

1962 \$2.50

# FASHION 2001

JONAS SALK  
SPEAKS OUT

SMART DINOSAURS

4TH-DIMENSION  
CHAIRS

THE NEW  
SILICONOMY

PAST-LIFE SKIING



Denmark 28.75 DKr  
Finland 16 FM  
France 25 FF  
Germany 11 DM  
Greece 250 Dr  
Italy 4.500 L  
Spain 410 P

To the Editor,

Keith M. Hearne (JSPR, June 1982) is correct in pointing out that a number of investigators who have studied hypnosis, notably T. X. Barber and his followers, do not believe there is any need to postulate any special "state" underlying hypnotic phenomena. As someone who has been involved in modern hypnosis research for 20 years, however, I would like to balance this point by noting that Barber's views are not accepted by many of the leading investigators studying hypnosis or by the majority of clinicians using it. I and other prominent investigators consider much of Barber's research biased in favor of "explaining away" hypnosis in a way that makes it methodologically inadequate, and so of much more limited applicability than it is generally credited with. Many of us consider that in some individuals hypnosis is, indeed, an altered state of consciousness. In other individuals, hypnotic-like behavior can indeed be manifested as part of their ordinary functioning, and it simply confuses the issue to attribute an altered state to these latter people.

The important thing is not to use the term hypnosis too glibly: it has been used far too broadly in the past. We need to assess the actual changes in individuals' mental states that go along with processes traditionally associated with inducing hypnosis, not simply assume that an altered state occurs automatically: it does not. Fuller discussions can be found in my States of Consciousness book (Tart, 1975) as well as elsewhere (Tart, 1972a; 1972b; 1978; 1979; 1980). As I have argued repeatedly, a sophisticated use of hypnosis (Tart, 1980) may have great potentials for enhancing psi functioning.

Charles T. Tart

Department of Psychology  
University of California  
Davis, CA 95616 USA

## References:

- Hearne, K. M. (1982), Letter to the Editor. J. Soc. Psych. Res., 51, 319-320.
- 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, 1972, pp. 445-477. (a)
- Tart, C. T. (1972), States of consciousness and state-specific sciences. Science, 1972, 176, 1203-1210. (b)
- Tart, C. T. (1975), States of Consciousness. New York: Dutton.
- Tart, C. T. (1978), Psi functions and altered states of consciousness. In B. Shapin & L. Coly (Eds.), Psi and States of Awareness. New York: Parapsychology Foundation, pp. 180-210.
- Tart, C. T. (1979), Quick and convenient assessment of hypnotic depth: Self-report scales. Amer. J. Clin. Hypnosis, 21, 186-207.
- Tart, C. T. (1980), Using altered states of consciousness to facilitate or study psi: Some methodological suggestions. In W. Roll (Ed.), Research in Parapsychology 1979. Metuchen, N.J.: Scarecrow Press, 1980, pp. 11-12.