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Hypnosis, Biofeedback, and Meditation


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- ▶ Hypnosis—altered state of consciousness, become highly suggestible to changes in behaviour and thought.
 - ▶ Can become aware of unconscious
 - ▶ Recall detail
 - ▶ Ignore pain
 - ▶ Client–hypnotist relationship based on trust
 - ▶ Not under hypnotist control—only do things you want to.
 - ▶ Anyone can resist hypnosis
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Theories of Hypnosis

- ▶ Barber—not a special state, people are just trying their hardest.
 - ▶ Hilgard—consciousness includes many aspects that may become dissociated during hypnosis—hidden observer of personality
 - ▶ Sarbin and Coe—client has accepted role and does as told
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Uses of Hypnosis

- ▶ Entertainment
 - ▶ Recall past (childhood trauma, details)
 - ▶ Sports
 - ▶ Quitting a habit
 - ▶ Posthypnotic suggestion—remember or forget things after session
 - ▶ Hypnotic analgesia—reduction of pain (for chronic pain sufferers)
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Biofeedback

- ▶ Learning to control internal physiological processes with use of modern technology.
 - ▶ Hulk's heart monitor watch
 - ▶ Manage blood pressure, pulse rate
 - ▶ Managing muscles to reduce tension headaches
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Meditation

- ▶ Focusing attention on an image or thought with the goal of clearing the mind and producing relaxation.
 - ▶ Transcendental meditation—repetition of Sanskrit phrase.
 - ▶ Mindfulness meditation—Buddhist, focus on current moment and state
 - ▶ Breath meditation—concentrating on inhaling and exhaling
 - ▶ Lower blood pressure, heart rate, breathing rate
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