

PSYCHOLOGY

(8th Edition, in Modules)

David Myers

PowerPoint Slides
Aneeq Ahmad
Henderson State University



Worth Publishers, © 2007

1



Hypnosis

Module 19

2

Hypnosis

Hypnosis

- Facts and Falsehoods
- Is Hypnosis an Altered State of Consciousness?

3

Hypnosis

A social interaction in which one person (the hypnotist) suggests to another (the subject) that certain perceptions, feelings, thoughts, or behaviors will spontaneously occur.



Hypnos: Greek god of sleep

4

OBJECTIVE 19-1 Define *hypnosis*, and note some similarities between the behavior of hypnotized people and that of motivated un hypnotized people.

Mesmerism

Credit for hypnosis' popularity goes to Franz Anton Mesmer, a physician, who mistakenly thought he had discovered "animal magnetism." Some of his patients experienced trancelike states, and felt better on waking up.



Franz Mesmer (1734 - 1815)

5

Aspects of Hypnosis

1. **Posthypnotic Suggestion:** Suggestion carried out after the subject is no longer hypnotized.
2. **Posthypnotic Amnesia:** Supposed inability to recall what one experienced during hypnosis.

6

Hypnotic Feats

Strength, stamina, perceptual and memory abilities are similarly affected in hypnotized and un hypnotized people.



7

Facts and Falsehood

Those who practice hypnosis agree that its power resides in the subject's openness to suggestion.

Can anyone experience hypnosis? Yes, to some extent.

Can hypnosis enhance recall of forgotten events? No.

8

OBJECTIVE 19-2| Discuss the characteristics of people who are susceptible to hypnosis, and evaluate claims that hypnosis can influence people's memory, will, health, and perception of pain.

Facts and Falsehood

Can hypnosis force people to act against their will? No.

Can hypnosis be therapeutic? Yes. Self-suggestion can heal too.

Can hypnosis alleviate pain? Yes. Lamaze can do that too.

9

Is Hypnosis an Altered State of Consciousness?

1. Social Influence Theory:

Hypnotic subjects may simply be imaginative actors playing a social role.

2. Divided Consciousness Theory:

Theory: Hypnosis is a special state of dissociated (divided) consciousness (Hilgard, 1986, 1992).



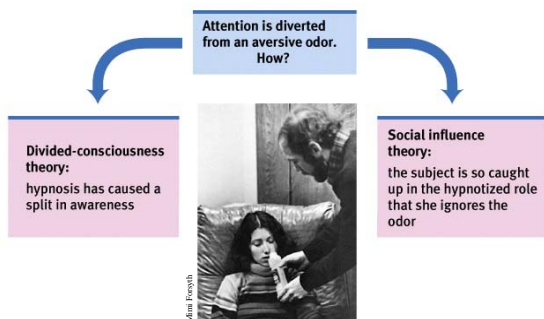
(Hilgard, 1992)

Courtesy of Neuro and Behavioral Science, Stanford University

10

OBJECTIVE 19-3| Give arguments for and against hypnosis as an altered state of consciousness.

Both Theories



11
