

CLINICAL CHARACTERISTICS OF HYPNOSIS

The association between certain frequencies and specific mind states has been known for a long time. For example, an 8-13 hertz cycle per second (25-45 brainwaves) is known as the Alpha frequency. This state is linked to the subconscious mind becoming receptive to positive suggestions and can produce light relaxation resulting in people being ‘in the zone’, learning more effectively, thinking positively, generating ideas, finding solutions and discovering things they wouldn’t normally during conscious awareness.

In the 1920’s German Scientist Hans Berger developed a method of measuring brainwaves. As a result Electroencephalograph Machines are used today to measure brainwaves through an EEG reading. This demonstrates the brains output activity which is measured in hertz or hertz cycles. Below is a table categorising Beta, Alpha, Theta, Delta frequencies, which are measured in hertz cycles per second.

		Brain waves	Mental Characteristics	Physical Characteristics
14 to 30 Cycles Per Second	B	100	Wide awake state	Extreme tension, uptight
	E	95	Excitement, frustration	High metabolic behaviour
	T	90	Aware of all senses	Hands moist and clammy
	A	85	Very alert	Accelerate work ability
		80	Actively aware	Hyperactive
		75	Active thought patterns	High degree of stamina
		70	Comfortably alert	Comfortable, restful state
		65	Consciously aware	Good observation state
		60	Normal thought patterns	Physically at rest
		55	Easy thoughts	Beginning to relax
		50	Less active thoughts	Increased composure
8 to 13 Cycles Per Second	A	45	Pre-drowsiness	Releasing all body feeling
	L	40	Increased susceptibility	Passive awareness
	P	35	Passive awareness	Numb, quiet
	H	30	Total sensory withdrawal	Deep relaxation
	A	25	Low alphagenic state	Complete passivity
4 to 7 Cycles Per Second	T	20	Drowsiness	Unaware
	H			
	E	15	Beginning unconscious	Unaware
	A	10	Unconscious	Unconscious
0.5 to 3.5 Cycles per second	D	5	Deep sleep state	Deep sleep state
	E			
	L			
	A	0	Death	Death

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Claire Paul BSc (Hons), MSc, Dip. Hyp, Dip. LC,
Hypnotherapist and Coach
07813 138 171 / claire.paul@harmony4life.co.uk
www.harmony4life.co.uk

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CHARACTERISTICS OF THE TRANCE STATES (based on the Le Cron/Bordoux Scale)

LIGHT TRANCE

- Physical relaxation
- Drowsiness apparent
- Fluttering of eyelids
- Closing of the eyelids
- Mental relaxation, partial lethargy of the mind
- Heaviness of limbs
- Catalepsy (seizure of muscles) of eyes
- Partial limb catalepsy
- Inhibition of small muscles
- Slower and deeper breathing
- Twitching of the mouth during induction
- Strong lassitude (uninclined to exert self)
- Rapport between therapist and client
- Simple positive post hypnotic suggestions followed
- Involuntary start of eye twitch on awakening
- Positive personality changes
- Feeling of heaviness throughout the body
- Partial feeling of detachment

MEDIUM TRANCE

- Stimulation of dreams
- Recognition of trance (difficult to describe but definitely felt)
- Complete muscular inhibition
- Partial amnesia
- Glove anaesthesia
- Tactile illusions (touch)
- Gustatory illusions (taste)
- Olfactory illusions (smell)
- Hyperacidity to atmosphere
- Complete catalepsy (seizure of muscles) of limbs and body

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DEEP TRANCE OR SOMNAMBULISTIC TRANCE

- Ability to open eyes without affecting trance
- Fixed stare when eyes are open, pupil dilation
- Somnambulism
- Complete amnesia
- Complete anaesthesia
- Post hypnotic anaesthesia
- Extremely positive posthypnotic suggestions followed
- Control of organic body functions, heart beat, blood pressure, etc.
- Recall of lost memories
- Age regression
- Visual and auditory (hearing) hallucinations

The most commonly experienced signs of hypnosis

- Drowsiness
- Feeling physically and mentally lethargic
- Physical and mental relaxation
- Feeling of heaviness throughout the body, limbs partially immovable
- Strong lassitude (uninclined to exert self)
- Feeling detached
- Heaviness
- Lightness
- Tingling
- Heightened sensitivity, e.g. noises, feeling own heartbeat
- Amnesia
- Body warmth- cool or warmer due to lower pulse rate and extreme relaxation
- Increased lacrimnation- increased “tearing of the eyes” due to the relaxation of the muscles surrounding the tear ducts

Time distortion

Without looking at the time, how long do you think you were in hypnosis, from when you closed your eyes to when you opened them? Five minutes or less?

Most people feel the session is shorter than it is because they are so relaxed and enjoying the relaxation- time flies when you’ re having fun! One hour can seem like 10-15 mins.

Visible signs of hypnosis

- Excessive swallowing
- R.E.M
- Reddening of the eyes due to the relaxation of the muscles in their eyes, allowing a greater flow of blood through the veins
- Twitching of the mouth during induction
- Slower and deeper breathing
- Unable to open eyes

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