What is hypnosis? (10 points)

Answer 1:

It’s when you turn control over to a hypnotist.

Answer 2:

Hypnosis is:

- a relaxed state
- individual feels sleepy
- loss of initiative
- increased susceptibility to suggestions
- reduced reality testing

Answer 3:

According to Rainville et al, contemporary scientific theories of hypnosis emphasize:

1. the changes in phenomenal experience (relaxation, sleepiness),
2. the engagement or disengagement of specific neurocognitive processes and the effect on performance and on attention and executive control
3. the psychosocial interaction between the individual and the hypnotist, and
4. the hypnotic susceptibility of the individual