

## ***Hypnosis definitions***

Term denotes both a state of consciousness (trance) and a procedure for producing it (induction).

Modern usage of “hypnotic” connotes subtle influence and rapport without necessarily implying a trance state. Also emphasizes “self-hypnosis” rather than “operator induced” states.

Clinical applications range from guided imagery for relaxation to post-hypnotic suggestions. Methods range from formal trance induction to nuanced awareness of the play of influence in the relationship (akin to mindfulness practice). Some debate over whether the hypnotic experience is only a neutral vehicle for treatment, or is itself symptom-relieving and healing.

David Seigel:

*Narrowing of attention, increased dissociation, increased suggestibility*

Bob Dick:

*More and more focus on less and less*

Milton Erickson:

*A special learning state during which the client has access to otherwise blocked resources (“the wisdom of the unconscious”)*

Stephen Gilligan:

*A self-generated state of consciousness during which symptoms often disappear, stresses the relation between conscious and unconscious resources rather than privileging the unconscious*

Kay Thompson:

*Characterized by primary process, magical thinking, puns*

Chuck Holton:

*Increased cooperation between the conscious and unconscious mind characterized by responsiveness to direct self-suggestion (emphasizing receptivity over trance phenomena, client skill development over operator influence, and attention to individual's variability of hypnotic style over induction procedures)*