In Memory of Dr. William C. Kohler
Sleep Medicine Physician
“Hypnosis and the Management of Sleep Disorders”

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Objectives

- Memorial of Dr. Kohler, an icon in the field of sleep medicine and medical hypnosis for the treatment of sleep disorders.
- Hypnosis definitions, facts and misconceptions
- Clinical applications of hypnosis in the treatment of various medical and psychological conditions
- Hypnosis in the treatment of sleep disorders
In Memoriam: Dr. William C. Kohler
When Jack Watkin was awarded the 2009 Dr. Bernauer W. Newton Award, he said regarding what hypnosis is:

“Seventy years of amazement, and I still don’t know what it is!”
What is Hypnosis?

- Hypnosis is a natural phenomenon that can occur automatically in most people.
- Examples include daydreaming, or driving for several miles to your destination and having no memory of the intervening events – having been on automatic pilot.
- In hypnotherapy, the therapist assists the patient in obtaining the hypnotic state (trance) with various techniques.
American Psychological Association’s Society of Psychological Hypnosis (APA Division 30)
Definition of Hypnosis:

- “Hypnosis: A state of consciousness involving focused attention and reduced peripheral awareness characterized by an enhanced capacity for response to suggestion.”
- “Hypnotic induction: A procedure designed to induce hypnosis.”
- “Hypnotizability: An individual’s ability to experience suggested alterations in physiology, sensations, emotions, thoughts, or behavior during hypnosis.”
- “Hypnotherapy: The use of hypnosis in the treatment of a medical or psychological disorder or concern.”
“This shift in consciousness enables us to tap into many of our natural abilities and allows us to make change more quickly. Because hypnosis allows people to use more of their potential, learning self-hypnosis is the ultimate act of self-control...

Professionals use clinical hypnosis to help clients bring about both psychological and physiological change in three main ways.”

1. Imagery
2. Attention
3. Unconscious exploration and allow critical observer to not interfere
“Hypnosis is best considered a therapeutic modality rather than a therapy in its own right. It should be offered within the context of a complete psychological and medical treatment plan and offers the advantage to facilitate sensations, perceptions, thoughts, feelings, or behaviors.”
What does Hypnosis feel like?

- Everyone responds to hypnosis and relaxation differently!
- Some experience a “Trance State”
- Some experience Imagery
- Some have Soothing Body Sensations
- No matter what a person experiences you can help them to use hypnosis for better health and wellness.
YOU USE HYPNOSIS NOT AS A CURE BUT AS A MEANS OF ESTABLISHING A FAVORABLE CLIMATE IN WHICH TO LEARN ~MILTON ERICKSON
Depth of Trance in general population

- Light: 95%
- Medium: 5%
- Deep: 20%
- Not Able: 5%
Hypnosis Misconceptions

- Stage Hypnotism
  - “Will I cluck like a chicken?”
- Fear they will not come out of hypnosis
  - “Will I wake up?”
Hypnosis Misconceptions

- Fear of loss of control
  - “Is it mind control?”
  - “Will I go crazy?”
Is Hypnosis Safe?

▶ **Safe, helpful and effective** when administered by a **competent** health professional who would be capable of treating the problem without hypnosis.

▶ The rate of side effect (lethargy) is less than that occurring during a classroom lecture. – Dr. Kohler
Dr. Kohler’s book documents much research showing how hypnosis changes the brain and is evidence based treatment for many medical conditions:

- IBS
- Eczema
- Psoriasis
- Acne
- Weight Management
- Smoking Cessation
- Sleep Disorders

- Pain
  - Acute pain (Surgery or Childbirth)
  - Chronic Pain (Migraine Headaches, Burns, Back Pain...)
  - Wound and Burn Healing
Psychoneuroplasticity and Hypnosis

- You can change your brain for the better!
- Especially the perception of pain!!!
- Hypnosis can diminish pain responses.
- **Somatosensory cortex**
  - Sensory aspect of pain
- **Anterior Cingulate Cortex**
  - Suffering Component
Video on Hypnosis for Pain

https://youtu.be/ZqYpc8FAb64

Hypnosis for Pain Relief, Andrew Cain
Published on Mar 8, 2009
BBC’s “One Show” presenter Michael Mosley investigates hypnosis for pain relief with Stewart Derbyshire of Birmingham University
Successful Sleep Disorder Interventions with Hypnosis discussed in Dr. Kohler’s Book

- Insomnia
- Somnambulism
- Nightmares
- Parasomnia Overlap Disorder
- Nocturnal Enuresis
- Bruxism
- Night Terrors
- Sleep Paralysis
- Hallucinations
- “Crap Compliance” Encopresis
- Post-Traumatic Stress Disorder (PTSD)
- Rhythmic Movement Disorder
Neuro-Psychological

- Depression
- Anxiety
- Anger
- Self Esteem
- Trauma
## Insomnia Treatment: CBT-I first then hypnosis

<table>
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<tr>
<th>Technique</th>
<th>Aims</th>
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<tr>
<td>Stimulus Control</td>
<td>Strengthen bed and bedroom as sleep cues</td>
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<tr>
<td>Sleep Restriction</td>
<td>Restrict time in bed to increase sleep drive and consolidate sleep</td>
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<tr>
<td>Relaxation, buffer, worry time</td>
<td>Arousal reduction</td>
</tr>
<tr>
<td>Sleep Hygiene</td>
<td>Address substances, exercise, eating, environment</td>
</tr>
<tr>
<td>Cognitive Restructuring</td>
<td>Address thoughts and beliefs that interfere with sleep &amp; adherence</td>
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<tr>
<td>Circadian Rhythm Entrainment</td>
<td>Shift or strengthen the circadian sleep/wake rhythm</td>
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Hypnosis for Insomnia

- Hypnosis
  - For deepening sleep and
  - For inducing relaxation
- Hypnosis first for patients who may not be able to participate in CBT-I (cancer patients)
Deepening Sleep by Hypnotic Suggestion Sleep

A

Change in SWS after hypnosis

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B

Relative amount of total sleep

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</table>

**Statistical significance:**
- **: p < 0.05
- ***: p < 0.01
- + : p < 0.1

Note: The diagrams represent the data collected from different stages of sleep.
References

2. APA division 30
3. Asch.net 7/5/2017
5. Intro to hypnosis class in 2006 with Dr. Ian Wickramesekra, III; subsequent hypnosis trainings since then mostly through ASCH.
6. PET Scan Data of Hypnotic Analgesia; Rainville et al. (1997); Science
8. CBT-I manual Veterans Affairs
9. Linden, Bhardwaj, Anbar 2006,383-384
10. Gutnik and Reid 1982, 311
“Life will bring you pain all by itself. Your responsibility is to create joy.”

—Milton Erickson