

Hypnotherapy for comprehensive development : Vol. 3

# Autohypnotherapy (Part 2)

For medical, paramedical, non-medical  
professionals and non-professionals as well  
(Techniques and application in various fields)

(English)

**Compiler**

**Paratpar Guru (Dr) Jayant Balaji Athavale**

**Founder** : 'Sanatan Sanstha' & 'Maharshi Adhyatma Vishwavidyalay'

**Source of inspiration for** : 'Hindu Janajagruti Samiti'  
and the mission of establishing the 'Hindu Nation'



**Sanatan Sanstha**

- ❖ Gift this text to at least 10 relatives & office colleagues !
- ❖ Request libraries, hospitals etc. to keep this Holy text !

## Preface

After doing research in the field of hypnotherapy for nearly twenty-five years, we felt that the purpose of our endeavours would be fulfilled if we compiled all the knowledge we had acquired in this sphere. This resulted in the 2 Volumes of Autohypnotherapy.

These two volumes shall certainly prove to be useful to medical professionals, para-medical professionals, non-medical professionals and non-professionals (all others) as well, as it explains the techniques of hypnotherapy and the methods of formulating suggestions in a simple yet systematic manner.

In Volume 2 we go into the details of therapist-patient relationship & treatment using the techniques of hypnotherapy. The common and special techniques of hypnotherapy are described and their use in different medical specialities is discussed. Details such as the course, duration, cost, etc. of treatment are also dealt with. We have provided information on therapeutic accessories and prognosis. A comparative section towards the end describes the superiority of this therapy above others.

A separate extensive chapter describes the use of Hypnotherapy in various medical and non-medical specialities. In this we have also described how autohypnotherapy can be used in the field of sports, acting, education etc.

In both volumes we have presented case histories ranging from simple issues such as nail-biting to complex issues such as seizures & hallucinations. These make interesting reading & help us understand the wide spectrum of Autohypnotherapy.



This volume includes the use of autohypnotherapy in cases regarding multiple addictions, visual hallucinations & nail-biting. It also has case reports of the use of autohypnotherapy in psychogenic eosinophilia, yogic exercises as pre-hypnotic agent in a non-communicative patient, hypnosis as a substitute for premedication and as an adjuvant to local or general anaesthesia and autoypnotherapy for psychosomatic gagging

We have provided charts to obtain necessary history for dealing with sexual problems and stammering and also an 2 appendices describing the autoypnotherapy and heterohypnotherapy exercises & listing the hypnotherapy techniques to overcome stress

In Volume 2 we have also ventured into the paranormal or para-psychological sphere. We have presented cases wherein spiritual hypnosis & hypno-psychic healing were used to treat physical and psychological problems. These are self esteem enhancement through spiritual hypnosis and hypnopsychic healing for treating eczema & shoulder pain.

If hypnotherapy is practised appropriately based on the principles explained in the two volumes, it will assist in making one's personality healthier and enable one to become happy. Once the personality becomes healthy it is easier to make rapid spiritual progress and achieve an ideal personality by practising Spirituality. For more details on spiritual practice, our books on the 'Science of Spirituality' will prove handy. We hope this endeavour shall popularise hypnotherapy at the grass root level and also facilitate its development as a super speciality in India as well as abroad.



# Chapter 1

## Patient-Therapist Relationship

### Index

<b>1.</b>	<b>Interactions between the patient and the therapist</b>	<b>10</b>
<b>2.</b>	<b>Qualities of the patient</b>	<b>10</b>
<b>3.</b>	<b>Qualities of the hypnotherapist</b>	<b>12</b>
	3A. Knowledge	13
	3B. Experience	13
	3C. Liking for people and desire to help them	14
	3D. Ability to inspire confidence	14
	3E. Telling the truth about the chances of success	15
	3F. Ideal attitude towards a patient	16
	3G. No critical comments	16
	3H. Doing a thorough job	17
	3I. Knowing his limitations	17
	3J. Supreme qualities	18
	3K. His waiting room	18
<b>4.</b>	<b>Patient-therapist interaction</b>	<b>18</b>
	4A. Resistance	19
	4B. Rapport	19
	4C. Therapeutic alliance	19
	4D. Transference	21
	4E. Countertransference	21
	4F. Transference neurosis	22
	4F 1. Cause of development of transference neurosis	23
	4F 2. Preventing the development of transference neurosis and counter transference	24

Chapter 1: Patient-therapist relationship	9
4F 3. Resolution of transference neurosis - A case history	24
<b>5. Therapist's role in different models</b>	<b>26</b>
<b>6. Changing role of therapist according to the present model</b>	<b>29</b>
6A. Changing roles for the therapist and the patient	31
<b>7. Relationship between the patient and the therapist</b>	<b>34</b>
<b>8. Student - teacher relationship</b>	<b>35</b>
8A. Patient as a student	36
8B. Therapist as a teacher	37
8B 1. Teaching	37
8B 2. Homework	38
8B 3. Checking and examination	38
8B 4. Reprimanding	38
8C. Benefits of the student-teacher relationship	39
8C 1. No dependency	39
8C 2. No interruption in therapy	39
8C 3. Avoidance of transference neurosis	40
<b>9. Therapist's disclosure</b>	<b>40</b>
9A. Disclosures in existential and present models	41
<b>10. Patient as sufferer, therapist as expert and both as persons in the therapy</b>	<b>43</b>
10A. Therapist-it : Patient-it	43
10B. Therapist-it : Patient-he	43
10C. Therapist-he : Patient-it	43
10D. Therapist-he : Patient-he	43
<b>11. Transient positive bond</b>	<b>45</b>

## Chapter 2

# Common Techniques of Hypnotherapy

### Index

<b>1.</b>	<b>Our concept of personality</b>	<b>49</b>
	1A. Symptom removal technique	50
	1B. Environmental manipulation	51
<b>2.</b>	<b>Principle behind methods to correct defects in personality</b>	<b>52</b>
<b>3.</b>	<b>Classification of methods</b>	<b>52</b>
	3A. Methods based on inborn qualities	53
	3B. Methods based on modelling	53
	3C. Methods based on experience	53
	3C 1. Positive auto-operant conditioning	53
	3C 2. Positive reinforcement of more adaptive responses such as labelling	53
	3C 3. Withdrawal of the reinforcer	53
	3C 4. Response shaping	54
	3C 5. Hypnotic desensitisation	55
	3C 6. Aversion (negative reinforcement)	55
	3D. Methods based on intelligence	58
	3D 1. Psychofeedback technique	58
	3D 2. Response substitution technique	59
	3D 3. Methods based on unearthing material from the subconscious mind	60
	3D 4. Methods based on teaching a patient values	61
<b>4.</b>	<b>Symptom substitution technique</b>	<b>62</b>

## Chapter 3

# Special techniques of hypnotherapy

### Index

<b>1. Psychofeedback technique</b>	<b>66</b>
1A. Principle	68
1B. Physiological basis of the psychofeedback technique	69
1C. The technique	71
1D. Indications	71
1E. Psychofeedback technique in combination with other techniques	75
1F. Biofeedback and psychofeedback techniques	76
<b>2. Response substitution technique</b>	<b>77</b>
2A. Physiological basis of the response substitution technique	84
2B. The technique	85
2C. Indications	86
2D. Psychofeedback, response substitution and hypnotic desensitisation	86
<b>3. Clarification of response chaining</b>	<b>86</b>
3A. Methods to know the contents of the preconscious and unconscious minds	87
3B. Techniques to perceive the contents of the preconscious mind	88
3C. Dealing with the contents surfacing from the preconscious mind	88
3D. Indications	89

Chapter 3 : Special techniques of hypnotherapy	65
3E. Case history	89
3F. Summary	92
<b>4. Nipping the response chain in the bud</b>	<b>93</b>
4A. Evolution of the technique	93
4B. Discussion	99
<b>5. Incantation and withdrawal of reinforcing stimuli to overcome undesirable qualities in personality</b>	<b>101</b>
5A. Connections between the various centres	102
5B. Conscious mind and various centres	102
5C. Short-circuiting between the conscious mind and various centres	103
5D. Impulses coming to the conscious mind	104
5E. How to erase wrong impressions in the centres	104
5F. Preventing the development of wrong impressions in the centres	108
<b>6. Hypnoanalysis</b>	<b>108</b>
6A. Techniques of hypnoanalysis	108
6A 1. Free association	108
6A 2. Dream induction or completion in a trance or as a post-hypnotic suggestion	108
6A 3. Spontaneous thought technique	108
6A 4. Automatic writing	109
6A 5. Hallucination technique	109
6A 6. Age regression	109
6B. Psychoanalysis and hypnoanalysis	109
6C. Comparison between hypnotherapy and hypnoanalysis	109



## Chapter 4

# Hypnotherapy in various specialities

### Index

<b>1.</b>	<b>Advantages and scope of hypnotherapy</b>	<b>116</b>
<b>2.</b>	<b>Personality traits in some diseases</b>	<b>116</b>
<b>3.</b>	<b>Uses in various fields</b>	<b>117</b>
	3A. General practice	117
	3A 1. Elimination of fear about a doctor from a child's mind	117
	3A 2. Habits such as nail-biting etc.	117
	3A 3. Sex education	118
	3A 4. Increasing patient compliance	119
	3A 5. Revealing the diagnosis of a serious disease	119
	3A 6. Emergencies	119
	3A 7. Pain relief	120
	3A 8. Injection phobia	120
	3A 9. Insomnia	120
	3A 10. Hospitalisation      3A 11. Addictions	120
	3B. Cardiology	121
	3B 1. Cardiac neurosis	121
	3B 2. Essential hypertension and angina pectoris	121
	3C. Neurology	121
	3C 1. Hypnosis as an investigative tool	121
	3C 2. Grand mal (major) epilepsy	121

Chapter 4 : Hypnotherapy in various specialities	113
3D. Chest speciality	122
3D 1. Bronchial asthma	122
3E. Paediatrics and Child Psychiatry	124
3E 1. Treating parents	124
3E 2. Parent education	124
3E 3. Children and hypnosis	125
3E 4. Bed-wetting	126
3F. Dermatology and Venerology	127
3F 1. Warts	127
3F 2. Dandruff	127
3F 3. Excessive perspiration	127
3F 4. Venerophobia	127
3F 5. Itching	128
3F 6. Neurodermatitis	128
3G. Psychiatry	128
3G 1. Psychiatric illnesses	128
3G 1A. Phobias	128
3G 1B. Addictions	128
3G 1C. Psychosomatic illnesses	131
3G 1D. Students' problems	134
3H. Sex therapy	135
3H 1. Impotency and frigidity	135
3H 2. Prognosis	136
3H 3. Treatment of impotency and frigidity	136
3H 4. Duration of therapy	136

3H 5. Homosexuality and lesbianism	137
3I. Surgery	137
3I 1. Supplementing a surgical procedure with hypnotherapy	137
3I 2. Mentally preparing the patient for surgery	138
3J. Cancer	140
3J 1. Uses of hypnotherapy	140
3K. Plastic surgery	141
3L. Gynaecology and Obstetrics	141
3L 1. Gynaecology	141
3L 1A. Frigidity and functional sterility	141
3L 1B. Dsyfunctional uterine bleeding	141
3L 1C. Functional amenorrhoea	141
3L 1D. Functional dysmenorrhoea	141
3L 2. Obstetrics	142
3L 2A. Causes of pain during labour	142
3L 2B. Schedule for teaching autohypnosis to pregnant women	142
3L 2C. Advantages of using hypnotherapy during surgery and labour	143
3L 2D. Specific advantages of using hypnotherapy during labour	143
3L 2E. Advantages of using hypnosis in the post-operative or post-partum period	143
3L 2F. Specific advantages of using hypno- therapy during the post-partum period	144

Chapter 4 : Hypnotherapy in various specialities	115
3M. Anaesthesia	144
3M 1. Mechanism of hypnosis to relieve pain	144
3M 2. Advantages of hypnotic anaesthesia	145
3M 3. Disadvantages of hypnotic anaesthesia	145
3M 4. Indications for hypnotic anaesthesia	146
3N. Pathology and Radiology	146
3N 1. Explaining reports to patients	146
3N 2. Obtaining semen samples	147
3O. Physiotherapy	147
3P. Speech therapy	147
3Q. Dentistry	148
3Q 1. Overcoming a patient's anxiety and fear about a dental procedure	148
3Q 2. Analgesia and anaesthesia	148
3Q 3. Control of a syncopal attack	148
3Q 4. Control of bleeding	149
3Q 5. Control of salivation	149
3Q 6. Induction of muscular rigidity of the jaw and neck	149
3Q 7. Extent of the period of analgesia	150
3Q 8. Impression tolerance and control of gagging	150
3Q 9. Tolerance of prosthetic and orthodontic appliances	150
<b>4. Future of medical hypnosis</b>	<b>151</b>

## Chapter 5

### Therapeutic accessories

#### Index

1.	Drugs	168
1A.	Indications for prescribing drugs	169
2.	Electroconvulsive (shock) therapy (ECT)	170
3.	Audio cassette recordings	170
4.	Records	171
5.	Drugs to induce a trance	172
6.	Electro-hypnosis	173
7.	Occupational therapy	173

#### Sanatan's Holy text in the 'Parenting' series

##### How to inculcate good sanskars in children ?

This text mentions how instead of moulding your child only at the worldly level, it should be moulded at the level of Chaitanya so that it helps in sowing the seed of spiritual sanskars, transforming it into a ideal citizen. Since the manifestation of sanskars is less and



the seeds of sanskar on the mind are dormant in the child-state, it is possible to destroy the seeds at the level of Chaitanya. This text provides indepth guidance on how to mould the mind of your child by explaining the science behind every small action.

**Chapter 6**  
**Duration and cost**  
**effectiveness of Hypnotherapy**

**Chapter 7**  
**Prognosis**

**Chapter 8**  
**Guidelines for treatment of outstation patients**

**Chapter 9**  
**Comparison of Autohypnotherapy**  
**with other therapies**

**Index**

<b>1.</b>	<b>Various therapies</b>	<b>186</b>
<b>2.</b>	Comparative study of different models of psychotherapy & Personality defect model of psychotherapy	186
	2A. Psychology of man according to various models	187
	2B. Psychopathogenesis according to various models	188
	2C. Principles and aims of therapy in various models	188
	2D. Method of therapy in various models	189

Chapter 6 : Duration and cost effectiveness of hypnotherapy	175
2E. Consideration of other points about methods of therapy in various models	191
2F. Psychopathogenesis according to various Human existential models and Personality defect model	192
2F 1. Methods of therapy in Client centered and Personality defect models	192
2F 2. Methods of therapy in Existential and Personality defect models	193
2F 3. Methods of therapy in Gestalt and Personality defect models	193
2F 4. Methods of therapy in Rational, Reality and Personality defect models	194
2G. Psychotherapy and hypnotherapy	194
2H. Group therapy	195

## **Chapter 10**

### **Hypnotherapy in psychogenic eosinophilia - Case report**

#### **Index**

<b>1. Case history</b>	<b>202</b>
<b>2. Psychopathogenesis</b>	<b>203</b>
2A. Root causes	203
2B. Stressors	203
2C. Result	204

2C 1.	Secondary undesirable qualities resulting from regression due to the above causes	204
2D.	Treatment	204
2E.	Progress	209
2F.	Psychological tests	209
2F 1.	The 16 Personality Factor (PF) test : Sten core	209
2F 2.	Edwards Personality Preference Schedule (EPPS)	209
2F 3.	Apparent deterioration in some qualities	210
2F 4.	Desired change in some qualities	211
2F 5.	No desirable change or deterioration in some qualities	211
2G.	Discussion	212