Coma or Esdaile trance state and will feel as they wish. The Theta waves and Delta waves play a major role at this juncture. The friends looked up their notes and were reminded that Delta brain waves help the body and mind to recover from recent efforts and are therefore crucial for overall health and longevity. Anshi was awed as



she read that as old as in the mid 1800's, James Esdaile, after whom the state has been named, used this level at his hospital in Calcutta. It is said that upon leaving the coma state and on regaining the full consciousness state, the patient often feels the remnants of the euphoria and supreme joy for some time, though they may fade away quickly.

The discussions with her well-wishing helpful friends and the path of therapy decided upon helped Anshi feel confident with the process. She was almost looking forward to finding out her past incidents that her subconscious had conveniently closed. Her friends saw it as Anshi's readiness to consider options instead of being rigid about her hypnotisability. Things around Anshi's universe had started falling in place, giving her and her friends hope and confidence of being able to help themselves and consequently others in the future.

New & Trending

Research updates on
Hypnotherapy

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1. The American Society of Clinical Hypnosis (ASCH) Research Foundation's Project on Hypnosis and Pain has been a cornerstone in establishing the efficacy of hypnosis for pain management. Their extensive research has provided substantial evidence supporting the use of hypnosis as a complementary or primary treatment for various pain conditions.

The foundation's research has focused on:

- **The mechanisms of hypnosis for pain relief:** Understanding how hypnosis works to reduce pain perception.
- **The effectiveness of hypnosis for different types of pain:** From acute to chronic, the foundation has investigated a wide spectrum of pain conditions.
- **Developing standardized hypnosis protocols:** Creating evidence-based guidelines for clinicians.



- **Training and education:** Providing resources and training for healthcare professionals in the use of hypnosis for pain management.

Impact on Clinical Practice

The work of the ASCH Research Foundation has significantly influenced clinical practice by:

- **Increasing awareness of hypnosis as a viable pain management option:** More healthcare providers are now considering hypnosis as a treatment for their patients.
 - **Providing evidence-based support for the use of hypnosis:** This has led to greater acceptance of hypnosis by insurance companies and other healthcare institutions.
 - **Improving patient outcomes:** By offering hypnosis as a treatment option, patients can experience reduced pain, improved quality of life, and decreased reliance on medication.
2. Studies indicate positive attitudes towards hypnotherapy among the general population and patients, particularly when administered by licensed professionals

(Szmaglinska et al., 2023).
10.1080/00207144.2023.2276457

3. Neurophysiological research reveals that hypnosis modifies brain activity, affecting sensory cortexes, the dorsal anterior cingulate gyrus, and the prefrontal cortex, making it an effective tool for various clinical conditions (Campos Barbosa et al., 2024). 10.24857/rgsa.v18n4-077
4. Hypnotherapy has shown promise in controlling blood pressure in hypertensive patients by inducing relaxation and promoting endorphin production (Sutomo et al., 2023). 10.36720/ickc.v2i1.518
5. Despite its potential, there are inconsistencies between research evidence and clinical practice, particularly regarding adverse events and conditions treated. To address this, recommendations include improved monitoring of adverse events, enhanced trauma-informed approaches, and better clinician competency development in hypnosis (McKernan & Walsh, 2023).
10.1080/00207144.2023.2185528



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