

HYPNOTISTS, HYPNOTHERAPISTS, & HYPNOTISM

A Brief Glossary

HYPNOSIS: Hypnosis is not a state of sleep, but is a natural state of mind that can produce extraordinary levels of relaxation of mind, body and emotions. The principles and theories upon which hypnotherapy is based are; accessing and utilizing the power of one's inner resources. Hypnosis can transcend the critical, analytical level of mind, and facilitate the acceptance of suggestions, directions and instructions desired by the Client. The therapeutic use of Hypnosis can also elicit information and insights from the inner mind

HYPNOTISM: Hypnotism is the same thing as hypnosis. The word hypnotism was used more in the days of the early hypnotists and is used less by modern scientists.

HYPNOTIST: One who is skilled in the induction of hypnosis for any of numerous purposes, some of which are mentioned below.

HYPNOTHERAPIST: A hypnotist who uses hypnosis for therapeutic purposes. The therapeutic use of Hypnosis can also elicit information and insights from the inner mind The hypnotherapist utilizes interviews, discussion and hypnotic methods dealing with underlying issues whenever appropriate, with the goal to achieve effective and lasting results.

HYPNOTHERAPY: The use of hypnosis for therapeutic purposes such as dealing with addictions, habit disorders, eating disorders, anxiety neuroses, memory enhancement, pain, et al.

CLINICAL HYPNOSIS: Hypnosis conducted in a clinical setting.

EXPERIMENTAL HYPNOSIS: Research conducted by a specialized group of scientists at universities and research centers throughout the world who conduct experiments designed to reveal more about the nature and use of hypnosis.

PASTORAL HYPNOSIS: Many ordained ministers in major Christian denominations conduct pastoral counseling programs. Some pastoral counselors use hypnotherapy in some of their counseling

sessions. This is referred to as pastoral hypnosis. Doctor of Divinity dissertations have been written at major theological seminaries on hypnosis as a pastoral counseling modality.

FORENSIC HYPNOSIS: The uses of hypnosis to help witnesses or defendants recall details. This technique has been used to help solve many famous crimes and was used in such high profile cases as those of Ted Bundy, Sam Sheppard, and Albert DeSalvo, a.k.a. The Boston Strangler. It should be used only by knowledgeable practitioners who understand its limits.

GROUP HYPNOSIS: Group hypnosis was all the rage among the fashionable set in eighteenth century Paris and Vienna when Viennese physician and hypnotist Franz Anton Mesmer was "mesmerizing" groups there.

His circle included the composers Haydn and Mozart, whose first operetta, *Bastien et Bastienne*, was first performed in Mesmer's private garden.

Group hypnosis is currently experiencing a resurgence of popularity in parts of Europe and America.

Many authorities believe that more people will go into hypnosis, and into a deeper state, when it is done in a group due to the close relationship between hypnosis and certain group instincts and to a phenomenon that scientists sometimes refer to as emotional contagion.

HYPNOTISTS IN HISTORY

Hypnotists have practiced various forms of hypnosis throughout the world since ancient times. The Ebers papyrus describes how Egyptian hypnotists more than 3000 years ago used hypnotic procedures surprisingly similar to those used by modern hypnotists.

Franz Anton Mesmer (1734-1815) an Austrian physician and hypnotist was the most famous hypnotist to conduct this kind of hypnosis, which is often referred to eponymously as mesmerism, but he did little to originate the theory.

Mesmer borrowed most of his ideas from Father Maximilian Hell, a Viennese Jesuit priest, and the brilliant English physician and hypnotist, **Richard Mead** (1673-1754) who was inspired by the research being done by his patient, the famous mathematician and physicist, Sir Isaac Newton.

Later scientists have shown conclusively that the results achieved by these early hypnotists were due to the psychological and physiological aspects of hypnosis and had nothing to do with magnetism.

Ivan Petrovich Pavlov (1849-1936) a Russian surgeon and physiologist was very influential with Russian hypnotists and his theories about the physiological basis of hypnosis are accepted by many scientists and hypnotists throughout the world to this day. who won the Nobel prize for physiology and medicine in 1904, studied the physiology of hypnosis exhaustively and concluded that hypnosis involves a

temporary inhibition of the cerebral cortex, the conscious, intelligent, uniquely human part of our brain.

In America Pavlov is remembered mostly for his work with conditioned reflexes, but he was also responsible for important physiological theories about why the techniques used by hypnotists have such powerful effects. He won the Nobel Prize for Physiology and Medicine in 1904

Dave Elman (1900-1967) is considered one of the foremost authorities in hypnosis. He used scientific principles in his research and work with hypnosis and only trained the most skeptical: medical and dental professionals. This book is the summation of the Elman theories and techniques. It was the primary textbook used in his course and has become a classic work in the literature of Hypnotism.

In this major work, Elman strips away the academic and pedantic verbiage and creates a forceful and dynamic presentation of hypnosis as a lightning-fast and amazingly effective tool in a wide range of therapies.

His detailed attention to semantics--voice inflection: and his unique ability to generate mental expectancy form a background for his incredible effectiveness with nearly one hundred per cent of his subjects.

MILTON H. ERICKSON M.D. (1901 -1980 Milton Erickson (1902 - 1980) A legendary genius in the world of psychotherapy and hypnosis, Milton Erickson had a unique manner and method of treating people which today is widely emulated and developed. He was plagued by ill health for a large part of his life, having suffered two bouts of polio. He

was also dyslexic, and color blind. During the periods of disability it is believed he gained much of his personal knowledge of human nature by observation, and during the second polio attack in his fifties he turned his mind to relief of pain by Hypno- **anaesthesia**. He pioneered many of the techniques and language patterns which today have been developed into what is known as NLP (Neuro-Linguistic Programming).

.These are but a few of the many differences within the man called the Father of modern day hypnosis, which stimulated wonderment and curiosity which eventually led to Dr. Erickson's lifetime internship in the research of the relativity of human perception, hypnosis.

As if it wasn't enough to go through life with the above listed challenges, Dr. Milton Erickson suffered further from not one, but two bouts of polio, the first of which was so severe, the family doctor predicted imminent death. Dr. Milton Erickson overheard the prediction spoken to his mother, and his annoyance with the doctor seemed to have helped him survive the episode, though he remained physically weakened for much of his life, and had to spend long periods of time in a wheelchair. The determination which was thus revealed in childhood drove Dr. Milton Erickson to gain degrees in medicine and psychology; he then became a psychiatrist, working first in a number of institutions and later as a professor of psychiatry. Dr. Milton Erickson was a fellow of many international professional bodies and was the founding president of the American Society for Clinical Hypnosis.

.

Ormond Dale McGill 1913-2005 The Legendary Ormond McGill, known world-wide as The Dean of American Hypnotists, was born in Palo Alto, California on June 15, 1913, where he lived until his death on October 19, 2005 at the age of 92.

Actively involved in the field of hypnotism since 1927, McGill received international acclaim for his innovative books, pioneering the integration of hypnotism, meditation and creative hypnotic strategies. In all, he published over twenty-five books, several of which are considered classics in the field. He was honored by numerous organizations, including the American Council of Hypnotist Examiners, The National Guild of Hypnotists, the Hypnotherapy Training Institute, and the Society of American Magicians.

Ormond McGill was a magician and hypnotist of international acclaim, and toured many parts of the world with his exciting stage shows. He was one of the first stage hypnotists to perform on radio and television, including appearances on the popular Art Linkletter TV show. After the passing of his wife, Delight Olmstead McGill, in 1976 he continued to tour, presenting his "Concerts of Hypnotism."

In addition to his work in stage hypnotism, McGill was an active faculty member of the Hypnotherapy Training Institute in Corte Madera, training hypnotherapists since 1981. He taught his last class for a group of advanced students just four days before his passing.

Ormond McGill was also a prominent naturalist and made well-known contributions in the fields of entomology (the branch of zoology that deals with the study of insects) and conchology (a branch of zoology

dealing with sea shells and the animals that inhabit them). He was a true collector with a great variety of interests.

Of all his contributions, the wealth of his teachings will stay with us forever. They came out of his profound mastery of many hypnotic techniques, his deep personal understanding of Eastern systems of meditation, mysticism, wisdom and healing, and his creativity, vision, compassion, humor and life experience.