

HYPNOSIS AND DISSOCIATION

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General Information, Course Description and Objectives:

This is a course designed to familiarize you with hypnosis and dissociation as a domain of scientific inquiry, understand their origins and their contemporary explanations and familiarize yourself with their current uses and abuses in the experimental, clinical and legal arenas.

I will not cover all that there is to know about hypnosis and dissociation, but hopefully enough to trigger your curiosity about these fascinating phenomena.

Course Material:

This course has been recently updated. All the readings are now available electronically through Moodle under the tab: **Course Reserves**. There are no required books; they have been replaced by the following web site: www.hypnosis.tools

Note that the required readings may not be all covered in class; it is your responsibility to read them and ask questions about them in class.

You will be required to know all the information contained in the course slides (available on Moodle), the material presented during lectures, and the different required sections on the *hypnosis.tools* website. For each topic, you will find an overview section on Moodle explaining what you are expected to know for the topic, which readings are required, and which supplementary readings are associated with the topic.

Course Objectives:

By the end of the course, students should be familiar with the domain of hypnosis and be able to think critically about research findings, clinical uses, and forensic controversies. Myths and misconceptions will be clarified. Moreover, students will become aware of the uses and abuses of hypnosis, as well as the potential use of hypnosis as a tool to study brain processes and clinical pathologies.

Grading:

There will be two exams: an in class mid-term (**October 20, 2016**; 35%) and a final (45%) held during the examination period. Exams will be comprised of multiple choice questions and short answers. The final exam will be cumulative. In this course, there are no supplemental exams. You will also be asked to write a paper that will be worth the remaining 20% of your mark. This paper will be described in detail during classes and is

due on the last day of the session (**December 5, 2016**). You will be given a list of topics from which to choose. If you would like to write a paper on a different topic than the suggested ones, you should seek my permission.

Students can earn up to an extra 2% on their final mark with 4 Participant Pool Credits.

Warning: Make sure to take good notes during lectures, as some information will only be presented there. Feel free to browse through the Moodle site, as I will post new material most weeks. All notices and general course material (readings; exam information and marks, etc.) will be posted on the Moodle site.

Evaluation Scale Used:

A+ 90	B+ 78	C+ 68	D+ 58	F Fail
A 86	B 75	C 64	D 54	
A- 82	B- 70	C- 60	D- 50	

Office Hours and General Help with the Material Presented:

My office is located in the PY building, room 135-3.

You can reach me at 848-2424 ext. 7555

By email at: jr.laurence@concordia.ca

Note:

"In the event of extraordinary circumstances beyond the University's control, the content and/or evaluation scheme in this course is subject to change".

Important Dates:

Dropping a Course: DNE : September 19 Full refund (see tuition policy)

Academic Withdrawal: DISC November 6

Hypnosis and Dissociation

Psyc 444/4

The following outline is subject to changes. Always consult the Moodle site for readings or changes in the topics covered on specific dates.

1. Introduction to Hypnosis and Dissociation

What is hypnosis? What is dissociation?

Why study hypnosis and dissociation?

Major role in clinical and experimental theories

Major role in legal arena

Or ... simply because interesting phenomena socially: paranormal experiences, spiritism, channeling, UFO abductions

Distinguishing between consciousness, unconsciousness, non-consciousness, sub-consciousness

The relation between consciousness and memory

2. The Roots of Hypnosis I: Primitive Healing Rituals

From witchcraft to magnetic medicine, from animal magnetism to artificial somnambulism, from suggestive psychotherapeutics to clinical hypnosis. Is there anything special about hypnosis?

Primitive healing rituals (role of beliefs and expectations)

The basic process at play in primitive healing rituals

The basic goal of primitive healing rituals

The necessary conditions

Examples of psychological interactions leading to improvement or cure of illnesses

Similarities and/or differences between primitive healing techniques and clinical psychology

3. The Roots of Hypnosis II: Animal Magnetism

Magnetic medicine

The rise of science

Mesmer: his practice and basic principles

Benjamin Franklin's Commission of Inquiry in 1784

Public and secret report

De Puységur and Artificial somnambulism

The rise of suggestive therapeutics

Faria and Braid: recognizing individual differences, the birth of hypnosis

The first mention of dissociation – hysteria as a background

4. Clinical Hypnosis: how does it work?

Principles of hypnotic induction (classical!)

Types of inductions; what is self-hypnosis?

When to use or not to use hypnosis

What can one do clinically with hypnosis?

Some amazing examples

5. Experimental Hypnosis I: Measuring Hypnotizability

The beginning of research: measuring the response to hypnosis

The creation of standard scales

The content of the scales: ideo-motor, challenge and cognitive suggestions

Different scales: Harvard and Stanford Scales; the HIP scale

Hypnotizability and depth of hypnosis

How scales are scored: objective, subjective and involuntary scores

6. Experimental Hypnosis II: Correlates of Hypnotizability

General and neurophysiological: brain waves, heart rate, gsr, race, gender, etc....

Cognitive: intelligence, personality, suggestibility (gullibility), cognitive skills

Social-contextual: beliefs, attitudes and expectations, contextual cues (demand characteristics)

A look at some of the questionnaires correlated with hypnosis

Instrumental Uses of Hypnosis in Research:

When hypnosis is used to study a phenomenon not related to hypnosis, for example a pathological behavior, it is labeled an instrumental use. Hypnosis becomes the medium that is used to elicit the pathological behavior in normal people.

Mid-term: October 20, 2016

7. Theories of Hypnosis

Brief overview of the main theories of hypnosis

Dissociation and neo-dissociation theories

Social-cognitive theories

The synergistic model

8. Altered States of Consciousness

What is an altered state or trance?

What does it take to be labeled as an altered state?

Hypnosis: altered state or anomalous experience?

Trance as a subjective experience

Natural vs. artificial states

The classification of altered states

The following topics will cover research, legal and clinical applications

9. Pain

Acute vs. chronic

The gate control theory of pain

Some examples of research

Case presentation: importance of medical history

Case presentation: Induction by pleasant memory: facial neuralgia

Pain management: anesthesia, direct suggestion, sensory distortion, displacement, dissociation

10. A. Memory and Hypnosis

A review of memory processes

Different types of memory and memories

The notion of hypermnesia

The notion of amnesia

What is the false memory syndrome?

How is hypnosis involved with the false memory debate?

B. Age regression, hypnotic dream, guided imagery

a) Age regression: nature of AR, memory and hypnosis

Types of regression (from flashback to duality)

Techniques

Modification of a memory (affect)

Creation of a memory

b) Hypnotic dream: automatic signaling; hypnotic analysis of symbols/ replay

c) Guided imagery: (importance of individual differences)

Basic situation: crossroads, tunnel, stage, etc.

depending upon the situation to be explored

11. Dissociation and Dissociative Experiences:

The hypnotic roots of dissociation

Normal and pathological dissociation: misnomer?

The cueing of dissociative experiences: the MPD controversy

DSM V: Dissociative Disorders: a critical look

12. Hypnotic Coercion

A review of pertinent research on the topic of coercion

The important notion of voluntariness in hypnotic behavior

What can a hypnotized individual be made to do?

Rights and Responsibilities:

1. Cheating and Plagiarism

Cheating, plagiarism, and other forms of academic dishonesty are serious concerns about which all students should be informed. Students in this course are expected to be familiar with the University's policies on academic honesty and plagiarism.

The most common offense under the Academic Code of Conduct is plagiarism which the Code defines as **“the presentation of the work of another person as one's own or without proper acknowledgement.”**

This could be material copied word for word from books, journals, internet sites, professor's course notes, etc. It could be material that is paraphrased but closely resembles the original source. It could be the work of a fellow student, for example, an answer on a quiz, data for a lab report, a paper or assignment completed by another student. It might be a paper purchased through one of the many available sources. Plagiarism does not refer to words alone – it can also refer to copying images, graphs, tables and ideas. “Presentation” is not limited to written work. It also includes oral presentations, computer assignments and artistic work. Finally, if you translate the work of another person into French or English and do not cite the source, this is also plagiarism.

In Simple Words:

DO NOT COPY, PARAPHRASE, OR TRANSLATE ANYTHING FROM ANYWHERE WITHOUT SAYING WHERE YOU OBTAINED IT!

Please review the following web link.

<http://www.provost.concordia.ca/academicintegrity/plagiarism/>

In this course, any student who cheats on an examination or submits plagiarized material will receive a failing course grade and will be referred to the dean of students for further disciplinary action. Please be aware that serious cases of cheating and/or plagiarism may be grounds for dismissal from the University.

Student Resources and Services: