

Module 4: States of Consciousness
Topic 2 Content: Getting Facts Straight about Hypnosis

Instructions



Getting Facts Straight About Hypnosis

For this non-graded activity, read each statement and decide whether you think it is fact or fiction. Then, select the appropriate answer and click **SUBMIT** to check your response. Click **NEXT** to get started.

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Question 1

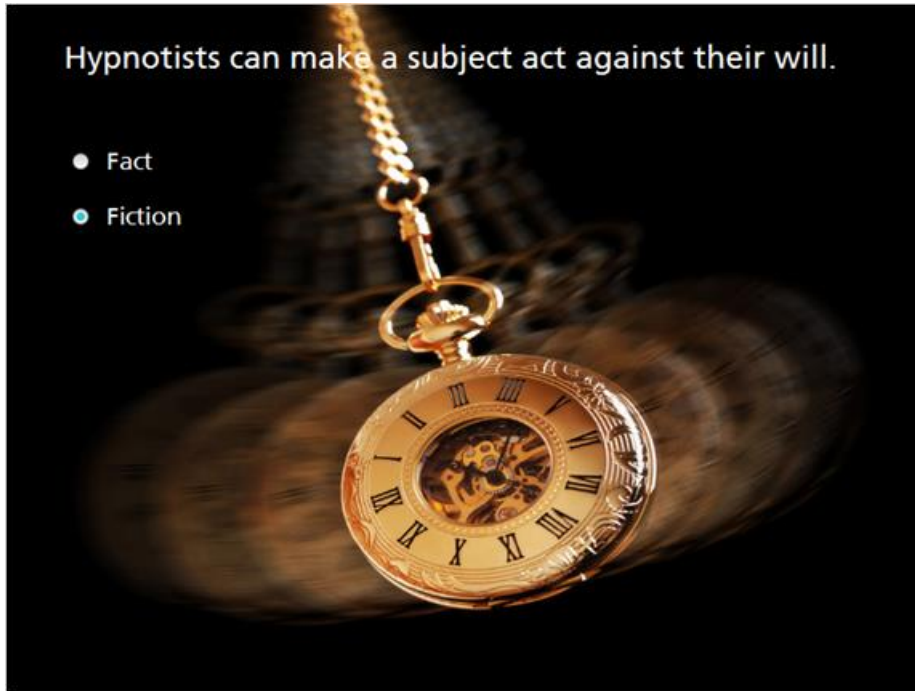


Fact or Fiction. Hypnosis can help one access and recall everything from their memory of past events.

Feedback: While people can recall many forgotten details from hypnosis, the information collected during a hypnotic state contains three times more errors than conscious memories. This explains why hypnotically refreshed memories cannot be used in court.

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Question 2



Fact or Fiction. Hypnotists can make a subject act against his or her will?

Feedback: Because subjects do retain awareness and control of their behavior, they are able to refuse to comply with the hypnotist's suggestions if they so choose.

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Question 3



Fact or Fiction. Everyone can be hypnotized.

Feedback: Some people are naturally more susceptible to becoming hypnotized than others. Studies reveal that about 15% are highly hypnotizable, 10% very difficult to hypnotize, and the other 70-80% only moderately easy to hypnotize. A person's ability to be hypnotized does not mean that he or she is "weak willed". The highly hypnotizable tend to day dream more than others, and have rich fantasy lives.

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Question 4

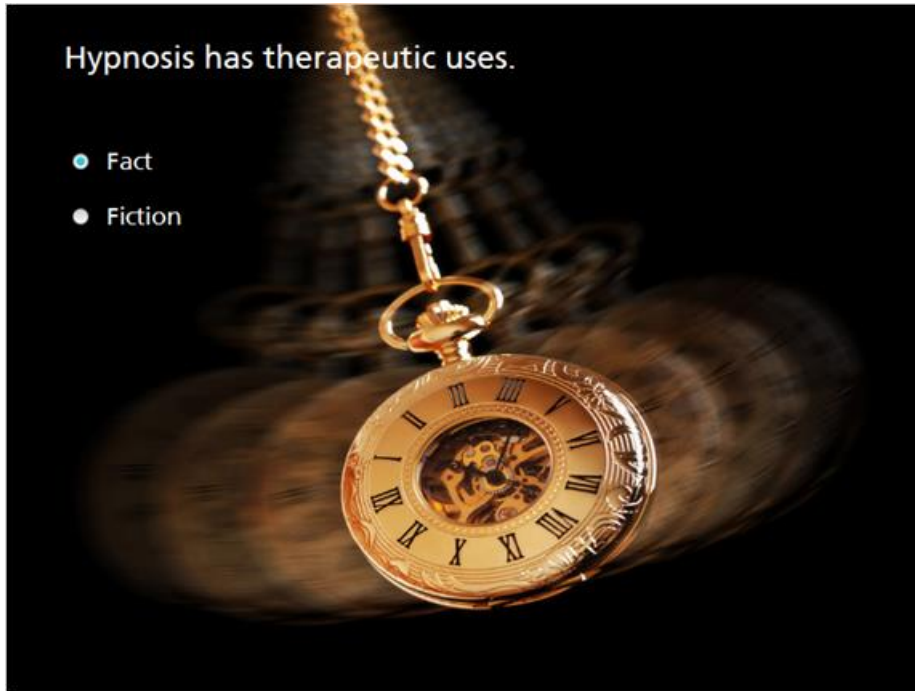


Fact or Fiction. Hypnosis can successfully help eliminate behaviors such as smoking and overeating.

Feedback: While hypnosis can help reduce these behaviors, the effects do not seem to last for the long term.

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Question 5



Fact or Fiction. Hypnosis has therapeutic uses.

Feedback: Using posthypnotic suggestions, hypnotherapists have been able to help people manage pain and improve physical conditions such as asthma, headaches and stress-related skin conditions. A posthypnotic suggestion is a suggestion made by the therapist during the hypnotic session that the subject is supposed to carry out when he or she is no longer hypnotized.

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Question 6



Fact or Fiction. Hypnosis can reduce pain.

Feedback: Take two subjects, one hypnotized and the other not, and place both of their arms in a bucket of ice water. How long can a person stand the pain from the freezing water? The hypnotized can hold their arms in ice for more than fifteen minutes without reporting pain. This is much longer than the other subject.