



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

110 - History of Hypnosis

- The ancient religious rites of the early Persian, Greek and Egyptian civilizations, as well as other cultures such as; the Chinese, Hindu and African describe behavior suggestive of hypnosis.
- In the middle ages the “royal touch” of kings, and such renowned figures as Paracelsus, Valentine Greatrakes and Johann Gassner influenced the scientific world of Franz Mesmer, who in his limited way, made the first serious attempts to bring scientific credence to the phenomena.

Two people who deserve mention because they initiated major trends are Franz Anton Mesmer, and Dr. James Braid.

Mesmer

- Gave Hypnosis its original name.
- Produced his first theories of Mesmerism in 1765.
- Believed that he possessed the power to magnetize people into his control.
- Discredited as a physician, branded a fraud and as a result hypnosis was disclaimed by the scientific world.
- Only a few “brave souls” dared to investigate its significance as a scientific modality.

James Braid

- He was a physician in the 1840's. He studied Hypnosis in a scientific way.
- Believed that Mesmerism was a suggestible state resembling a nervous sleep.
- He coined the word, “hypnotism” from the Greek word meaning *sleep*.



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- A hyper suggestible state is a position, which is currently held by most authorities today.
- He made the discovery of the division within the consciousness. It was this discovery which helped to shift the emphasis in hypnosis from the physiological to the psychological
- Braid found that many physiological changes took place in the hypnotic state. Such as:
 - Rapid eye movement characteristics of the light stages
 - Changes in the breathing
 - Subject entered a deeper state of passivity resembling sleep.
- He noticed that, during this state, verbal suggestions easily influenced the subject, even to the point of controlling many of his involuntary functions.

John Elliotson

- A famous professor of medicine in England.
- After witnessing its successful demonstration, he began using it with his patients.
- He was opposed by the medical profession and forced to resign his position at the University.
- In his continued investigation, he discovered the possibilities of hypnosis as an anesthesia.

James Esdaile

- He investigated the scientific properties of hypnosis.
- He performed over three hundred major operations under hypnoanaesthesia.
- He initiated the idea that the hypnotic state was a natural, God-given instinct that enabled man to provide healing for himself.

A.A. Liebeault

- He is responsible for the emergence of hypnosis as a new science.



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- His work influenced one of the most prominent medical authorities of the day.

Hippolyte Bernheim.

- Liebeault and Bernheim demonstrated the favorable influence of hypnosis upon organic, as well as functional disorders.

Jean Martin Charcot

- Believed that the hypnotic state was a form of neurosis, called hysteria.
- Hypnosis accepted as a normal manifestation and emerged as a science around 1886.

Joseph Breuer and Sigmund Freud

- Introduced a change in the emphasis of hypnotic therapy.
- Believed that the hysterical symptoms developed as a result of painful repressed experiences.
- Hypnosis enabled the patient to recall the early traumas and, in so doing, a desensitizing effect would occur.
- Freud and Breuer both finally abandoned hypnosis, dealing hypnosis a death blow.

World War II

- A serious interest in hypnosis as a scientific modality returned