

FOCUS

SEPTEMBER 2026

SCEH SOCIETY FOR CLINICAL &
EXPERIMENTAL HYPNOSIS



INSIDE THIS ISSUE

- 2 • Message from the President
- 4 • Membership Benefits Reminder
- 5 • Annual Conference
- 6 • Member News
- 9 • Upcoming SCEH Events
- 10 • IJCEH News
- 13 • IJCEH Recent Publications

FOCUS is published quarterly and features news and information for members of the Society for Clinical and Experimental Hypnosis (SCEH).

This issue prepared by:
Kaitlin Seidenberg, B.S.
Alex Hood, M.S.
Will MacDonald, B.S.
Michele Melasecca, M.S.
Nicholas Kenneth K. Smythe, III, B.S.

MESSAGE FROM THE PRESIDENT

Dear Members,

THE 2026 ANNUAL CONFERENCE

Mark your calendars now! The SCEH Annual Conference will take place October 14 – 18, 2026, and the program looks exciting. The conference theme is *Circuits of Consciousness: Hypnosis, AI, and Psychedelic-Assisted Change*. Starting off the conference is a workshops program that is rich and extensive. We will provide three days of Introductory and Intermediate Clinical Hypnosis Workshops followed by a robust schedule of Advanced Workshops.



Our Conference Committee has scheduled three outstanding Keynote Speakers, with international reputations, to address the meeting theme.

- Peter Gardner, MD, will speak on: *Can Machines Think? Hypnosis, Artificial Intelligence, and the Emerging World Model*. Dr. Gardner is a board-certified physician in internal medicine and gastroenterology, with 30 years of clinical experience, who regularly integrates hypnosis into clinical practice.
- Etzel Cardena, PhD, will speak on: *An Expert, Multidisciplinary, Phenomenologically-Based Taxonomy of States*. Dr. Cardena is a past-president of both SCEH and Division 30 of the APA, and a leading researcher on topics related to hypnosis, altered states, and anomalous experiences.
- Amir Raz, PhD, will speak on: *The Iron Triangle: Altered Consciousness, Hallucinogens, and Health*. Dr. Raz is a trailblazing scholar, whose research has documented how mindset can alter neurophysiology and how distinct brain states drive powerful mind-body effects.

Following three days of workshops, the Scientific Program will open with a Presidential Symposium on the growing evidence-base for hypnosis applications. I have assembled a panel of past-presidents and our president elect, to address several areas of hypnosis application, and look forward to a lively discussion.

- Barbara S. McCann, PhD, Past President, will address: *The Efficacy of Hypnosis for Functional Seizure Disorders*.
- Gary Elkins, PhD, Past-President, will provide a research update on: *Hypnosis Interventions in Women's Health during the Menopause Transition*.
- Jessie Markovits, MD, President-Elect, will address: *The Efficacy of Hypnosis for Medical Applications*.
- Ciara Christensen, PhD, Past-President, will address: *The Efficacy of Hypnosis for Anxiety*.

Message from the President

Saturday and Sunday are packed with a variety of rich research presentations, and we will also have a poster session. Networking sessions will round out the days.

The entire program, in all detail, is available at www.sceh.us/2026-annual-conference-info. Please make plans to attend the program yourself, and invite your friends and colleagues to consider attending as well.

My thanks to the 2026 Conference Committee, especially Overall Co-Chairs Jessie Markovits and Deanna Denman, for their hard work in assembling this outstanding lineup.

Webinar Series

Meanwhile, we have several fascinating webinars scheduled in the coming months:

October 9, 2026, 12 Noon Eastern Time - Audrey Van Haudenhuyse, PhD, From Mind to Medicine: Modified States of Consciousness in Patient Care.

November 13, 2026, at Noon Eastern Time - Samuel B. Lurie, MSW, LICSW, MEd, Health, Hope and Happiness: Incorporating Clinical Hypnosis into Primary Care.

November 20, 2026, 12 Noon Eastern Time - Devin B. Terhune, PhD, Hypnotic Responding: Characteristics, Measurement, and Modification.

The 2027 Webinar series is taking shape as well, and will feature such high-demand speakers as Bill O'Hanlon, Mark Jensen, and Elvira Lang.

My thanks to the Education Committee for their work in assembling the Webinar Series. You may learn more about these webinars at www.sceh.us/webinars

I look forward to seeing you at an upcoming SCEH event.

Warm regards,
Donald Moss, PhD, SCEH President

Membership Benefits



✓ EXCLUSIVE TRAINING & CONTINUING EDUCATION

Access world-class workshops, webinars, and conferences taught by leading experts in clinical hypnosis, psychotherapy, medicine, and behavioral health.

✓ PROFESSIONAL COMMUNITY & MENTORSHIP

Connect with a supportive network of practitioners and researchers who are passionate about advancing ethical, effective hypnosis practice.

✓ RESEARCH & ACADEMIC RESOURCES

Stay current with the latest findings through member-only publications, research opportunities, and collaborations.



✓ DISCOUNTS ON EVENTS & CERTIFICATION PATHWAYS

Enjoy reduced rates for SCEH's flagship events—including the Annual Conference and Midyear Workshops—plus support for SCEH certification

✓ LEADERSHIP & SERVICE OPPORTUNITIES

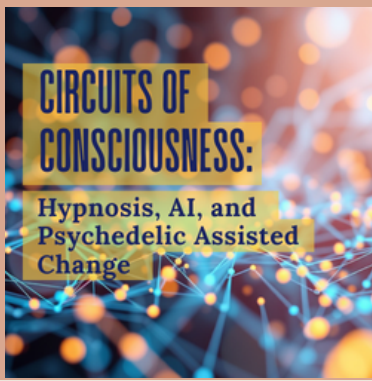
Serve on committees, contribute to the field, and help shape the direction of clinical hypnosis education and practice.

✓ VISIBILITY & PROFESSIONAL RECOGNITION

Boost your professional profile through membership listings, presentation opportunities, and involvement in SCEH initiatives.



JOIN SCEH NOW: [HTTPS://WWW.SCEH.US/MEMBERSHIP-BENEFITS](https://www.sceh.us/membership-benefits)



SCEH 2026 Annual Conference

OCTOBER 14-18, 2026

Wednesday to Sunday

ONLINE VIA ZOOM



Circuits of
Consciousness:
Hypnosis, AI, and
Psychedelic-Assisted
Change

77TH ANNUAL WORKSHOPS
AND SCIENTIFIC PROGRAM

Conference information:

<https://www.sceh.us/2026-annual-conference-info>

INCLUDES INTRODUCTORY,
INTERMEDIATE AND
ADVANCED WORKSHOPS
PLUS A SCIENTIFIC PROGRAM

Earn up to 21 CE/CME -- see
the conference website for
Continuing Education details.

Member News

ZOLTAN KEKECS, PHD

Call for submission to Special issue of Scientific Reports

Dear Fellow Members!

If you are working on a manuscript on the topic of clinical hypnosis, please consider submitting it to the new Clinical Hypnosis Collection at Scientific Reports. See the details below.

Call for Submissions – Journal: Scientific Reports

Scientific Reports has a 2-year impact factor of 3.9 and is the 3rd most cited journal globally. Scientific Reports is an open-access journal.

Special Collection on Clinical Hypnosis

Submission status: Open

Submission deadline: 08 October 2026

Clinical hypnosis has been extensively used as a tool in psychotherapy to help manage stress, anxiety, chronic pain, and sleep problems. It has also been used in addictive behavior change, offering great benefits to clinical practice. Yet, hypnotherapy is not typically used by clinicians as a primary intervention; instead, it is usually combined with evidence-based clinical approaches to treating certain conditions. This Collection welcomes original research articles investigating the effectiveness of hypnosis in clinical practice. The paper must report original research. Meta-analyses and secondary analysis of existing data are also eligible. However, reviews and systematic reviews without meta-analyses are not permitted.

Editors: Donald Moss, PhD, Krisztian Kasos, PhD & Zoltan Kekecs, PhD

Details on Submissions: <https://www.nature.com/collections/cecafhhfbh>

Member News

TIAGO GARCIA, MSC

Tiago Garcia, MSc, was recently interviewed by Revista CBN, an important Brazilian news and radio program, to discuss his research and professional work in hypnosis. In the interview, he spoke about the scientific study of hypnosis, its applications in mental health, and the importance of communicating evidence-based information about hypnosis to the wider public in Brazil.

Tiago is currently the Principal Investigator of a research project at King's College London combining ASMR and self-hypnosis as a brief intervention for anxiety and emotional regulation. This project explores how audio-based, suggestion-focused interventions may support mental health and wellbeing.



MICHAEL D. YAPKO, PHD

SCEH members Shawn R. Criswell, PhD, and Michael D. Yapko, PhD, are pleased to announce the release of the new 3rd edition of the classic text, *Essentials of Hypnosis*. This updated edition provides a solid introduction to the field, highlighting both the art and science of hypnosis. The book is divided into two sections: the first emphasizes the conceptual and research framework for hypnosis and includes chapters on misconceptions, contemporary theories, phenomenology, social psychology, and the mind-body relationship. The second section emphasizes practical applications and offers chapters on structured and conversational inductions, eliciting hypnotic phenomena, designing and delivering clinical interventions with hypnosis, the use of metaphor, and the dynamics of utilizing process-oriented hypnosis. The book contains 21 chapters and four appendices. These include their top recommended perspective and skill-building exercises to facilitate the learning of hypnotic approaches. The 243-page book is published by Routledge and is available as of August 11.

Member News

DR. SYED SHARIQ HASAN

Flash Poster Presentation- FP49

Hypnotherapy for IBS in the UK - Survey of access, perceived benefit and barriers to provision amongst interested healthcare professionals

Authors of the poster include:

Dr. Syed Shariq Hasan, Dr. Jane Boissiere, Dr. Gillian Smith, Mrs. Jean Rogerson, Dr. Kathryn Kinmond, Mrs. Hilary Walker, Mr. Chris Perrin, Ms. Concetta Brugaletta, Mrs. Liane Reeves, Mrs. Hannah Colemans, Mrs. Joanne Collinson, Mrs. Tracey Foy, Professor Peter Whorwell, Dr. Dipesh Vasant.



Please join us for these upcoming SCEH Events!

The SCEH Webinar Series allows busy health care professionals to obtain high-quality clinical hypnosis training that is convenient, reasonably priced, and includes continuing education (CE) credit for licensure or certification. (Learn more about SCEH Certification at www.sceh.us/certification.) Led by hypnosis experts, topics are varied and designed to impart actionable insights that can be employed immediately with patients. SCEH Webinars are co-sponsored by SCEH and The Office of Continuing Education at The Chicago School. All webinars will offer 1.5 APA CE credits for Psychologists and 1.5 BBSCEUs for Counselors and Social Workers. In order to receive CE/CEU credits or a participation certificate for training, participants are required to be in attendance for the entire program. All webinars occur on Fridays (unless otherwise noted) from 12:00–1:30 PM Eastern Time USA*

Choose from these options to participate:

- Attend live, online -- Attend our monthly series of live, online webinars, offered on a variety of clinical hypnosis topics.
- Attend later -- Access our library of past webinars, available on demand, 24/7 through our SCEH Homestudy Courses. Recordings become available within a few weeks after the live webinar date. Note that the Homestudy Courses CE process differs from that of our live webinars.

SCEH is a co-sponsor and wishes to draw your attention to this upcoming event:

Placebo, Hypnosis, and Functional Disorders (PHFD 2026)

Bridging Basic Research and Clinical Innovation

Nancy, France

October 14-16, 2026

This event seeks to bring into dialogue three domains that have historically developed along largely separate trajectories: placebo and nocebo research, hypnosis and suggestion, and functional disorders. These fields are increasingly converging toward common theoretical frameworks, while also offering complementary methods and empirical findings drawn from their distinct disciplinary histories that can inform and enrich one another.

[Click here to learn more](#)

Hypno-Anesthesia: Myth and Reality

Presented by Dr. Brice LeMaire

Friday, September 11, 2026

9am-10:30am PT / 11am-12:30pm CT / 12pm-1:30pm ET

[Click here to learn more](#)

From Mind to Medicine: Modified States of Consciousness in Patient Care

Presented by Audrey Vanhaudenhuyse, PhD

Friday, October 9, 2026

9am-10:30am PT / 11am-12:30pm CT / 12pm-1:30pm ET

[Click here to learn more](#)

Health, Hope and Happiness: Incorporating Clinical Hypnosis into Primary Care

Presented by Samuel Lurie, MSW, LICSW, MEd

Friday, November 13, 2026

9am-10:30am PT / 11am-12:30pm CT / 12pm-1:30pm ET

[Click here to learn more](#)

Hypnotic responding: characteristics, measurement, and modification

Presented by Devin B. Terhune, PhD

Friday, November 20, 2026

9am-10:30am PT / 11am-12:30pm CT / 12pm-1:30pm ET

[Click here to learn more](#)

****Sign up or find more webinars and details here: <https://www.sceh.us/webinars>**

The logo for The International Journal of Clinical and Experimental Hypnosis (IJCEH). It features the text "THE INTERNATIONAL JOURNAL OF" in a small, dark blue, sans-serif font at the top. Below this, the words "Clinical and Experimental" are written in a large, elegant, dark blue script font. At the bottom, the word "HYPNOSIS" is written in a large, bold, dark blue, sans-serif font. The entire logo is set against a light beige background within a dark brown rectangular frame.

THE INTERNATIONAL JOURNAL OF
*Clinical and
Experimental*
HYPNOSIS

IJCEH UPDATES

The IJCEH is the #1 most cited hypnosis journal. In addition, the IJCEH now posts regular updates on social media. Following the IJCEH on social media (Instagram, Facebook, YouTube) can help keep you in the loop on recent articles, event information, and exclusive content from some of our expert authors, through our Author Spotlight Interview Series. Below are the links to IJCEH Instagram and Facebook.

- Instagram: @IJCEH_ (Link: <https://www.instagram.com/ijceh/>)
- Facebook: International Journal of Clinical and Experimental Hypnosis (Link: <https://www.facebook.com/IJCEHyp/>)

IJCEH SOCIAL MEDIA–AUTHOR SPOTLIGHT SERIES

The IJCEH posts interviews with authors on YouTube. As part of our Author Spotlight series, you can find exclusive content from expert authors of selected articles published in the IJCEH. The link to the IJCEH YouTube is:

- YouTube: @IJCEH (Link: <https://www.youtube.com/@IJCEH>)

The latest IJCEH post on YouTube is an interview with Dr. Kwartarini Wahyu Yuniarti from Malaysia. Dr. Yuniarti interviewed about the recent IJCEH publication “Clinical Hypnosis for Chronic Illnesses: A Scoping Review of Randomized Controlled Trials.” Dr. Kwartarini Wahyu Yuniarti is a Professor of Clinical Psychology at Gadjah Mada University.

Interview: <https://www.youtube.com/watch?v=Ilt4J8FrMEA>

IJCEH Social Media - Author Spotlight Series: Continued

Looking to the future, the next upcoming Author Spotlight Interview will be with Dr. Kwartarini Wahyu Yuniarti from Malaysia. Dr. Yuniarti will be interviewed about the recent IJCEH publication “Clinical Hypnosis for Chronic Illnesses: A Scoping Review of Randomized Controlled Trials.” Dr. Kwartarini Wahyu Yuniarti is a Professor of Clinical Psychology at Gadjah Mada University.

Stay in the Know

Know when new articles or issues are published by signing up for new content alerts at the IJCEH publisher’s website: <https://tandfonline.com/ijceh>. Click “New Content Alerts,” enter your email, and select your preferred frequency!

Publishing in IJCEH

The International Journal of Clinical and Experimental Hypnosis receives all manuscript submissions electronically via the Taylor & Francis submission portal located at <https://rp.tandfonline.com/submission/create?journalCode=NHYP>

Accepted articles are published on a rolling bases on-line ahead of print, allowing for timely author citations.

Instructions to authors can be found at: <https://www.tandfonline.com/action/authorSubmission?show=instructions&journalCode=nhyp20> Contact us at: IJCEH@baylor.edu

As a reminder, the IJCEH accepts many types of papers, including

Empirical research (e.g., clinical trials, neurophysiological studies, mechanistic studies, feasibility studies, replications). Clinical papers (e.g., well-designed multiple- or single-case studies); systematic reviews, meta-analyses, research-informed theoretical papers, & significant historical or cultural material. Topics can include: Hypnosis, hypnotizability, and hypnotherapy in psychology, psychotherapy, psychiatry, medicine, dentistry, wellness, nursing, and related areas; and studies relating hypnosis to other phenomena (e.g., mindfulness, contemplative practices, & consciousness).



Editor-in-chief: Gary R. Elkins, PhD

OPEN SCIENCE BADGES:

Consider publishing your research with an Open Science Badge! These Badges are implemented to acknowledge open science practices and serve as incentives for researchers around the world to share data and materials associated with the publication. Publishing with an Open Science Badge signals to the reader that the content has been made available and certifies its accessibility in a consistent location.

Have you considered what Open Access Publishing can do for your research?

Open Access publications are a great way to extend the reach of your work. Publishing your accepted article in the IJCEH is free, but some authors elect to cover the costs of publishing, making their paper freely available to anyone online. The number of authors electing to publish their articles with Open Access in the IJCEH has been increasing. Open Access papers have many more views, more readers, and usually more citations. This is beneficial to the authors and to the journal! If your manuscript is accepted, consider Open Access publishing, and email us with any questions.

Follow us on Social Media

Here are some X (Twitter) accounts to follow! You can keep up to date on recent articles, event information, the latest news from hypnosis societies, and discussions on hypnosis research.

- YouTube: @IJCEH
- The IJCEH's Official X (Twitter) Account: @IJCEH
- Follow the Editor of the IJCEH: @ElkinsGary
- Taylor & Francis Research Insights' Official Twitter Account: @tandfonline
- Find us online at: www.tandfonline.com/nhyp

We are pleased to share abstracts from the articles published in the
most recent issue of



The latest issue centers on measurement, mechanisms, and applied contexts of hypnosis and hypnotizability. Several articles advance methodology and assessment: Cserni et al. introduce the SHARE program for standardized training of research assistants in administering hypnotizability scales. A cluster of studies probes the cognitive mechanisms underlying hypnotic response: Varga et al. distinguish trait from state visual imagery in relation to hypnotizability; Sheldrake et al. use micro-phenomenological interviews to characterize the moment-to-moment experience of responding to imaginative suggestions; and Malloggi and Santarcangelo examine how hypnotizability, interoception, and imagery shape motor-imagery-induced neuroplasticity. The remaining articles explore applied and cultural dimensions: Bongartz and Bongartz analyze the linguistic structure of Indigenous trance texts, and Garcia and Ribas test hypnosis as a tool for enhancing theatrical performance. Altogether, this issue bridges rigorous psychometrics, neurocognitive mechanisms, and diverse real-world applications.

Standardized Hypnotizability Assessment and Rapport Education (SHARE)

Boglárka Cserni, Bálint Dömök, Cameron Alldredge, Gary Elkins, and Zoltan Kekecs

The Elkins Hypnotizability Scale (EHS) provides a brief, pleasant, and safe assessment of the full hypnotizability spectrum, with proven reliability and validity for clinical and experimental use. This paper presents the Standardized Hypnotizability Assessment and Rapport Education (SHARE), a training program developed to teach research assistants—typically psychology or medical students—the administration of standardized hypnotizability scales. The training includes five steps: (1) gaining personal experience with the scales, (2) observing expert administration, (3) studying the scales and learning about hypnosis, (4) attending a seminar on theoretical background, standardized rapport, and safety considerations, and (5) conducting 6 practice sessions with each scale. The article provides a comprehensive guide for managing the training to help its implementation in any research lab. We also discuss the training's safety and benefits for trainees. Findings from focus groups of research assistants working at the Mind-Body Medicine Laboratory (Baylor University) and the Behavioral Medicine and Research Credibility Laboratory (Eötvös Loránd University) are also presented, giving further perspective on each step of the training.

Hypnotizability and Visual Imagery Inside and Outside Hypnosis: A Replication and Extension

Katalin Varga, Zoltan Kekecs, Eniko Kasos, Zsuzsanna Besnyő, Erzsébet Gulyás & Ilona Kovács

This study investigates the relationship between hypnotizability inside and outside hypnosis. Hypnotizability reflects one's responsiveness to hypnotic suggestions. Imagery vividness seems to be crucial for hypnosis, but the empirical data are inconsistent. We tested 56 participants using the Vividness of Visual Imagery Questionnaire (VVIQ) for outside hypnosis (trait) imagery, the Phenomenology of Consciousness Inventory (PCI) inside hypnosis for state imagery, and the Harvard Group Scale of Hypnotic Susceptibility (HGSHS) for hypnotizability. No significant correlation was found between hypnotizability and trait imagery ($r = 0.13$). However, moderate correlation was found between hypnotizability and state imagery during hypnosis ($r \approx 0.45$). These results suggest that while there might be no or negligible relationship between general imaginative capacity (trait imagery), and hypnotizability, the ability to engage in vivid imagery in specific contexts (state imagery) is associated with higher hypnotic susceptibility. This highlights the importance of context in imaginative abilities during hypnosis and suggests that situational engagement in imagery, rather than a stable trait, influences hypnotic responsiveness.

Experience of Responding to Imaginative Suggestions: A Micro-phenomenological Interview Exploratory Study

Kevin Sheldrake, Yesesvi Konakanchi and Zoltan Dienes

The micro-phenomenological interview is a technique for investigating phenomenology in detail during an activity lasting seconds to minutes. Here, we applied it to understanding the moment-to-moment experiences of subjects responding to imaginative suggestions that were aimed at temporarily altering perceived reality through deployment of phenomenological control. Our intention was to generate novel hypotheses that could be tested in a future study. We presented three suggestions individually to seven participants, and then interviewed them about their experiences, with the qualitative findings generating four independent hypotheses. We repeated the process with six new participants and found that the data supported three of the hypotheses. These were that while moderate responses involved goal-directed fantasies, high responses appeared to not; that responses scored low did not involve reports of active sabotage; and high and moderate responders do not appear to be aware that they are generating the suggested behavior and cognitions. These hypotheses will need confirming for generalizability with a quantitative study. If confirmed, these results will bear on the mechanisms underpinning phenomenological control.

Hypnotizability and schizotypy values of participants at two annual conferences of the Milton Erickson Society for Clinical Hypnosis, Germany (MEG)

Burkhard Peter

At two annual conferences of the MEG, a hypnotizability and a personality test were conducted at an interval of seven years. At the first conference there was a right-skewed distribution of hypnotizability with more high than low hypnotizable subjects and increased values in the personality style schizotypy in the high compared to the low hypnotizable subjects. At the second conference there was an approximately planar distribution of hypnotizability and there were no differences in the personality style schizotypy between the high, medium and low hypnotizable. It is discussed that external factors such as the COVID pandemic 2020-22 shortly before the second test probably did not play a role. Because the participants at these two annual meetings did not differ in their sociodemographic data, because it was the same test and the test conditions were largely similar, only guesses can be made to explain the differences between the two conferences: It is possible that the theoretical and practical understanding of hypnosis and hypnotherapy within the MEG has changed in recent years.

Brain plasticity induced by Motor Imagery Training: Role of cognitive abilities, interoceptive sensibility, and hypnotizability

Eleonora Malloggi and Enrica L. Santarcangelo

High hypnotizability predicts greater similarity between the cortical correlates of actual and imagined action (functional equivalence, FE). The study investigated whether motor imagery (MI) training (MIT) improves subjective experience, chronometric indices, and the EEG correlates of MI (like physical training), and whether absorption, imagery abilities, and interoceptive sensibility influence the possible improvement. Participants with high, medium, and low hypnotizability participated in a session before MIT (S1) and another session after 15-day MIT (S2). Each session included baseline conditions (B), actual movements of the left arm and hand (M), visual (V), and kinesthetic imagery (K) of the same movements. EEG and ECG were monitored. After MIT, the reported efficacy of imagery increased, and the changes in both the aperiodic and oscillatory components of EEG indicated improved imagery in all groups. FE was observed for all groups in high beta PSD. Its similar changes that occurred after MIT during both baseline and tasks indicate neural plasticity.

THE STRUCTURE OF INDIGENOUS TRANCE LANGUAGE

Walter Bongartz and Bärbel Bongartz

The structures of trance texts used in healing rituals from five Indigenous cultures (e.g., Navajo) are compared in order to identify common factors that may be relevant to the effects of Indigenous trance languages. In contrast to modern trance languages that use continuous texts, the five Indigenous texts are completely segmented, consisting mainly of two-liners and multi-liners. Two-liners are used to construct an imaginary reality that serves as a context in which multi-liners deepen emotional physical experiences. While the Indigenous trance languages differ significantly from the languages of classical hypnosis (direct suggestions) and modern hypnotherapy (narratives, indirect suggestions), they show clear similarities to the epic and mythical texts of ancient civilizations such as those of Mesopotamia (e.g., the Epic of Gilgamesh), etc. Despite the comparability of the ancient texts with Indigenous texts, multi-liners are ten times more common in Indigenous trance texts, underscoring the importance of multi-liners for Indigenous trance languages. The mechanisms of action of two-liners and multi-liners are discussed with reference to concepts from cognitive psychology and cognitive linguistics.

HYPNOSIS AS A TOOL FOR THEATRICAL PERFORMANCE

Tiago Garcia and Valdenilson Ribas

Abstract: Hypnosis has been described as a tool that facilitates immersion into roles by modulating cognitive and attentional processes. This study aimed to evaluate how hypnosis can help actors create and interpret characters. Previous research has occasionally reported gender differences in hypnotic susceptibility and responses to hypnotic interventions. Although not a primary aim of this study, gender-related variations in hypnotizability were explored as secondary findings. Sixteen male and sixteen female actors performed two distinct roles, a firefighter and a fire victim, randomly assigned under hypnotic and non-hypnotic conditions. The Elkins Hypnotizability Scale (EHS) was used to measure individual hypnotizability. Participants completed post-performance questionnaires to assess perceived improvements in role absorption and character engagement. Results demonstrated that hypnosis significantly enhanced actors' immersion and their ability to authentically represent characters, independent of gender. These findings suggest that hypnosis can improve role congruence and acting performance, offering a valuable tool for theatrical training and performance enhancement.