

The American Society of Clinical Hypnosis

COLUMN BEGINS IN THIS ISSUE



AIRLINES

Fares on United Airlines on Travel to Seattle

of Clinical Hypnosis to offer special airfares (not attend the Annual Meeting in Seattle and Travel inclusive.

on the applicable standard Coach (Y class) fare or (for those staying over a Saturday night) a 10 percent discount off United's already apply follow these easy steps:

ent phone United's toll-free number at 800-521-1-722-5243 extension 6608 (Alaska, Hawaii). Call 0 a.m. and 8:00 p.m. E.S.T.

ount number 606P.

ation and make reservations for all flights and fares. I ASCH fare is available on United flights within the

o your home or office; or, you may purchase them ver means of ticketing you choose, the special ASCH reservation is made through your special United 800

availability. Fares are guaranteed at time of ticket



Congress nosis and Medicine o, Canada J-15, 1985

FORM

Registration fees avail-

Postal Code

The organizers of the 10th Congress have informed us they have 600 plus registrants as of this writing and look toward many more. You will want to join your colleagues for this outstanding international event. The scientific program will

Clinical Exchange: A Forum for Members to Ask Questions of Clinical Relevance

"What is mutual hypnosis and its benefits or risks?"

Mutual hypnosis is a technique I developed in the 1960s to explore some of the phenomena of deep hypnosis. I was inspired by some of Milton Erickson's early work. In its original form, mutual hypnosis involved selecting two people who were both good hypnotic subjects and were trained as hypnotists. I had several sessions with each of the participants separately, hypnotizing them, assessing susceptibility, and teaching a self-report depth scale procedure, the Extended North Carolina Scale (Tart, 1970; 1972). These sessions also served to establish rapport with me as hypnotist, and included suggestions that they would always be in rapport with me in future hypnosis sessions, even if someone else induced the hypnosis. This is an important safety procedure.

Finally the two participants worked together. I had A hypnotize B until self-reports indicated a moderate trance depth had been reached. Then B, while hypnotized, hypnotized A, who then deepened B's state, who then deepened A's state, etc. The imagery of the induction suggestions used by the participants spontaneously led to vivid inner "journeys" which were highly synchronized because of their verbal interactions with and suggestions to each other while in hypnosis.

Several sessions in this mutual hypnosis mode produced far greater trance depths than either had experienced in individual sessions with me, and also produced phenomena of a psychedelic-like quality. The mutual hypnosis also markedly altered the participants' ordinary social relationship, leading to feelings of great intimacy as a result of sharing profound and unusual inner experiences. They felt that their experiences were not "just" subjective but touched some deeper reality. This apparent "reality" of what was supposed to be only "subjective" was disturbing to one of the participants. The unexpected intimacy was also disturbing to significant others in the participants' lives. More details are available in the original report (Tart, 1967) or in the more conveniently available reprint of it in my "Altered States

References:

Tart, C. T. (1967), Psychedelic experiences associated with a novel hypnotic procedure, mutual hypnosis. *Amer. J. Clin. Hypnosis*, 10, 65-78.
Tart, C. T. (1969), *Altered States of Consciousness: A Book of Readings*. New York: John Wiley & Sons. Currently in print from Doubleday-Anchor.
Tart, C. T. (1970), Self-report scales of hypnotic depth. *Int. J. Clin. Exp. Hypnosis*, 18, 105-125.
Tart, C. T. (1972), Measuring the depth of an altered state of consciousness, with particular reference to self-report scales of hypnotic depth. In E. Fromm & R. Shor (Eds.), *Hypnosis: Research Developments and Perspectives*. Chicago: Aldine/Atherton, pp. 445-477.

Announcement

The American Board of Medical Hypnosis wishes to announce its new slate of officers serving a two-year term. President, Charles B. Mutter, M.D.; Vice President, Edward O. Hunt, M.D.; and Secretary-Treasurer, Thurman Mott, Jr., M.D. The American Board of Medical Hypnosis will be conducting examinations for certification for physicians in Toronto, Canada, at the ISH meeting August 10-14, 1985. Applications should be submitted three months prior to examination. Any request for information should be sent to Thurman Mott, Jr., M.D., Institute of Psychiatry and Human Behavior, University of Maryland School of Medicine, Baltimore, Maryland 21201.

Seattle Revisited

We will be returning to Seattle, Washington for our 28th Annual Workshops and Scientific Program. The Westin Hotel will again be our host. You may remember it as the Washington Plaza Hotel.

We are looking forward to outstanding Workshops co-chaired by Daniel Cohen, M.D., and Carol Herbert, M.D., and a

to your home or office; or, you may purchase them
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 e reservation is made through your special United 800

st availability. Fares are guaranteed at time of ticket



10th Congress on Hypnosis and Medical Medicine Toronto, Canada August 10-16, 1985

REGISTRATION FORM

Registration fees available

Postal Code _____

Student Other

Member fees are shown in brackets

Until June 30, 1985	AMT ENCLOSED
\$400 (500)	
360 (400)	
140 (170)	
150 (150)	
90 (115)	
40 (45)	
40 (40)	

Required with registration
 for Scientific sessions only
 to be paid with your receipt, and reservation
 fee. An administration fee will be
 charged on bank draft payable in US funds

The organizers of the
 10th Congress have informed
 us they have 600 plus
 registrants as of this writing
 and look toward many more.
 You will want to join
 your colleagues for
 this outstanding
 international event.

The scientific program will
 be available in April, tours of
 the city are arranged and all
 registrants will be receiving
 information soon.

The ASCH will be sponsoring
 a Membership Luncheon on
 Wednesday, August 14, and
 the 10th Congress Registrar
 will be selling tickets for that
 function. Members are
 encouraged to attend,
 non-members are welcomed.

Finally, remember the
 U.S. Dollar is enjoying an
 excellent rate of exchange,
 so Americans can take
 advantage of the
 fine shopping in the city,
 as well as cost of hotels
 at Canadian prices.

Register now!

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 of Consciousness" book (Tart, 1969).

I hoped my original research would spark
 further investigation by many practition-
 ers, but actually little was done, at least as
 far as published results go, as there are
 only partial and scattered references in
 the literature. I suspect this was because
 clinicians realized that mutual hypnosis
 was an exceptionally powerful, but still
 not understood, technique. I believe that
 with talented hypnotic subjects it can be
 comparable to participating in a joint LSD
 session.

Mutual hypnosis is not a well-understood
 clinical technique, so I can only recom-
 mend it in an investigative context with
 skilled therapeutic backup available to
 work with possible untoward conse-
 quences. I can see it leading to powerful,
 shared delusions, as well as personal
 growth, if not used properly. When we
 have considerably more understanding of
 it, mutual hypnosis will be a powerful
 therapeutic and growth tool.

Charles T. Tart, Ph.D.
 Psychology
 University of California
 Davis, CA 95616

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 Workshops co-chaired by Daniel Kohen,
 M.D., and Carol Herbert, M.D., and a
 fine new Scientific Program co-chaired by
 Roger Klauer, M.D., and Candace
 Erickson, M.D.

Abstracts are being accepted now for de-
 cision and assignment as well as probable
 publication in either the American Journal
 of Clinical Hypnosis or a special collection
 of abstracts from the 28th Annual Scien-
 tific Program. You may obtain an abstract
 form and instructions by contacting the
 National Office.

It is not too early to consider air reserva-
 tions to take advantage of special air
 fares. Please look for the information on
 air fares in this issue.

28th Annual Meeting of ASCH:

Sunday, March 16, 1986 - 3:00 P.M.

Registration begins

Monday-Wednesday

March 17-19, 1986

Annual Workshops

Thursday-Saturday

March 20-22, 1986

Annual Scientific Program

Friday, March 21, 1986

Annual Awards Banquet

ASCH Newsletter, 1985, 26,

No 7, 1.