Name of Student

Name of Professor

Name of Class

Day Month Year

Annotated bibliography

**Introduction**

This assignment is concerned with the documentation of hypnosis as a treatment option for mitigating several behavioral and cognitive maladjustments e.g., anxiety, pain, depression and other mental health issues. Four literature pieces will be selected encapsulating e-book, scholarly article, non-scholarly article and webpage. After deliberate painstaking analysis, meaningful inferences will be drawn from the selected literature, appropriately synchronized with the subject of interest. They will be embrace thorough description using annotated bibliography. Conclusion section, in the end, will attempt to calculate the relevance of literature and the extent to which it supports thesis statement.

**Main body**

**Question:** How can hypnosis treatment be helpful for people that are having anxiety, painful headaches, depression, and mental illness in the United States?

**Thesis:** Hypnosis takes individual to the realm of conscious and unconscious, allowing repressed thoughts, memories and frustrations to be vented out—the chief causes of certain mental and behavioral issues. Moreover, in addition to unwinding unconscious, its modification can also be achieved using hypnosis because it makes 90% of our memories and in turn personality—suggested by Sigmund Freud.

**Three points:**

* Hypnosis can help some people change certain behaviors or even bad habits (for example addiction).
* Using the treatment of hypnosis for anxiety and stress is effective because it creates a state of deep relaxation.
* Hypnosis provides the support to treat the individuals with painful headaches

**E-Book**

Robin A. Chapman. “Integrating Clinical Hypnosis and Cbt : Treating Depression, Anxiety, and Fears.” *Springer Publishing Company,* 5 Dec. 2013. pp.13-81. https://ebookcentral.proquest.com/lib/smccd-ebooks/reader.action?docID=1581168&ppg=1 assessed 19 March 2019.

This E-Book is written by Robin A. Chapman—the Clinical Psychologist. He attempted to conjoin two psychological treatments e.g., Hypnosis and Cognitive Behavioral Therapy (CBT) in captivating manner. Hypnosis is exclusively focused on the exploration of unconscious motives of maladjusted individual whereas CBT is concerned with the conscious state in which he is fully aware of what he thinks and what strengths and weaknesses he possesses. In his view, individual may have overlapping symptoms of anxiety, phobias and depression. For example, he may be depressed due to the persistent apprehension about being scrutinized and judged (social phobia) and due to depression, he fears of losing his close relations, work and loved ones (anxiety). So these protruding symptoms require integrated treatments in form of CBT and hypnosis.

Moreover, he suggested that behavioral, cognitive and acceptance approaches to treatment are the excellent techniques of mitigating maladjustment. Behavioral techniques include classical and operant learning modifications, cognitive approach focuses on the reframing of thinking patterns, emotions, feelings and perceptions whereas acceptance/ commitment approaches are concerned with the alteration of “negativity” associated with the symptoms. Hence, CBT uses all these techniques combining with the hypnosis in which professional has a full-fledge control over individual.

Before taking individual to the hypnosis—a preliminary self talk is irrefutably significant. This helps gaining an insight about the problems and preoccupations of client. The first step in hypnosis is the deep body and mind relaxation leading to the augmented attention and awareness about one’s state—known as induction. The second step is deepening of Trans state leading to the suggestions for issues under study. He then automatically feels desensitized from pain. Other psychological illnesses e.g., depression, anxiety and phobias are mitigated through suggestion techniques or analysis of explored repressed memories and application of CBT after the Trans is over.

Link: <https://ebookcentral.proquest.com/lib/smccdebooks/reader.action?docID=1581168&ppg=1>

**Magazine article**

Marc Gravelle. “How Hypnotherapy Works.” Hypnosis *Articles Hypnosis Motivation Institute,* 2007. https://hypnosis.edu/articles/how-hypnotherapy-works assessed 19 March 2019.

This article was written by Marc Gravelle in 2007 aimed at presenting the steps involved in hypnosis. The first step in developing hypnotherapeutic relationship is the explanation of behavior to them. Humans only operate on the pleasure/pain principle propounded by Sigmund Freud. This principle suggests that human beings tend to avoid painful situations and possess strong infinity for pleasurable events. If he perceives activity as painful—he avoids it actively leading to the repression of memories into unconscious. This explanation provides justification to his current conditions.

The second step is the implementation of strategy of change; a change in which client himself is an active participant. This stage is concerned with the agreement upon the replacement of undesirable behavior with desirable and best suited behavior. Next step is the implementation of hypnotherapy after deep body and mind relaxation. Client becomes open to suggestions and strategies. He acquires them instantly after restoring optimal state of conscious. Next step revolves around the evaluation of hypnotherapeutic progress with the subsequent sessions. If client finds this therapy effective, it is given further trials whereas if client and therapist both disagree on its effectiveness, the outcome is obvious—termination of sessions takes place. Hence, this therapy is highly context and symptom specific in nature. Other treatment options can be implemented in collaboration with hypnosis or after hypnosis.

Link: <https://hypnosis.edu/articles/how-hypnotherapy-works>

**Scholarly article**

Michael D Yapko. “Hypnosis in the treatment of depression: An overdue approach for encouraging skillful mood management.” *Journal of Clinical and Experimental Hypnosis,* 2010: vol.58, no.2*.* pp. 137–146. http://web.a.ebscohost.com.ezproxy.collegeofsanmateo.edu/ehost/pdfviewer/pdfviewer?vid=1&sid=1f703991-cf59-4b87-8c88-693d8d824d60%40sdc-v-sessmgr01 assessed 19 March 2019.

This article is aimed at presenting the evidence based treatment for depression and mood management i.e., hypnosis. Hypnosis is based on the idea of Sigmund Freud who attributed unconscious as the most influential determinant of behavior. Depression is a mood disorder formerly referred to as the resulting condition from neurological imbalance. No consideration was given to the genetic, social and psychological factors at that time. With the passing time, the emergence of biopsychosocial model led to the development of variety of corresponding treatments. Hypnosis is typically used when involvement of biological, social, genetic or emotional factors is eliminated. It is used as the ultimate treatment option when no other treatments render successful in producing favorable results.

In his view, depression is having more social nature because our mind is so delicate entity susceptible to other’s actions and treatments. Negative experiences lead to negative behavioral ramifications—ultimately depression. Beck’s model of depression states the significance of “cognitive distortions” that lead an individual to develop falsified views about himself, his belongings and future.

The most common cognitive distortions in depression are black and white thinking, mental filter, overgeneralization, discounting the positive, jumping to the self-assumed conclusions, should statements, self reasoning and personalization. These distortions are the leading causes of depression requiring multifaceted interventions. A bulk of literature is evident that hypnosis attempts to enhance treatment outcomes, assists individuals managing anxiety, enables them feel internally empowered, enhances their moods and outlooks towards life and other individuals and many other ways.

Link: <http://web.a.ebscohost.com.ezproxy.collegeofsanmateo.edu/ehost/pdfviewer/pdfviewer?vid=1&sid=1f703991-cf59-4b87-8c88-693d8d824d60%40sdc-v-sessmgr01>

**Webpage**

“Mental health and hypnosis.” *WebMD*. https://www.webmd.com/mental-health/mental-health-hypnotherapy#1. Accessed 19 Nov. 2019

This article focused on the effectiveness of hypnosis as a way of psychological treatment. In order to achieve highest state of awareness, hypnotherapy or hypnosis utilizes focused attention, intense concentration and guided relaxation—referred to the state of trance. His attention is allowed to focus on his inner self, causing blockage to perceive outside world. An adequately trained professional can successfully carry this process.

The basic rationale behind carrying hypnosis treatment is the disclosing of unconscious mind. Unconscious is the accumulation of repressed thoughts, feelings and memories that are quite painful for us and we never want to encounter them again. Such memories indirectly affect our thoughts, feelings, attitudes, perceptions, behavioral ramifications and personality in the more holistic terms. Hypnosis allows a safer and substantial channel to vent them out.

As far as the application of hypnosis is concerned, it can be used in two ways; suggestion therapy and analysis. During the onset of hypnotic state, individual becomes prone to respond to suggestions. Hence, constructive suggestions lead to constructive habit formation, for example, stopping nail biting and smoking. On the other hand, analysis can be done on the obtained information from the client about his repressed memories which can be used to assess the root causes of maladjustment.

According to this article, based on the suggestion technique, hypnosis can be used to treat phobias, stress, depression, grief and loss, post traumatic stress and sleep problems. Hypnosis is the best suited treatment particularly when symptoms are quite severe and no treatment seems effective in mitigation. This treatment can also be used for patients with terminal illness for their pain management as hypnosis blocks bodily sensations completely, only given suggestions are answered and implemented by the individual. This can also be used for overeating individuals.

Link: <https://www.webmd.com/mental-health/mental-health-hypnotherapy#1>

**Conclusion**

This assignment was aimed at the documenting hypnosis as a widely-acknowledged treatment option for mitigating several behavioral and cognitive maladjustments e.g., anxiety, pain, depression and other mental health issues. Four literature pieces were selected encapsulating e-book, scholarly article, non-scholarly article and webpage. After deliberate painstaking analysis, it was deduced that selected literature supports hypnosis as the ultimate treatment options when rest of other options are impotent to eradicate maladjustment. Hence, thesis statement was found to be relevant with respect to the identified literature. In a nutshell, hypnosis is quite effective treatment option for depression, anxiety, pain and habit disorders.

Works Cited

“Mental health and hypnosis.” *WebMD*. https://www.webmd.com/mental-health/mental-health-hypnotherapy#1. Accessed 19 Nov. 2019

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Michael D Yapko. “Hypnosis in the treatment of depression: An overdue approach for encouraging skillful mood management.” *Journal of Clinical and Experimental Hypnosis,* 2010: vol.58, no.2*.* pp. 137–146. http://web.a.ebscohost.com.ezproxy.collegeofsanmateo.edu/ehost/pdfviewer/pdfviewer?vid=1&sid=1f703991-cf59-4b87-8c88-693d8d824d60%40sdc-v-sessmgr01 assessed 19 March 2019.

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