

**Phil Benjamin**

**From:** Thames Medical Lectures [editor@thamesmedicallectures.com]  
**Sent:** 17 January 2007 12:05  
**To:** hypnotherapy@philbenjamin.com  
**Subject:** MedHyp eZine

You are receiving this free email from Thames Medical Lectures because you subscribed to the MedHyp eZine or you have been invited to receive it. To ensure that this is not treated as spam and you continue to receive this eZine, please add editor@thamesmedicallectures.com to your address book. To no longer receive our emails, click to [unsubscribe](#).



**MedHyp eZine**

Issue 9  
January 2007

Dear Phil,

Happy New Year

In this issue we have a collection of articles on research into attitudes to hypnosis. This is apposite, as the eZine itself is dedicated to increasing awareness and improving attitudes towards hypnosis.

We have the seemingly regular article on pain and there is a smoking cessation article. The latter is also apposite (not a word that one gets to use very often - let alone twice in the same column) in this - the first issue following the death of Allen Carr.

We pay a tribute to Mr Carr in this issue's featured article, whilst celebrating the launch of Ursula James' new book - You Can Be Amazing.

And with that, I wish you an amazing year.

*The Editor*

**In this issue**

- + A Tribute to Allen Carr
- + Attitudes Towards Hypnosis I
- + Attitudes Towards Hypnosis II
- + Attitudes Towards Hypnosis III
- + Attitudes Towards Hypnosis IV
- + Hypertension
- + Memory & Learning
- + Neuroscience
- + Pain
- + Suggestibility
- + Smoking Cessation
- + In the news...
- + Feedback

**Attitudes Towards Hypnosis I**

**Change of attitudes toward hypnosis: Effects of cognitive-behavioural and trance explanations in a setting of hetero-hypnosis**

**AUTHOR(S):** Capafons, A., Selma, M., Cabañas, S.  
**DATE:** November 2006  
**DESIGN:** Experiment  
**SUBJECTS:** 110 university students

**OBJECTIVE:** To assess the effects on attitudes toward hypnosis when it is introduced in three different ways to people who explicitly indicated that they did not want to be hypnotised.

**INTERVENTIONS:** Three experimental conditions: namely: minimum information control group, trance group, and cognitive-behavioural group.

**RESULTS:** After hypnosis was introduced, those participants who agreed to continue were hypnotised and their suggestibility levels were assessed. The results revealed that trance explanation produces an attitudinal change, since a very high percentage of participants dropped out of the study. Cognitive-behavioural explanation decreased the misconceptions that hypnosis makes people lose control over themselves and remains in the hands of the hypnotist. Thus, this explanation reduces the gullibility, the participant's fear of being hypnotised, and changes the initial opposition to allow someone to hypnotise him/her. The trance explanation only proves to be superior by increasing their beliefs and attitudes towards hypnosis. No differences between the three groups were found with respect to hypnotic suggestibility.

**SOURCE:** Australian Journal of Clinical & Experimental Hypnosis, 34(2): 119-134.

*Editor's note: The source of this and the following three articles is the Australian Journal of Clinical & Experimental Hypnosis. The web presence of this publication is poor and no links have been found for abstracts for these articles. Therefore, should you be interested in further information you should try using the contact details below.*

[Link to details of the AJCEH...](#)

**Attitudes Towards Hypnosis II**

**Sources of information about hypnosis and attitudes towards being hypnotised in Hong Kong**

**AUTHOR(S):** Yu, Calvin Kai-ching  
**DATE:** November 2006  
**DESIGN:** Survey  
**SUBJECTS:** Two samples, with a total of 541 Chinese respondents, were included in the present study: (a) college students, and (b) medical and mental health-related professionals.

**OBJECTIVE:** To explore the sources from which Chinese people encounter information about hypnosis.

**RESULTS:** Significant preferences for information sources were noted between the professional and student participants. However, the current results indicate that any discrepancies between the Chinese students and Chinese professionals regarding their beliefs and attitudes towards hypnosis are not likely to be moderated by the sources from which they receive their information. Rather than demonstrating public media and information sources to be ineffective in modifying beliefs and attitudes towards hypnosis, the current results reveal a lack of direct or indirect experience of hypnosis among the Chinese, and a severe inadequacy of public education about hypnosis and its applications.

**SOURCE:** Australian Journal of Clinical & Experimental Hypnosis, 34(2): 135-145

*[See previous article for link information]*

**Attitudes Towards Hypnosis III**

**Change of attitudes towards hypnosis after a training course**

**AUTHOR(S):** Molina, J.A., Mendoza, M. E.  
**DATE:** November 2006  
**SUBJECTS:** 80 undergraduate and graduate psychology students

**OBJECTIVE:** To examine the changes of attitudes towards hypnosis after attending a training program about hypnotic techniques and their clinical applications.

**INTERVENTIONS:** An adjective check list was developed specifically for this research and was administered to assess attitudes before and after attending the training program.

**RESULTS:** The results showed that after the training program, the negative attitudes towards hypnosis had vanished, the positive attitudes that had already existed were reinforced, and several new positive attitudes related to the contents explained during the training program emerged.

**CONCLUSIONS:** To facilitate a clinical use of hypnosis that benefits the patients, it is crucial to develop theoretical-practical training programs about hypnosis that foster proper attitudes towards this technique among health professionals.

**SOURCE:** Australian Journal of Clinical & Experimental Hypnosis, 34(2): 146-161.

*[See previous article for link information]*

**Attitudes Towards Hypnosis IV**

**Attitudes and opinions about hypnosis in an Australian city**

**AUTHOR(S):** Gow, K., Mackie, C., Clohessy, D.  
**DATE:** November 2006  
**DESIGN:** Survey  
**SUBJECTS:** 219 adult members of the general public in Brisbane (Australia).

**OBJECTIVE:** To investigate the sources of influence on attitudes and misconceptions

of hypnosis

**INTERVENTIONS:** Demographic details, and responses to 58 sources of influence about hypnosis, and responses to 18 question items on attitudes to hypnosis were collected in survey format.

**RESULTS:** Results revealed moderate to strong endorsement of some misconceptions about hypnosis. Television, stage hypnotists, and movies were the most common sources of influence. There was a general trend of moderate attitude responses and it appeared that the majority of the target population had very few sources of influence on which to base their knowledge of hypnosis

**SOURCE:** Australian Journal of Clinical & Experimental Hypnosis, 34(2): 162-186.

*[See previous article for link information]*

**Hypertension**

**Effectiveness of hypnosis in reducing mild essential hypertension: a one-year follow-up**

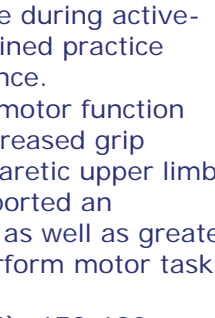
**AUTHOR(S):** Gay, M.  
**DATE:** January 2007  
**DESIGN:** Randomised controlled trial  
**SUBJECTS:** 30 patients randomly assigned to hypnosis or to a control group.

**OBJECTIVE:** To investigate the effectiveness of hypnosis in reducing mild essential hypertension

**INTERVENTIONS:** Standardized individual 8-session hypnosis treatment and no treatment control

**RESULTS:** Hypnosis is effective in reducing blood pressure in the short term but also in the middle and long terms. We did not find any relationship between the practice of self-hypnosis and the evolution of blood pressure or between anxiety, personality factors, and therapeutic results. The implications of the results of the psychological treatment of hypertension are discussed.

**SOURCE:** The International Journal of Clinical and Experimental Hypnosis, 55 (1): 67-83



[Link to the abstract and list of other articles in their current issue...](#)

**Memory & Learning**

**The effect of hypnotic training programs on the academic performance of students**

**AUTHOR(S):** De Vos, H M; Louw, D A  
**DATE:** October 2006  
**DESIGN:** Controlled trial  
**SUBJECTS:** 119 volunteer second year students

**OBJECTIVE:** To empirically verify the effect of hypnotic training programs on the academic performance of students.

**INTERVENTIONS:** A pre and post-test design was used. Two experimental and two control groups: one of the experimental groups was exposed to active alert hypnosis and the other to relaxation hypnosis. One control group was exposed to progressive relaxation, while the other did not receive any intervention. The participants' April grades were used as a pre-test, while their June grades served as a post-test.

**RESULTS:** The two hypnotic training programs had a significant effect on the academic achievement of the participants, which was not found in the control groups. Regarding the efficacy of the two programs, however, no significant difference was found.

**SOURCE:** The American Journal of Clinical Hypnosis, 49 (2): 101-112

[Link to abstract \(as PDF\) and full text for members...](#)

**Neuroscience**

**Hypnosis for rehabilitation after stroke: six case studies**

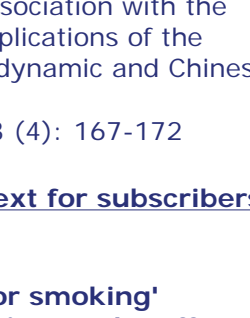
**AUTHOR(S):** Diamond, S., Davis, O., Schaechter, J., Howe, R.  
**DATE:** December 2006

**OBJECTIVE:** To assess whether a hypnotic procedure would help overcome learned non-use, which is thought to contribute to impaired motor function of the paretic upper limb in chronic stroke patients.

**INTERVENTIONS:** The hypnotic procedure involved selecting motor tasks that would challenge each subject, then (1) imagined practice of the alternating motor task reinvigorated from prior to the stroke challenged with imagined practice in the present; (2) imagined practice in the present alternated with imagined practice during active-alert hypnosis; and (3) active-alert imagined practice alternated with actual physical performance.

**RESULTS:** Qualitative improvements in motor function related to increased range of motion, increased grip strength, and reduced spasticity of the paretic upper limb were observed. Subjects consistently reported an improved outlook, increased motivation, as well as greater awareness and decreased effort to perform motor tasks with the paretic limb.

**SOURCE:** Contemporary Hypnosis, 23 (4): 173-180



[Link to abstract...](#)

**Pain**

**Analgesic effects of post-hypnotic suggestions and virtual-reality distraction on thermal pain**

**AUTHOR(S):** Patterson, D., Hoffman, H., Palacios, A., Jensen, M.  
**DATE:** November 2006  
**DESIGN:** Experiment

**OBJECTIVE:** To examine the individual and combined effects of post-hypnotic suggestion (PHS) and virtual-reality distraction (VRD) on experimentally induced thermal pain using a 2 x 2, between-groups design.

**RESULTS:** Consistent with the hypothesis that hypnosis and VRD work via different mechanisms, results show that post-hypnotic analgesia was moderated by hypnotisability but VRD analgesia was not. The impact of PHSs for analgesia was specific to high hypnotisables; whereas VRD was effective independent of hypnotisability. Results also show a non-significant but predicted pattern for high hypnotisables: Audio hypnosis combined with VRD reduced worst pain 22% more and pain unpleasantness 25% more than did VRD alone.

**SOURCE:** Journal Of Abnormal Psychology 115 (4): 834-841

[Link to abstract...](#)

**Suggestibility**

**Defence mechanisms and suggestibility**

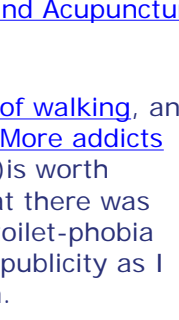
**AUTHOR(S):** Yu, Calvin Kai-Ching  
**DATE:** December 2006  
**SUBJECTS:** 90 Chinese participants

**OBJECTIVE:** To test the relationship between responsiveness to hypnotic suggestions and the psychodynamic mechanisms of defence.

**INTERVENTIONS:** The participants were invited to attend a suggestibility test session and completed a measure of defence style.

**RESULTS:** Most of the defence scales did not vary significantly with the suggestibility. The only type of defence which showed a significant association with the suggestibility was idealization. The implications of the findings were discussed in the psychodynamic and Chinese context.

**SOURCE:** Contemporary Hypnosis, 23 (4): 167-172



[Link to abstract \(and full text for subscribers\)](#)

**Smoking Cessation**

**A 'hypnotherapy for smoking' intervention investigates the effects of autonomy support on motivation, perceived competence and smoking abstinence**

**AUTHOR(S):** Solloway, V., Solloway, K., Joseph, A.  
**DATE:** December 2006  
**DESIGN:** Controlled trial  
**SUBJECTS:** 48 smokers

**OBJECTIVE:** To investigate effects of 'autonomy support' on motivation towards stopping smoking and the success of hypnotherapy. To compare 'autonomy supported' (n=26) and 'control unsupported' (n=22) smokers on measures of intrinsic motivation, extrinsic motivation, autonomous regulation (AR) and perceived competence towards stopping smoking, and smoking abstinence.

**INTERVENTIONS:** Group hypnotherapy with a smoking cessation protocol

**RESULTS:** In accordance with predictions, 'supported' participants scored significantly higher on AR and lower on extrinsic motivation than controls; however, against predictions no further effects were found. Positive but weak relationships between AR and smoking abstinence, and AR and perceived competence were found. Although the AR predicted smoking abstinence duration there was no effect of 'autonomy support' on smoking abstinence rates.

**CONCLUSIONS:** This investigation illustrates that providing autonomy support is a useful strategy in smoking cessation interventions. Future stop-smoking programmes should harness both autonomous regulation towards smoking cessation and treatment initiation in patients to achieve lasting abstinence.

**SOURCE:** European Journal of Clinical Hypnosis, 7(2): 26-41

[Link to the EJCH...](#)

**In the news...**



This section brings you articles relevant to the eZine, that have been discussed in the media. We try and stick to items that show an acceptable degree of credibility and interest-value. (Not "Hypnotist made me sprout plums"-type stories)

**It's been a while since the last issue** so there's a lot to get through...

There were a few articles following a piece of research showing the efficacy of hypnosis for pain control during breast biopsies:  
[Hypnosis helps women cope with breast biopsy](#)  
[Hypnosis reduces anxiety during breast biopsy](#)  
[Hypnosis at the Bedside in the OR](#)  
 and an article relating to pain control in labour using hypnotherapy and acupuncture ([Hypnosis and Acupuncture May Ease Labor Pain](#)).

A pleasant story is [the girl who was scared of walking](#), and the alcohol abuse work of Robert Williams ([More adults could benefit from alcohol abuse treatment](#)) is worth keeping an eye on. It's also good to see that there was coverage of the National Phobias Society's toilet-phobia work ([This is not one more toilet joke](#)) and publicity as I know a lot of work went into the production.

Finally - you've earned it... [get high with hypnotherapy!](#)

**Feedback**  
 Happy with the eZine?  
 Not happy with the eZine?  
 We always like to hear from you if you have suggestions or contributions. Please send any such comments to the editor at the address below.



email: [editor@thamesmedicallectures.com](mailto:editor@thamesmedicallectures.com)  
 web: <http://www.thamesmedicallectures.com>

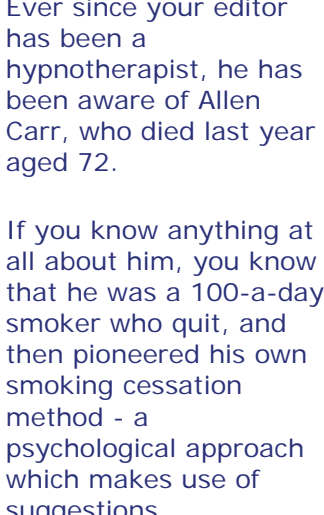
**Forward this email to other interested parties**

**SafeUnsubscribe®**  
 This email was sent to [hypnotherapy@philbenjamin.com](mailto:hypnotherapy@philbenjamin.com), by [editor@thamesmedicallectures.com](mailto:editor@thamesmedicallectures.com)  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Powered by **Constant Contact™**  
 TRY IT FREE

Thames Medical Lectures Ltd | 10 Southwick Mews | London | W2 1JG | United Kingdom

**A Tribute to Allen Carr**



**2nd September 1934 - 29th November 2006**

Ever since your editor has been a hypnotherapist, he has been aware of Allen Carr, who died last year aged 72.

If you know anything at all about him, you know that he was a 100-a-day smoker who quit, and then pioneered his own smoking cessation method - a psychological approach which makes use of suggestions.

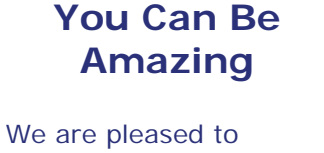
He wrote a very successful and now famous book (Allen Carr's Easy Way to Stop Smoking) and, thanks to his hugely popular clinics, he must surely be the only person in the world who can legitimately claim to have helped millions of people stop smoking.

It is assumed that - though he gave up smoking in 1983 - his death from lung cancer (inoperable when diagnosed) was hastened by the fact that smoking was actively encouraged in his clinics as part of the process. Seeing as he must have been completely aware of that risk, *the MedHyp eZine salutes Allen Carr for his amazing contribution to - for which he paid with his life.*

His legacy will be with us for a long time as his book is still a best-seller and his clinics still run. There are some relevant links below.

**You Can Be Amazing**

We are pleased to inform everybody that the wait is over and Ursula James' second book **You Can Be Amazing - Transform your life with hypnosis** is now available.



It is being heavily promoted by Waterstones and W H Smiths as part of their 'New Year - New You' campaigns, and - of course - can be purchased from Ursula's website.

Additionally, from Ursula's website: If you would like to donate £2 to the Big Issue foundation, then you can get a copy personally signed by her.

[Purchase "You Can Be Amazing" here...](#)

**Useful Links...**

[The BBC's tribute to Allen Carr...](#)

[Buy 'Allen Carr's EasyWay to Stop Smoking'...](#)

[Allen Carr's open letter to Tony Blair \(good reading\)...](#)

[Find a BSCH approved hypnotherapist in your area...](#)

[You can now buy hypnosis MP3s for downloading...](#)

[...and finally, why you shouldn't use hypnosis in church.](#)

**Join our mailing list!**