

HYPNOSIS AND THE EXPERIENCE OF TIME

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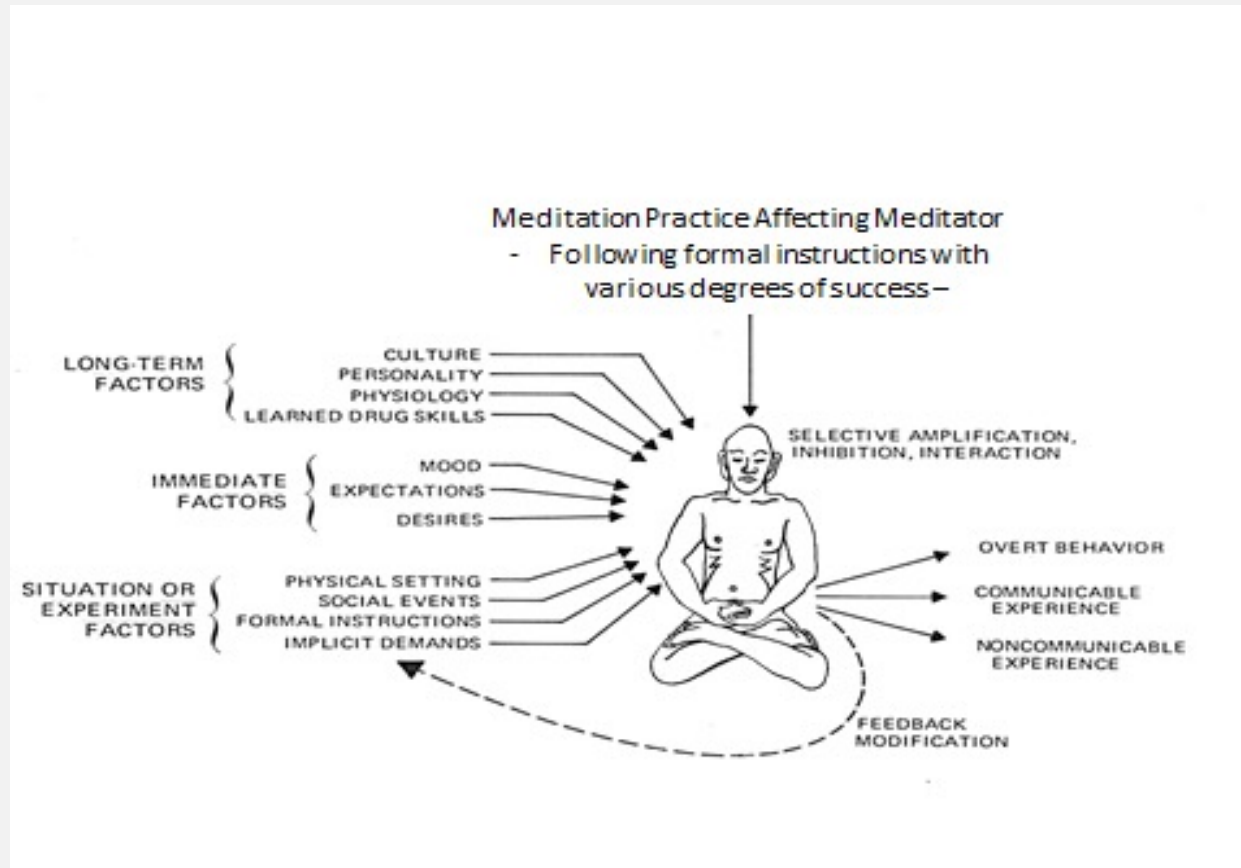


HYPNOTIC PHENOMENA

- Hypnotic phenomena include behavioral, cognitive, and experiential alterations that may emerge in different situations (e.g., after trauma, watching an appealing movie) including during hypnosis:
 - Sense of compulsion/enhanced suggestibility
 - Decreased reflective awareness/absorption
 - Unusual experiences (alterations in body image, sense of time, dissociative experiences)
- Hypnotizability/hypnotic susceptibility refers to valid and reliable individual differences in hypnotic suggestion responses



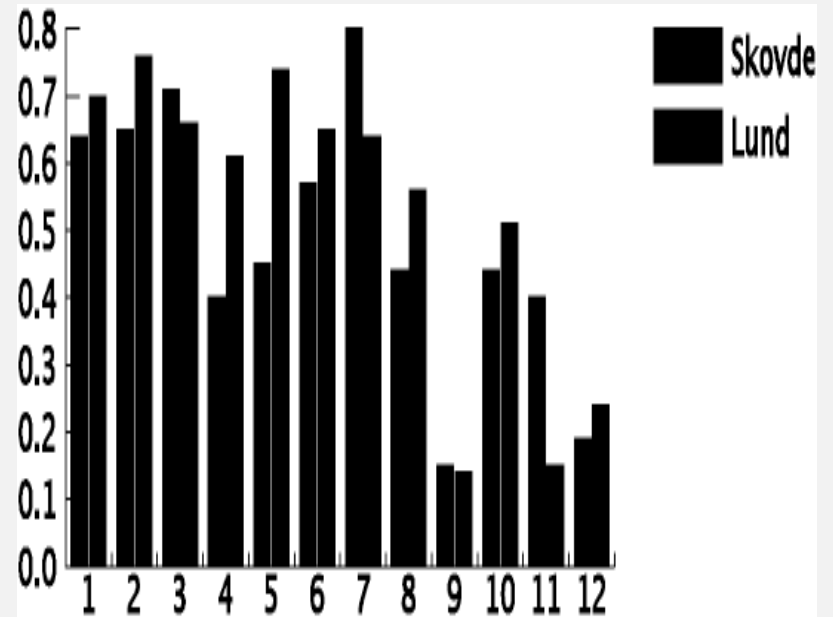
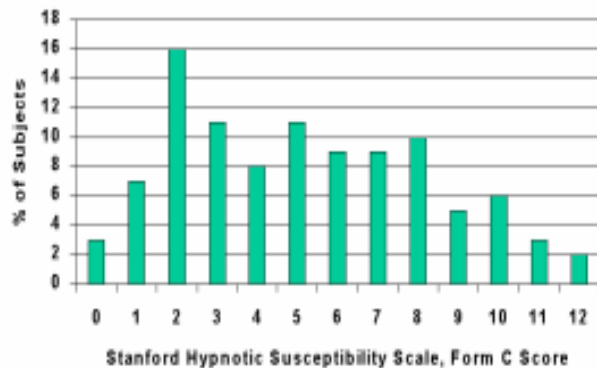
MANY FACTORS DETERMINE THE EFFECT OF AN INDUCTION (TART, 1975)



HYPNOTIZABILITY IS A VALID, RELIABLE, STABLE TRAIT

Distribution of Hypnotizability

Hilgard (1965)



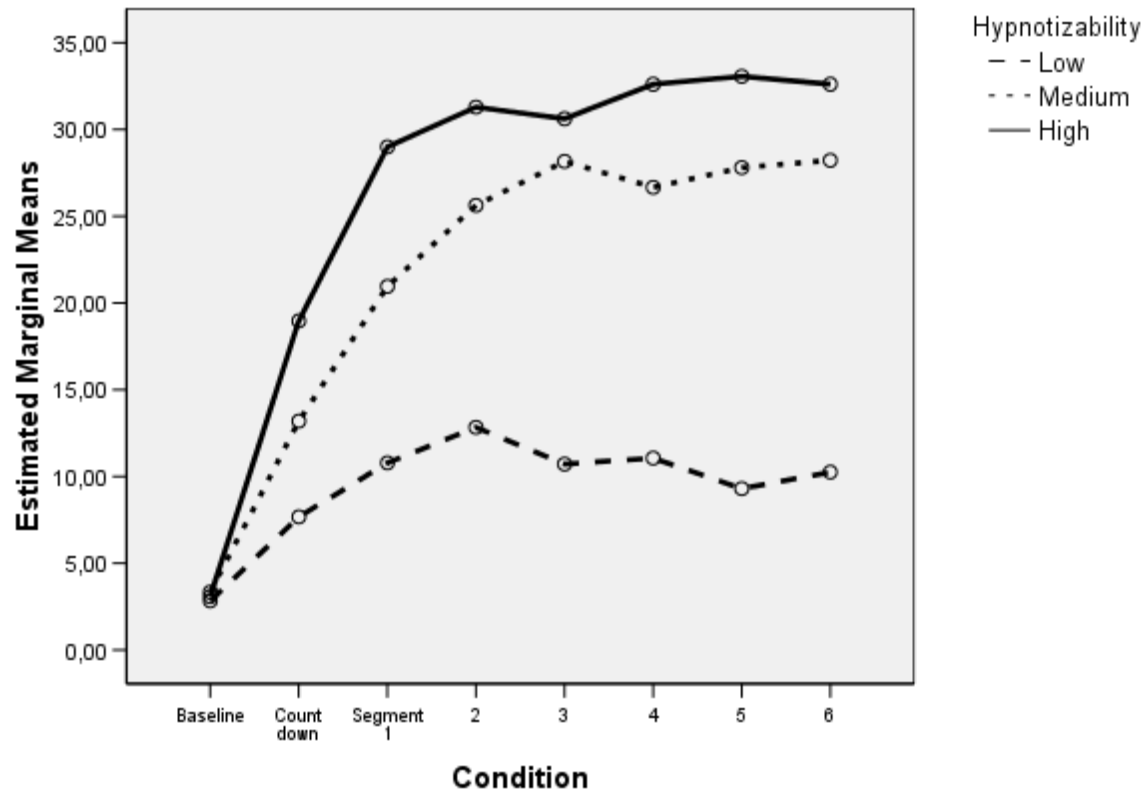
PHENOMENOLOGY ACROSS HYPNOTIZABILITY

- Lows' reports characterized by normal cognition
- Mediums by somatosensory experiences
- Highs by imagery and exceptional (transcendent, positive emotions) experiences

- Mediums and Highs report more alterations of time than Lows in response to hypnosis (Cardeña et al., 2013)



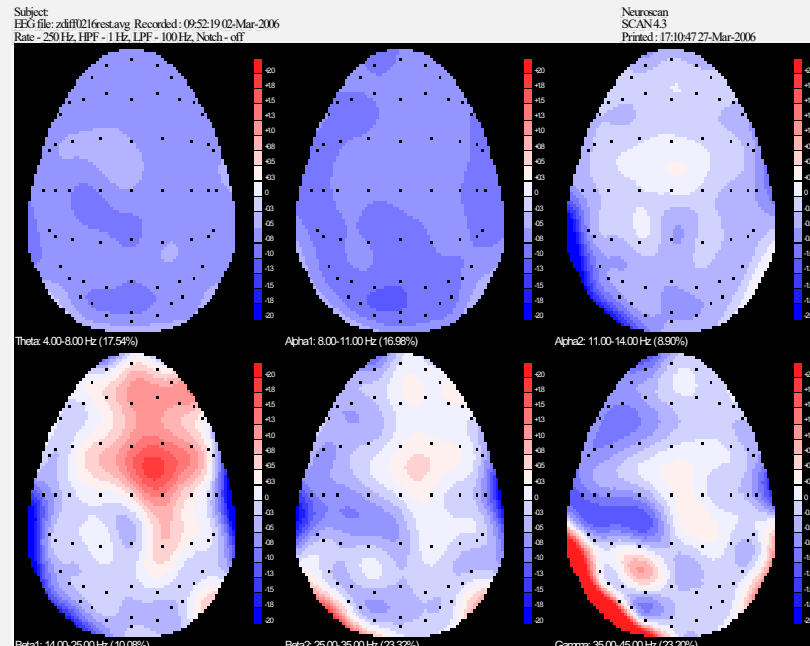
Depth Ratings for Session 2



(Cardeña et al., 2013)



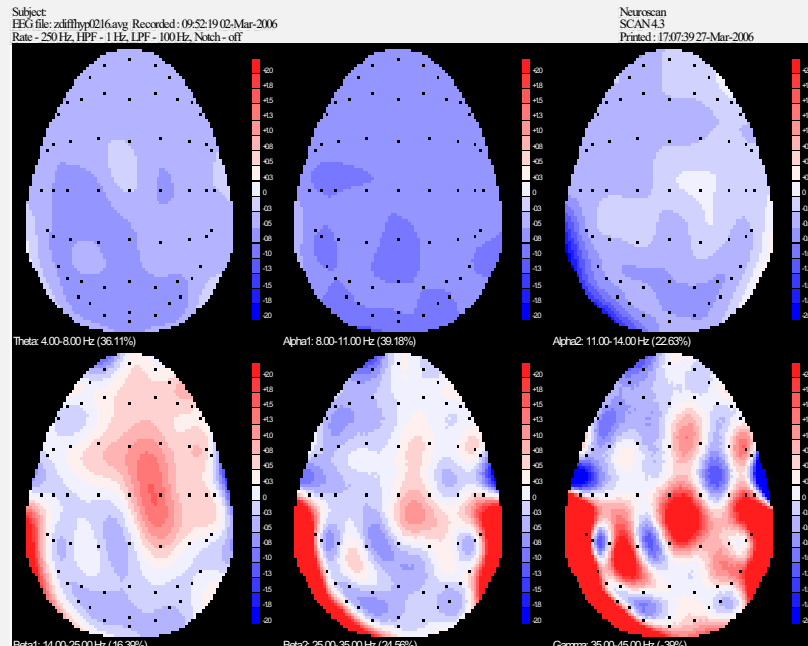
DIFF AWAKE HIGHS - LOWS



(Cardeña et al., 2013)



DIFF IN HYPNOSIS HIGHS - LOWS



(Cardena et al., 2013)



HYPNOSIS, HYPNOTIZABILITY, AND ABSORPTION

Susceptibility	Hypnosis	Waking
	Charles	reading (absorbing)
High	5.87*	8.73
Low	9.93	8.33
	Dune	reading (boring)
High	11.00	8.27
Low	12.67	12.27

Highs underreport passage of time only during hypnosis and when listening to an interesting passage (St. Jean & MacLeod, 1983)

