Abdulrahman Alenezi

Professor Kris Whorton

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Annotated Bibliography

 Does Hypnotism Have Side Effects?

Anbar, Ran D., and Kim E. Hummell. "Teamwork Approach to Clinical Hypnosis at a Pediatric Pulmonary Center." *American Journal of Clinical Hypnosis* , 2005.

 Anbar and Hummell’s "Teamwork Approach to Clinical Hypnosis at a Pediatric Pulmonary Center” seeks to show the success of adopting the teamwork approach in instructing self-hypnosis at a pediatric pulmonary facility. The report is based on the efforts of a social worker who added to the service provided by the center’s pulmonologist by learning how to use clinical hypnosis. Within a period of three years, the social worker taught seventy-two patients how to conduct self-hypnosis. The research found that eighty-two percent of the patients reported resolution of the symptoms. The main idea behind this research is that the social worker and the pulmonologist helped each other and consulted on a regular basis and had achieved success in their hypnosis interventions. In this regard, clinical hypnosis can be provided through the teamwork of varied professionals at a pediatric pulmonary center.

 I plan to use this article for background on hypnotism because it talks about the structure, and how the article focused on such specific aspects that every hypnosis should know already. Also, the point of choosing this topic is the accuracy that it has which make it sufficient. Thus, the article covers most of the categories that might be used for the argument.

Grant, Daniel H. *The Use of Hypnosis and Suggestions to Improve Study Habits, Study*

*Attitudes, Self-concept, and Reduction of Test Anxiety*, University of Georgia, Ann Arbor, 1982.

Grant explores the relationship between hypnosis and study anxiety and habits in this article. The rears arch sought to find out whether students who face anxiety induced by tests can improve their study by using hypnosis and suggestions. The author used the reports of the use of self-hypnosis by 51 college students to determine the effects of the practice on academic performance. The students managed to enter and deepen the alert of self-hypnosis and gave themselves suggestions before studying in hypnosis. The results indicated that those students who got the highest scores had the lowest GPA, and had improved most during the exercise. In this regard, the article suggests that hypnosis is beneficial for academic study at university level. The implication of this research for my paper is that it demonstrates one of the benefits of hypnotism.

"High Court Allows Use of Hypnotism in Trials." *St. Petersburg Times*, pp. 3A, 1987.

This newspaper report states that a Florida High Court had allowed the use of testimony induced through hypnotism. In a sharply contested case, the court ruled that a criminal defendant whose underwent hypnosis to refresh their memories may testify in court to improve their recollection of events if the validity of such testimony is questionable. The basis of the decision was that the rights of the defendant to testify should not be limited in any way. The beneficiaries of the ruling include prosecutors and the police who may need to use hypnosis to assist witnesses and victims recall the occurrence of a crime. The article, in this regard, explores the benefits of hypnosis as a tool for defendants to exercise their rights.

"Hypnotism Part of Recovery." *Daily Examiner*, pp. 15, DAY, MONTH 2017.

This article talks about the role of hypnotism and its relation to health and the recovery process through the views of a Sydney-based hypnotist called Beverly Bultitude. Bultitude is featured in the article because she was instrumental in the establishment of the Australian Hypnotherapists Association’s NSW branch. The author also mentions that Beverly helped her through her depression as a young adult. Bultitude recounts how she got introduced to hypnotism as a child and then later on got the opportunity to assist doctors with patients’ psychological needs. She has since helped patients improve their lives by dealing with anxiety, phobias, grief, pain management, and so on. It offers the interviewee’s perspectives on what she does and how believing in yourself can lead to the mastery of anything.

Ladell, R. M. "Hypnotism and Suggestion." *British Medical Journal*, vol. 2, no.

3128, pp. 918, 1920.

Ladell’s article discusses the concepts of hypnotism and suggestion as two extraordinary phenomena that have gained attention and interests in the medical field. The author acknowledges that we may not have a theory of hypnosis at the moment. However, the author argues despite this, we understand it in broad terms. In this regard, we can bring the concept into alignment with other concepts of psychology that are used in everyday life. The article explores the issue of mental dissociation, the tendency for some physical activities to take place independent of the other parts of the mind, as a way of explaining hypnosis. Additionally, the paper discusses the hypnosis in terms of suggestibility. The two concepts, it is argued, are related to each other. The paper examines the phenomenon of hypnosis and suggestion so as to give readers a good understanding of the subject.

Margolick, David. "State Court Limits Hypnotism as Tool." *New York Times*, 1983.

This is a *New York Times* report on the decision by the New York Court of Appeals to disallow the use of hypnosis as a method of refreshing a witness’s memory during trial. The court had ruled that such testimony will not be allowed in court because hypnotism is an unreliable tool for the refreshment of memory. Margolick outlines the court’s reasons for making the decision. It stated in a unanimous decision that the practice of hypnotism was not accepted by the scientific community and that in the best case scenario, it produces a mix of accurate memory, fantasy, and even fabrication. Another reason stated was that no procedures were yet to be devised regarding hypnotism. In this regard, the article talks about the scientific unreliability of hypnosis as a tool for refreshing memory, at least in the realm of the justice system.

"Natural Hypnosis Launches Manifestation Success Promotion for their Hypnosis Programs;

Natural Hypnosis Promotes their Hypnosis Programs that Assists the Public in Making Positive Life Changes." *M2 Presswire*, 2013.

Hypnosis has many benefits that improve the lives of people both physically and psychologically. This literature demonstrates one of these benefits- weight loss. An organization knows as Natural Hypnosis launched a program they call Manifestation Success, a promotion that offers a price reduction on their exclusive weight loss CDs and MP3s. Natural Hypnosis recognizes that the reason most weight loss programs fail is because they force their users to transform their eating habits without solving the root causes of the weight issue. Their program, however, works because it changes the person’s views on food, self-image, and exercise. The article brings to light one of the important advantages of using hypnosis.

Spiegel, David. "Tranceformations: hypnosis in brain and body." Depression and anxiety,

2013.

D. Spiegel examines the role of hypnosis and its constituent psychotherapeutic methods in the treatment of anxiety disorders. The paper addresses anxiety as a type of mind-body issue that involves the reverberating links between physical and mental distress. The author traces the history of hypnosis as a field of therapy. The article also discusses the significance of the trait of hypnotisability and hypnotic responsiveness is also discussed. Furthermore, it presents the relationship between the hypnotic state and the reactions to trauma as well as the efficacy of hypnosis in the treatment of post-traumatic stress disorder. The author finds that hypnosis plays a critical role in the management of anxiety disorders. In this regard, this is an important article that provides empirical evidence on the importance of hypnosis in managing anxiety disorders. Although the article is 10 pages long, I have used the main points that give an idea about what I am talking about.

Thomson, Linda. “A Project to Change Attitudes, Beliefs and Practices of Health

Professionals Concerning Hypnosis.” *American Journal of Clinical Hypnosis,* vol. 46, no. 1, 2003.

This is a study that explains an educational program that seeks to change the attitudes and beliefs of health care personnel regarding hypnotherapy and hypnosis. The researchers gave seminars to professionals from various locations. They collected data from the study subjects using questionnaires before and after the intervention. The study found that it would only take a 90 to 180 minute seminar about hypnosis to effect changes in attitudes and beliefs on the practice. The implication of this research is that health care professional are more likely to believe that hypnotherapy has a place in medicine if the information is corroborated by scientific evidence. In this regard, beliefs and attitudes can be improved with an educational presentation.

"Time Off: Hidden Side of Stage Hypnotism." *Liverpool Echo*, pp. 23, 2003.

The article offers the lesser known drawbacks of stage hypnosis. Stage hypnotism is a thought-provoking, amusing, and mystifying form of hypnotism that often serves as entertainment. Also, people often form their opinions on hypnosis or hypnotherapy based on their views of stage hypnosis. This article seeks to demystify the issue by providing insight on hypnosis and stage hypnosis. It states that many stage hypnotists mislead their audiences by claiming to have a source of power acquired through telepathy or training and claim to be illusionists. Stage hypnosis makes their audiences to believe that they are witnessing a special events and, therefore, experience a special trance. More importantly, the author talks about the amnesia experienced due to stage hypnosis, which is disadvantage as hypnotists want their subjects to remember details.

Turner, Tracy. "More Turn to Hypnosis to Address Concerns, Cure Ills." *Knight Ridder*

*Tribune Business News*, 2005.

This is another article that describes the increasing popularity and use of hypnosis as a method of curing illnesses. T. Turner states that critics of hypnosis find the available research on mind-body therapies to be unconvincing. However, their skepticism has not discouraged the multitude of patients who are now embracing the practice as a method of addressing illnesses. According to the author, research suggests that by assisting patients feel in more control of their symptoms, hypnosis lowers the need for medication and, subsequently, lower the expenses. Moreover, hypnosis is more suited for conditions where mainstream medicine is not working trying the body-mind alternative. Turner’s article brings to light the reasons why hypnosis is becoming the better alternative for more people.

Upshaw, William. “Hypnosis: Medicine’s Dirty Word.” *American Journal of Clinical*

*Hypnosis,* vol. 49, no. 2, 2006.

It is very important to review and trace the history of a phenomenon so as to understand the attitudes and perceptions people have about it. Hypnosis is a phenomenon that has received mixed views from the medical community and the public at large. In this journal essay, W. Upshaw seeks to understand the link between the clinical efficiency of the practice and the negative attitudes that medical practitioners, educators, and the public have about it. He explores the history of hypnosis so as to identify the events that may have informed both the past and the present perceptions about hypnosis that the author thinks that he has made hypnosis to become "medicine's dirty word".