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researchers, and anyone interested in the theory. About the Author Steven Jay Lynn is a professor of psychology and director of the Psychological Clinic at the State University of New York at Binghamton.

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dealing with resistance to the use of hypnosis. It examines a variety of hypnotherapy systems ranging from hypnotic relaxation therapy to hypnoanalysis.

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Judith W. Rhue is a professor of family medicine at the Ohio University College of

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Osteopathic Medicine and has a private practice. She is a member of APA's Division of Psychological Hypnosis, of which she is a fellow. She has received awards for excellence in research from both organizations, as well as an award for the best hypnosis book published during 1991 (Theories of Hypnosis: Current ...

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## **Handbook of Clinical Hypnosis**

Hypnosis has been defined as a state of heightened suggestibility in which the subject is able to uncritically accept ideas for self-improvement and act on them appropriately. When a hypnotist hypnotizes his subject, it is known as hetero-hypnosis. When an individual puts himself

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into a state of hypnosis, it is known as . self-hypnosis.

## **A PRACTICAL GUIDE TO SELF-HYPNOSIS - Baha'i Studies**

S.J. Lynn, in  
Encyclopedia of Human  
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Abstract. This article  
provides an overview  
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hypnotic suggestibility, and the domain of hypnosis, and traces the history of hypnosis from Mesmer to the present, describing oscillating periods of acceptance and rejection by the professional community.

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goes back a long way. The British Medical Association endorsed the use of hypnosis in somatic medicine in 1955, on the basis of case reports and series backed up by expert consensus, and the American Medical Association followed suit in 1958 (1, 2). Whether robust evidence exists for the efficacy and safety of hypnosis in somatic medicine in the era of



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