

## Hypnosis

Person becoming highly suggestible and does not use critical thinking ability

- Most hypnotized people do not feel forced to follow hypnotists instructions, they simply see no reason to refuse
- Can't be hypnotized against your will
- Can't be forced to do something against your will (i.e. can't be hypnotized to steal if not something you would never consider)
- Not put to sleep, people report that their bodies fell asleep, BUT their minds remain active
- Able to focus attention on one tiny aspect
- Trance is induced by slowly getting the persons to relax; feel relaxed and sleepy the hypnotist then gradually focuses the subject's attention on a restricted-often monotonous set of stimuli while suggesting that the subject ignore everything else
- The relationship between hypnotist and subject is one of cooperation not domination
- They must work together
- Anyone can refuse hypnosis, by simply not opening their mind to the idea (the more open you are to the idea, the easier it is to hypnotize you)
- Willingness is the most important factor
  - children are more susceptible than adults
  - there are tests to measure how susceptible you are to hypnosis
  - about 10% of adults are difficult or impossible to hypnotize
  - fantasize, focus attention for long periods, process info quickly, effortlessly, good imagination, runs in families
  - posthypnotic suggestion: the hypnotist can suggest things for the subject to remember when the trance is over

Uses:

- Control pain
- Suggestions can reduce nausea and vomiting due to chemotherapy
- Reduce surgical bleeding
- Change unwanted behavior (links behavior with disgust)

Psychologists do not agree on what actually happens to a person when hypnotized

Role Theory: not a special state of consciousness but rather gives the person a role to follow. Hypnosis is a socially acceptable reason to follow someone else's suggestions (like a white coat makes us willing to remove our clothes for doctor)

State Theory: does create an altered state, they point to subtle differences in the way hypnotized and non-hypnotized people carry out suggestions.

Dissociation Theory: proposed by Ernst Hilgard, believed that during hypnosis a person's consciousness splits with each type of consciousness unaware of the other consciousness.

**Hidden Observer**-Hilgard believed that during hypnosis, a hypnotist is able to produce a "hidden observer"—which is described as altered state of consciousness that the person is not aware of.