

# CONTENTS

<i>Foreword</i> —Cyril M. Franks . . . . .	xi
<i>Preface</i> —Edward Dengrove . . . . .	xvii

## BASIC CONCEPTS

### *Chapter*

1. BEHAVIOR THERAPY—Edward Dengrove . . . . .	5
2. HYPNOSIS—Edward Dengrove . . . . .	26

## HYPNOSIS AND CONDITIONABILITY

3. CONDITIONAL REFLEXES AS RELATED TO HYPNOSIS AND HYPNOTIC TECHNIQUES—Leo Alexander . . . . .	39
4. HYPNOSIS: PHYSIOLOGIC INHIBITION AND EXCITATION—Samuel H. Kraines . . . . .	45
5. EXTINCTION OF A CONDITIONED MOTOR RESPONSE FOLLOWING HYPNOSIS—Jon M. Plapp and William E. Edmonston . . . . .	57
6. POSTHYPNOTIC SUGGESTION AS HIGHER ORDER CONDITIONING: A METHODOLOGICAL AND EXPERIMENTAL ANALYSIS—Alfred A. Barrios . . . . .	68
7. ACQUISITION OF VOLUNTARY CONTROL OVER AUTONOMIC NERVOUS FUNCTIONS BY CONDITIONING AND HYPNOSIS—A. S. Paterson, F. Bracchi, D. Passerini, D. Spinelli, and S. Black . . . . .	83
8. OBJECTIVE ASSESSMENT OF HYPNOTICALLY INDUCED TIME DISTORTION—Philip G. Zimbardo, Gary Marshall, Greg White, and Christina Maslach . . . . .	104
9. STRATEGIES WITHIN HYPNOSIS FOR REDUCING PHOBIC BEHAVIOR—Suzanne L. Horowitz . . . . .	113

10. THE EFFECT OF HYPNOSIS ON CONDITIONABILITY—Milton V. Kline . . . . . 131

#### USES OF HYPNOSIS IN BEHAVIOR THERAPY

11. HYPNOSIS AND BEHAVIOR THERAPY: COMMON DENOMINATORS—Nicholas P. Spanos, Wilfried De Moor, and Theodore X. Barber . . . . . 148
12. "HYPNOSIS" AS A FACILITATOR IN BEHAVIOR THERAPY—Arnold A. Lazarus . . . . . 180
13. THE USE OF COVERT CONDITIONING IN HYPNOTHERAPY—Joseph R. Cautela . . . . . 188
14. AVERSIVE IMAGERY THERAPY USING HYPNOSIS—Burton S. Glick . . . . . 202
15. VERBALLY SUGGESTED RESPONSES FOR RECIPROCAL INHIBITION OF ANXIETY—Morton Rubin . . . . . 208
16. THE USE OF HYPNOSIS TO FACILITATE CONDITIONED RELAXATION RESPONSES: A REPORT OF THREE CASES—Frederick J. Todd, and Robert J. Kelley . . . . . 219
17. TREATMENT OF A SEVERE PHOBIA FOR BIRDS BY HYPNOSIS—David L. Scott . . . . . 227
18. HYPNOSIS AS VERBAL PROGRAMMING IN EDUCATIONAL THERAPY—Stanley Krippner . . . . . 235
19. HOMEWORK AND SELF-HYPNOSIS: THE CONDITIONING THERAPIES IN CLINICAL PRACTICE—Irwin Rothman, M. Lynn Carroll, and Frances D. Rothman . . . . . 244
20. CLINICAL HYPNOSIS: WARP AND WOOF OF PSYCHOTHERAPIES—Gus K. Bell . . . . . 271
21. DISSOCIATIVE AND INTEGRATIVE PROCESSES IN HYPNOANALYSIS—Erika Fromm . . . . . 278

USES OF BEHAVIOR THERAPY IN HYPNOSIS

22. BEHAVIOR THERAPEUTIC TECHNIQUES AND HYPNOTHERAPEUTIC METHODS—André M. Weitzenhoffer . . . . .	288
23. THE EGO-STRENGTHENING TECHNIQUE—John Hartland . . .	307
24. THE IDEALIZED SELF-IMAGE AND THE DEVELOPMENT OF LEARNED RESOURCEFULNESS—Dorothy Susskind . . . . .	317
25. EGO EXHILARATIVE TECHNIQUES IN HYPNOTHERAPY—Milton Jabush . . . . .	330
26. THE CLINICAL USE OF DIRECT HYPNOTIC SUGGESTION: A TRADITIONAL TECHNIQUE IN THE LIGHT OF CURRENT APPROACHES—Robert G. Meyer, and Harvey A. Tilker . . . . .	335
27. HYPNOTIC AVERSION TO ALCOHOL: THREE-YEAR FOLLOW-UP OF ONE PATIENT—J. Harry Feamster, and John E. Brown . . . . .	342
28. HYPNOTHERAPY IN A CASE OF CLAUSTROPHOBIA AND ITS IMPLICATIONS FOR PSYCHOTHERAPY IN GENERAL—Jerome M. Schneck . . . . .	349
29. PREVENTING CRYING THROUGH DESENSITIZATION—Peter B. Field . . . . .	363
30. THE MODIFICATION OF HYPNOTIC BEHAVIOR OR EXTENDING THE VERBAL CONTROL OF COMPLEX HUMAN BEHAVIOR—Ian Wickramasekera . . . . .	367
31. BEHAVIOR MODIFICATION AND HYPNOTIC CONDITIONING IN PSYCHOTHERAPY—William S. Kroger . . . . .	379
32. CONCLUDING REMARKS . . . . .	386
<i>Index</i> . . . . .	389