

LESSON FOUR

Cautions of Hypnosis

Introduction

Prior to 1958 neither Dr. Milton Erickson nor Harry Arons were concerned about teaching “dangers” during 3-day workshops.

CAUTIONS TO THE HYPNOTIST

1. Problem similar to that encountered by doctors, dentists, psychologists, and psychiatrists. There is the possibility of being sued by some unscrupulous person (male or female) for blackmail purposes, claiming that something of a sexual nature occurred.
2. A rare “transference” phenomena, wherein a disturbed client accuses and believes that a sexual attack/experience actually happened.

It is important to realize hypnosis can be erotic. Arousal of emotions in hypnosis can occur, and can cause possible male/female turn-ons.

To avoid either of above problems, it is a good idea to always have a recorder in view. If any problem is suspected, turn it on! Answer possible client objection to recording by stating it is necessary for reviewing session at later date.

If a more serious problem is suspected, it might be necessary to have someone else present, or at least within earshot. If any sort of sexual arousal is encountered, important to keep soothing dialogue going. Say, “remain calm, peaceful, relaxed, tranquil.” Do not continue to use words suggesting hypnosis, or sleep. Do not continue any form of hypnosis until calming is taking place.

3. Remote possibility that the hypnotist himself could suffer a heart attack or a stroke in the middle of a session. Client will then either fall asleep, or emerge—hypnosis cannot be sustained without a continuing dialogue.