

Contents

Part One HISTORY, FOUNDATIONS, TECHNICS

1. Historo-Diagnosis	3
Handling the Initial Interview	3
The Emotional Needs for Symptoms	4
Differential Diagnosis	5
2. Historical Development of Hypnosis	6
Ancient Methods	6
Modern Methods	8
3. Foundations of Hypnosis	12
Phenomena of Suggestion	12
Theories of Hypnosis	14
Factors Influencing Hypnotic Induction	15
Nature of the Hypnotic Induction	17
Phenomena of Hypnosis	18
Principles of Suggestion and Hypnosis	25
4. Hypnotic Technics	29
Specialized Induction Technics	29
Dehypnotization	34
Explanation of Hypnotic Procedures	34
Indications for Autohypnosis	37

Imagery or Scene Visualization in Conditioning	38
Technic of Dehypnotization	39
Rationale for Autonomic Control and Conditioned	
Reflex Therapy	39
Holistic Approach	40
Specialized Hypnotherapeutic Technics	41
Brief Hypnotherapy by Symptom-Manipulation	42
Corrective Emotional Responses Obtained by Ideomotor	
Signaling	45
Rationale of Brief Hypnotherapeutic Methods	46
Miscellaneous Specialized Technics of Hypnotherapy	47
Autogenic Training	48
Hypnoanalysis	50
5. Historical Development of Behavior Modification	59
Older Concepts	59
Newer Concepts	59
6. Foundations of Behavior Modification	63
Classical or Respondent Conditioning	63
Instrumental or Operant Conditioning	64
Clinical Aspects of Behavior Modification	67
7. Behavioral Technics	70
Systematic Desensitization	71
Sensitization or Aversion Therapy	72
Punishment	72
Flooding and Implosion Therapy	72
Massed or Negative Practice	72
Thought Stopping	73
Assertive Training	73
Role Playing or Behavioral Rehearsal	73
Token Economies and Operant Principles	73
Modeling, Imitation, or Observational Learning	74
8. Similarities and Dissimilarities Between Hypnosis and Behavior Therapy	76
Aversion Therapy and Hypnotherapy	77
Counterconditioning and Hypnotherapy	77
Positive Reinforcement and Hypnotherapy	78
Miscellaneous Technics	78
Differences Between Behavior Therapy and Traditional Hypnotherapy	79

Part Two INTEGRATION OF HYPNOTHERAPY AND BEHAVIOR THERAPY

9. Preview of the Hypnbehavioral Model 85

 Role of Learning Theory 85

 Hypnosis 86

 Sensory Recall 87

 Anxiety Reduction by Imagery Conditioning 88

 The Hierarchy 90

 Summary 91

10. The Hypnbehavioral Model 93

 Rationale for the Hypnbehavioral Model 93

 Sensory Imagery Conditioning 94

 Role of Fantasy Evocation in Conditioning 94

 Role of Different Types of Imagery in Covert Conditioning 97

 Reasons for Success of the Hypnbehavioral Model 97

 Imagery or Covert Conditioning 98

 Standard Structured Images 101

 Discussion of Time Expansion Images 115

 Discussion of Time Condensation Images 120

Part Three SEXUAL PROBLEMS

11. Impotence and Premature Ejaculation 139

 Etiologic Factors 139

 Treatment 140

 Behavior Modification Therapy 140

 Hypnotherapy 140

 The Standard Hypnbehavioral Model 142

 Imagery Conditioning 142

 Scene Visualization in Impotence 144

12. Frigidity, Dyspareunia, and Vaginismus 150

 Classification of Various Types of Frigidity 151

 The Initial Visit 152

 Current Methods of Therapy 153

 Hypnbehavioral Therapy 155

 The Preorgasmic Female 158

 Vaginismus 163

 Dyspareunia 164

 Therapy 164

 Hypnotherapy and Desensitization 165

13. Sexual Deviations	168
Etiologic Factors	169
Role of Learning Theory	170
Treatment	171
Hypnotic Imagery	171
 <i>Part Four</i> REMOVAL OF HABIT PATTERNS 	
14. Alcoholism	179
Etiologic Factors	179
Principles of Psychotherapy	180
Behavior Modification Technics	180
Hypnotic Technics	181
Group Therapy	182
Importance of Autohypnosis	184
Importance of Posthypnotic Suggestions	184
Imagery Conditioning	187
15. Excessive Smoking	191
Behavior Therapy	191
Instrumental Aversive Escape and Relief Conditioning	191
Systematic Desensitization	192
Covert Sensitization	192
Contingency Management	192
Massed Practice	193
Hypnobehavioral Model	193
Posthypnotic Suggestions	196
Importance of Motivation and Reinforcement	199
16. Insomnia	201
Importance of Autohypnosis and Autorelaxation	201
Posthypnotic Suggestions	202
Technics for Autohypnosis and Scene Visualization	203
Hypnobehavioral Technics	204
Standardized Images	205
17. Narcotic Addiction	206
Etiologic Factors	206
Behavior Technics	206
Psychotherapy	207
Hypnotic Technics	208
Autohypnosis	208

Sensory Imagery Conditioning	208
Standardized Images	209
18. Obesity	211
Etiologic Factors	211
Behavior Modification Therapy	213
Hypnobeavorial Model	214
Posthypnotic Suggestions	216
Group Hypnosis	219
Imagery Conditioning	219
Standardized Images	220
Specialized Hypnobeavorial Technics	221
19. Enuresis and Encopresis	225
Enuresis	225
Hypnotherapy	227
Standardized Images for Enuresis	230
Encopresis	231
Standardized Images for Encopresis	231
20. Stuttering	233
Etiologic Factors	234
Symptoms	234
Behavior Modification Technics	235
Hypnotherapy	236
Group Hypnotherapy	240
Correction of Faulty Attitudes	240
Adjuvant Methods and Hypnotherapy	240
Standardized Images	241
21. Tics	245
Behavior Modification Therapy	245
Hypnotherapy	246
Hypnobeavorial Therapy	248

Part Five **NEUROSES AND PSYCHOSES**

22. Phobias	251
Behavior Modification Therapy	251
Standardized Images	254
Other Behavioral Technics	255
Hypnobeavorial Therapy	255

23. Delinquency and Disciplinary Problems	258
Delinquency	258
Disciplinary Problems	261
Evaluating Problem Behavior	262
Hypnotherapy	263
Discussion of Problem Behavior	264
Behavior Modification of Disciplinary Problems	265
24. Obsessive-Compulsive Disorders	271
Definitions	271
Behavior Modification Therapy	271
Importance of Imagery Conditioning	276
Childhood Obsessive-Compulsive Disorders	278
Hypnotherapy	279
Further Applications	280
Gambling	280
Hypnotic Imagery Conditioning	281
25. Anorexia Nervosa	285
Symptoms	285
Behavior Modification Therapy	285
Disadvantages of Behavior Modification	286
Hypnotherapy	286
Standard Images	287
Discussion	287
26. Conversion Hysteria	289
Classification	289
Etiologic Factors	289
Mechanisms	290
Differential Diagnosis	290
Hysterical Blindness	291
Hypnbehavioral Technics	291
Hysterical Deafness	292
Hypnotherapy	293
Miscellaneous Disorders	293
27. Depression	296
Behavior Modification Therapy	296
Hypnbehavioral Therapy	298
Standardized Images	303

28. Schizophrenia	305
Etiologic Factors	305
Conditionability	306
Behavior Therapy	308
Hypnotizability	310
Standardized Images	312
29. Mental Deficiency and Organic Brain Syndrome	319
Definitions	319
Etiologic Factors	319
Treatment	320
Role of Operant Conditioning	320
Behavior Modification Technics	320
Modifiability	321
Educability	323
Trainability	324
Organic Brain Syndrome	324
Hypnotherapy	325

Part Six **PSYCHOSOMATIC DISORDERS**

30. Asthma and Allergy	333
Etiologic Factors	333
Behavior Modification Technics	334
Hypnotherapy	335
Allergy	338
31. Dermatological Disorders	341
Neurodermatitis	341
Hypnotherapy	342
Psoriasis	342
Hypnotherapy	342
Standardized Images	343
Eczema and Other Disorders	343
Hypnotherapy	344
Pruritus Ani and Vulvae	344
Warts	345
Specialized Hypnotic Technics	346
Discussion	348

32. Psychosomatic Cardiovascular Disorders	351
Role of Conditioning	351
Essential Hypertension	352
Behavior Therapy After Myocardial Infarction	353
Hypnbehavioral Therapy	354
Angina Pectoris	354
Psychogenic Cardiac Disorders	355
Hypnotherapy in Arrhythmias and Carotid Sinus Syndrome	356
Coronary Disease	357
Post-Myocardial-Infarction Syndrome	357
Congestive Heart Failure	358
Standardized Images	358
Sex and the Post-Myocardial-Infarction Syndrome	358
Discussion	360
33. Migraine Headache	363
Etiologic Factors	363
Operant Conditioning; Biofeedback and Autogenic Training	364
Hypnotherapy	366
Standardized Images	367
34. Pain	370
Classification	370
Theoretical Aspects	370
Pain and the Placebo Effect	372
Operant Conditioning	373
Hypnotic Conditioning	374
Back Pain	375
Abdominal Pain	376
Psychophysiologic Aspects of Pain	377
Diagnosis	377
Handling the Patient	378
Brief Hypnotherapy by Symptom-Removal	379
Brief Hypnotherapy by Symptom-Substitution	380
Brief Hypnotherapy by Symptom-Transformation	380
Brief Hypnotherapy by Symptom-Intensification	381
Brief Hypnotherapy by Symptom-Amelioration	382
Other Types of Therapy	382
Contraindications and Limitations	383
Standardized Images	383
35. Hypnoanalgesia in Obstetrics and Surgery	387
Hypnosis in Childbirth	387
Hypnosis in Surgery	388

Acupunctural Analgesia	388
Importance of Autogenic Training	390
Limitations of Hypnoanesthesia	391
Mechanisms of Hypnoanesthesia	392
36. Gastrointestinal Disorders	394
Etiologic Factors	394
Role of Conditioning	394
Treatment	395
Peptic Ulcer	395
Colitis	396
Ulcerative Colitis	397
Diarrhea	398
Constipation	399
Gallbladder Dysfunctions	399
Dysphagia	400
Discussion of Hypnobehavioral Therapy	401

Part Seven EVALUATION

37. Failures and Limitations	407
Failures	407
Limitations	408
38. Hypnobehavioral Therapy: Present and Future	
Implications	411
Biofeedback and Learning	411
Rationale for Biofeedback	412
Meditative States	412
Altered States of Consciousness	412
Future Implications	414
Index	417